

## **Youth Programs**

A fundamental element of our Cispus mission is serving school-related programs. Approximately 70-80 percent of our clients are school groups including Student Leadership, sixth-grade outdoor school, sports teams, DECA, VICA, choirs and bands.

We offer a variety of programs and provide high quality training for our facilitators. The length of our programs range from a half-day (three hours) to two days (12 hours). Themes upon which we concentrate cover a myriad of topics including but not limited to: self-discovery, leadership, personal development, team development, and communication behaviors.

Our programs contain an assortment of tools. We offer programs that incorporate the low/group course, the high/individual course, portable initiatives, focused curriculum and off-site training.

## **Sixth-Grade Outdoor School**

Sixth-graders are beginning to explore peer relationships and discover their individual role in a group as well as differentiate between functional and dysfunctional groups. Using the Challenge Course, we create a positive, playful, experiential learning environment in the outdoors. The experience for sixth-graders is based on the benchmarks for seventh-grade Essential Academic Learning Requirements (EALR). We meet several of the benchmarks in the health and fitness and communications categories.

Typically, sixth-graders do not possess the skills to function at high levels of group work. The Cispus Challenge Course uses portable initiatives and low course elements to practice basic group skills. Our facilitators are equipped with tools to process group interaction which pinpoint different learning styles. Program themes can include but are not limited to: positive group roles, listening skills and group goal setting.

Our on-site research has proven that sixth-graders have the most positive learning experiences when their facilitator is a teacher from their school. As a result, we recommend that schools intending to use the course regularly invest in a four-day training for their teachers. All of our sixth-grade programs that exceed 60 participants are required to involve teachers as facilitators.

Knowing that budgets are limited, schools investing in this training receive significantly reduced costs for their sixth-grade programs.

We offer both ½ day and full day programs (three hours or six hours) on the group/low challenge course. Full day programs run from 9 a.m.-12 p.m. and 1-4 p.m. Half-day programs are either a morning or afternoon session within those times.