

ADVANCING COMPETENCY DEVELOPMENT:

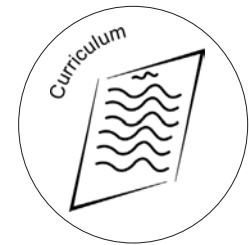
A Resource Guide for Pennsylvania

NCJJ



ARISE LEARNING STRATEGIES AND TIME MANAGEMENT

Skill-training curriculum for youth ages 14-19 who need to develop study and time management skills.



ACADEMIC SKILL

— STUDY AND LEARNING SKILLS

INTERESTING FACTS

The *ARISE Learning Strategies and Time Management* curriculum is included in Book 2 of a three-book series, *Four-Wheel Drive for the Mind*, which is part of the *ARISE Independent Living Curriculum* (also included in this Guide).

ABSTRACT:

The *ARISE Learning Strategies and Time Management*¹ curriculum is designed to teach youth how to study effectively, set goals, and develop their own time management schedules.

The *ARISE Learning Strategies and Time Management* curriculum consists of seven lessons designed to be taught in seven sessions of approximately 30-60 minutes each. The lessons are flexible to allow facilitators to plan individualized courses of study depending on youths' ages and needs.

ARISE Learning Strategies and Time Management can be taught in probation departments, community-based programs, residential facilities, and schools. The curriculum is designed to be presented in an interactive group process format that includes written assignments, dynamic group discussion, and assessment.

Training is offered but not required to facilitate *ARISE Learning Strategies and Time Management* groups or purchase materials. Curriculum materials include a facilitator manual, student workbook, and quizzes to evaluate learning.

The *ARISE Learning Strategies and Time Management* curriculum has been evaluated but not listed in a registry. Internal evaluations have concluded that ARISE instructor training and youth curricula are effective. The evaluations assessed multiple dimensions, including ARISE's training practices and effectiveness, the competency of ARISE certified instructors, and the satisfaction of youth participants and instructors.²

OBJECTIVES:

Participants will learn to study effectively, gather information, set goals, and develop their own time management schedules.

COMPONENTS:

The *ARISE Learning Strategies and Time Management* curriculum includes:

1. The Importance of Reading
2. Gathering Information
3. Thinking Creatively
4. Smart Strategies
5. Getting Organized
6. Time Management
7. Setting Goals

TRAINING AND MATERIALS:

Training is offered but not required to facilitate *ARISE Learning Strategies and Time Management* groups or purchase materials. See Appendix B for more information about training, a list of materials, and associated costs.

CONTACT INFORMATION:

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