ARISE FOUNDATION

Life Skills Recertification
Study Guide
OBJECTIVES

- Review key elements of the ARISE Life Skills Facilitator Training
- Prepare for the ARISE Life Skills Recertification Exam

(You must take the recertification exam every year to maintain a valid ARISE facilitator certification.)
REVIEW TOPICS

- Icebreakers
- Group guidelines
- The ARISE Formula
  - Introduction
  - Guided group discussion
  - Activity/worksheet
  - Conclusion/wrap-up
- Tips for teaching ARISE groups
- Importance of positive feedback
ICEBREAKERS
WHY ICEBREAKERS ARE IMPORTANT

- Help learners get to know each other
- Make the group feel comfortable
- Set the tone
- Start on a positive note
- Establish rapport with learners
- Help facilitators get to know learners
- Energize learners
**WHEN TO USE ICEBREAKERS**

- When a new youth joins the group
- When you start a new book/topic
- To establish an interactive atmosphere
- When you need to reestablish bonds in the group
- If a problem arises during group
- When learners appear bored or uninterested
EXPECTATIONS

ARISE GROUP GUIDELINES
ARISE GROUP GUIDELINES

- Respect other people’s opinions
- Raise your hand when you want to speak
- Share only positive comments during discussions
- Bragging about illegal activities is not allowed
- Be quiet when other people are speaking
- What is said in ARISE groups stays in group
- Participate in activities and discussions
THE ARISE
FORMULA
(ARISE Training) + (ARISE Curricula) + (Preparation) =
A Winning Combination for At-Risk Youth

GUARANTEED
The ARISE formula is a framework that allows you to present all ARISE materials in a structured, fun and interactive way.

- INTRODUCTION
- GUIDED GROUP DISCUSSION
- ACTIVITY
- CONCLUSION
THE ARISE FORMULA: INTRODUCTION

- Helps youth focus on lesson ahead
- Directs their attention to what will be covered in groups

Ways to introduce the topic:
- Today we are going to talk about...
- Story
- Game
- Poem
THE ARISE FORMULA: GUIDED GROUP DISCUSSION

- Allows everyone to participate
- Learners can share information in a safe, nonthreatening way
- It is the *most* important part of any ARISE lesson
- Create 5-7 questions
- Brainstorm
- Mind map
THE ARISE FORMULA: GUIDED GROUP DISCUSSION

Things to remember about your first discussion question:

- Should be an easy and general question about the topic
- This is your buy-in question
- One-word answer question
- Yes or no question
Things to remember about questions 2-4:

- Make sure your questions are focused
- Use who, what, when, where, etc.
- Make sure your questions aren’t repetitive
- Questions should be open-ended
- Use follow-up phrases such as Can you elaborate? ...Tell me more...etc.
THE ARISE FORMULA: GUIDED GROUP DISCUSSION

Things to remember about your last question:

- Should lead into the activity/worksheet
- Is the transition question

REMEMBER: The guided group discussion is the MOST important part of an ARISE lesson.
THE ARISE FORMULA: ACTIVITY

Things to remember about planning an activity:

- Give clear and thorough directions
- Don’t hand out the activity sheet until you’re ready to use it
- Logistics:
  - Number of groups
  - Number of youth in each group
  - Timeframe
THE ARISE FORMULA: ARISE ACTIVITIES

- Write
- Draw
- Brainstorm
- Sing/rap
- Role-play
- Game
- Storytelling
- Quotations
- Posters
- Biographies
Ways to wrap up a lesson:

- Ask a question that is specific to the activity.
- Read a short story that pertains to the activity, and then ask a question about the story that ties into the lesson.
- Give learners an assignment or something to think about before the next lesson.
Praise as close to the activity as possible.

Praise in public; criticize in private.

Make it a habit to praise regularly.

Be specific and sincere.

You’ve Been Noticed Doing Something Good

“It takes no more time to see the good side of life than it takes to see the bad.”

— Jimmy Buffett

Toll-free: 1-888-680-6100
www.ariselife-skills.org
REMEMBER: Recite the ARISE group pledge before every group.
TIPS FOR TEACHING ARISE GROUPS

- Plan your lessons before group
- Use the ARISE Lesson Planning Form
- Reference your ARISE Life-Skills Training Resource Manual
- Be energetic
- Praise all learners
- Be creative
- Be kind
TIPS FOR TEACHING ARISE GROUPS (CONT.)

- Listen patiently
- Focus on discussion (most important)
- Ideal time frame for an ARISE group is 45 minutes to an hour
- Be aware of your body language
- Believe that you CAN make a difference
YOU’VE FINISHED THE REVIEW!

Now you’re ready to take the ARISE Life Skills Recertification Exam.
Good Luck!

Stay in touch:
ARISE FOUNDATION
1-888-680-6100
answers@at-riskyouth.org

Share your ARISE success stories with us