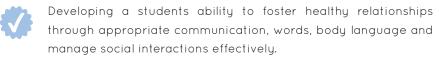




SPARC is an eight week social and emotional student small group program that focuses on five key areas. The program encourages students to dream big, set goals, work in teams and equips them with basic fundamental skills to navigate life's various challenges.

SOCIAL SKILLS



PURPOSE

Establishing a purpose, having a purpose or attaching a purpose to something can motivate an individual to fulfill that purpose in their life.

AWARENESS

Developing the awareness of self. Awareness of ones emotions and different triggers. Also the awareness of others, understanding how others are feeling and engaging appropriately.

RESILIENCE

Equipping students with strategies to bounce back when challenges knock them down. To look at challenges as an opportunity to grow and learn.

CONFIDENCE

Embracing who you are. Celebrating all the amazing things that make you, you. Avoiding comparison and wanting what others have, identifying your gifts and strengths and using them to boost confidence.



NEET

Overview of SPARC establish SPARC rules, conduct student Week 1 surveys.

WEEK GOAL SETTING

The importance of having a goal or a dream. Practically breaking it down into smaller achievable goals. Practical steps to apply this into everyday life.

NEEL SELF ESTEEM

The importance of feeling good about yourself. Equipping students to value self and strategies to build self estee and confidence.

RELATIONSHIPS

How to build and foster healthy positive relationships.

Identifying key people in the students lives that are going to make a positive impact on them and also push them in the right direction.

SOCIAL SKILLS

Giving students the necessary skills to appropriately interact with others in a culturally diverse environment.

75 RESPECT

Gaining students understanding of what respect is.

Self respect, respecting others and others respecting you.

PROBLEM AND CONFLICT

Understanding that challenges are part of life, learning to recognise challenges and respond appropriately.

WEEL OPPORTUNITY

How to turn challenges into opportunities, failure into success.

NEET MOMENTUM

Taking the information from this program and using it as momentum to achieve goals. Conduct Week 8 surveys.