“Back to School with Power Hour”
Making Power Hour Work for Teens

September 23, 2010

Presenters:
David Reid, Director, Teen Services
Irma Velasco-Nuñez, Director, Education Programs

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
Making Power Hour Work for Teens

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.

- Youth receive “paychecks,” information about their marital status and parenthood, checkbooks and instructions for making purchases.
- 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.
- 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.

- Club offers the 11-week “Method Test Prep” ACT/SAT preparation program.
- Program provides free access to an online tutorial for a year.
- Keystone Club serves a free, hot breakfast (waffles, pancakes, bacon, etc.) for participants.
- 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!

David Reid, (404) 487-5805, dreid@bgca.org
Irma Velasco-Nuñez, (404) 487-5767, inunez@bgca.org