

## SAMPLE of the Agenda for Sailing Into Adulthood Program

This program has daily 30 minute social freetime built in during weeks 1, 2, 3, 5, 6, & 8 to allow time to practice skills working on among themselves and young adult guests who may come in to help with generalizing practice.

### Week 1: Star Exploration

- Introductions
- Do you know yourself? Exploring who you are.
- Understanding yourself

### Week 2 & 3: Star Talk

- Effective communication
- The nonverbal message
- Active listening
- Understanding the other's perspective

### Week 4: Star Practice

- A community based outing to practice communication and to help gain confidence.

### Week 5 & 6: Star Courage

- Understanding fear
- Fear of failure
- Learning from mistakes
- Fear of rejection or criticism
- Fear of the unknown
- Overcoming fear
- Take Action
- Fear is normal. Do it anyways
- How you react is representative of who you are.
- Who do you want to be?
- How do you want others to view you?

### Week 7: Star Practice

- A community based outing to practice communication and to help gain confidence.

### Week 8: Star Party

- Recap and review
- Present the small scale community service project they worked on

