

UP for Learning  
presents

# PERSONAL POWER & Community Connections

Embracing one's inherent personal power, and contributing to a healthy community by respecting and encouraging the personal power of others.



"This program is important if for no other reason than *it challenges the way that we interact with each other,* guiding and unpacking our individuality with a framework that is all-inclusive and never biased."

—Williamstown  
Middle Level Educator

Working together physically or remotely, UP for Learning has the resources and experience to help youth and adults navigate our new educational environments to reimagine and transform the learning experience.

**Personal Power & Community Connections** guides and empowers youth and adults to create nurturing learning environments. In partnership, participants will explore the skills necessary for personal growth and well being and how to effectively contribute to a healthy and just society. When we develop the skills to recognize, understand, and address our own needs, we are better able to take risks as learners, and are more confident in our abilities to contribute to our community.



Unleashing the Power of Partnership for Learning



## Cost

### School Team Cost: \$7,500

UP provides two pathways to learning for adults. In both cases, credit or hours are based on meeting the course goals:

- In partnership with Southern New Hampshire University (SNHU), an adult partner can earn 3 graduate credits for the course. This UP for Learning course costs \$2,049, which covers instruction, materials, and all fees associated with SNHU credits.
- If graduate credits are not a priority, adult partners can participate in the same course (for 45 professional learning hours) at the reduced cost of \$1,689.



## Register & info

Contact Sarah Popowicz at  
sarah@upforlearning.org

## Program Model Includes:

**Managing Emotions:** Strengthen self-management skills using activities to improve managing emotions, setting goals, and effectively addressing stress.

**Personal Power:** Explore and strengthen self awareness as we delve into mindsets, values, and healthy identities.

**Empathy & Awareness:** Increase understanding of social awareness by examining empathy and compassion and historical, cultural, and social norms.

**Community Connections:** Enrich relationship skills by examining different problem solving methods, effective communication strategies, team building, and amplifying agency and voice

**Making Constructive Choices:** Embrace responsible decision making by thinking critically, understanding multiple perspectives and contributing positively to the community.



## Who Should Participate?

A representative team of youth and adults who are committed to learning and sharing these foundational skills within their school community (classroom, advisories, teams etc.) and supporting the long term personal growth of young adolescents.

## Components of the program:

Facilitation provided for this program is customized, with up to a 30-hour commitment for each team. This can occur through 4 full-day sessions (dates/times TBD), regularly scheduled meetings throughout the year, or tailored based on the needs of individual schools.

- A comprehensive guide of suggested lessons, activities, and classroom structures to facilitate student learning experiences.
- Quality facilitation, training and support, including on and off-site consultation and coaching.

Empowering youth and adults to reimagine & transform education *together*

upforlearning.org • (802) 552-8140 • info@upforlearning.org



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