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"Back to School with Power Hour"

Making Power Hour Work for Teens



September 23, 2010



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Webinar Objectives

- ✎ Review Movement's strategic priorities and its emphasis on academic success
- ✎ Re-examine Power Hour's goals and basic features
- ✎ Increase awareness of developmental traits and critical transition times of "tweens" and teens
- ✎ Gain strategies for tailoring Power Hour to tweens' and teens' interests and needs
- ✎ Learn about integrating other teen-focused programs and activities to increase Power Hour's impact





Where Do We Start?

Let's revisit Power Hour's age range and goals:

- ✎ For ages 6 to 18
- ✎ Fosters the daily habit of completing homework
- ✎ Improves organizational and time management skills
- ✎ Encourages personal responsibility
- ✎ Develops enthusiastic, engaged learners

Multiple Pathways to Learning

Participants have *diverse* learning needs and interests; one size does *not* fit all!

A high-impact Power Hour program provides:


- ✈ Academic *support* (homework help)
- ✈ Academic *enrichment* (high-yield learning activities)
- ✈ Academic *remediation* (tutoring)
- ✈ *Progressive programming* - evolves as members grow older and advance in school



Get to Know Your "Tweens" and Teens





About Today's "Tweens" & Teens






Three stages of development:

- Tweens (10-12)
- Early adolescence (13-15)
- Late adolescence (16-18)








Developmental Factors

- Emotional
- Cognitive
- Physical
- Social








“Tweens”


- Onset of puberty
- Friends over parents
- Want independence
- Issues with self-esteem
- Sexual behavior and substances
- Questions



Early Adolescence


- Like to study in peer groups
- Prefer short exercises
- Desire praise and recognition
- Like to have fun
- Work best in same-sex groups
- “Teachable moments” in Club have positive impact










Late Adolescence

- Prefer to study in small, co-ed groups
- Like helping out at the Club
- Desire recognition
- Like to use their academic skills
- Want to improve their academic or athletic performance
- Like educational/vocational trips














Challenging Transitions

Tweens and teens also navigate some difficult transition times that can “make or break” their academic success:

- At age 11 or so, the move from elementary school to middle school
- At age 13 or so, the move from middle school to high school
- Ninth grade is critical - when the most youth drop out
- In 11th and 12th grades, lots of high-stakes testing, pressure to prepare for postsecondary education



Making Power Hour Teen-Friendly




- Involve them in program planning.
- Modify program features for them:
 - ✓ Name/theme of program
 - ✓ Mandatory or voluntary?
 - ✓ Staff/volunteer qualities and qualifications
 - ✓ Space/hours
 - ✓ Equipment, supplies, technology
 - ✓ Recognition and incentives



"High-Yield" Program Integration

- Social Recreation
- Technology
- Arts
- Leadership Development
- Service Learning
- Post-Secondary Ed Prep
- Career Prep
- Money Management
- Other Life Skills









Club Best Practices


Reality Store 2010 Boys & Girls Clubs of Northwest Indiana

In this simulation, teens choose careers and make decisions about their budgets and lifestyles. The project involves local high schools and business community volunteers.

- ⑤ Youth receive “paychecks,” information about their marital status and parenthood, checkbooks and instructions for making purchases.
- ⑤ Volunteers staff stations that represent real-life spending decisions, such as taxes, housing, apparel, transportation, credit cards, day care, entertainment, “fate,” groceries, insurance, utilities, etc.
- ⑤ Students visit the stations, write checks and balance their checkbooks. Then they assess their decision-making and financial status.









Club Best Practices


Breakfast Club ACT/SAT Prep Program Boys & Girls Club of Metro Denver

This Club’s teens decided they needed to raise their ACT/SAT scores so they’re better able to compete for college scholarships.

- ⑤ Club offers the 11-week “Method Test Prep” ACT/SAT preparation program.
- ⑤ Program provides free access to an online tutorial for a year.
- ⑤ Keystone Club serves a free, hot breakfast (waffles, pancakes, bacon, etc.) for participants.
- ⑤ Top participants get to spend a weekend touring colleges, staying in dorms, and participating in a 5k run/walk.







Club Best Practices

South Valley U
Boys & Girls Clubs of South Valley, Utah

This Club turned its teen center into “South Valley University.”

- 🎓 Entire teen center is decorated with inspiring, education-focused quotes and college banners and pennants.
- 🎓 When teens want to join the program they go through an “admissions process.”
- 🎓 Teens “register” for Club programs and receive “credits” for participation throughout the year.
- 🎓 When teens complete a certain number of “credits,” they are awarded a BGC of South Valley diploma and a gift card.



Questions?

Contact Us!

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