

Promoting Resilience in Afterschool Programs

Notes from Spring Conference 2016 Session

Ideas Generated by Oregon’s 21st CCLC Professionals

Building Life Skills (Elementary)

* Showing how to set an example
* Acknowledging mistakes
* Sincerely apologizing
* Reflection
* Building self-confidence
* It’s okay to be different messages and modeling
* Validation
* Kindness and respect

Building Life Skills (Middle & High School)

* Financial planning – building a future (paychecks, budgeting, etc.)
* Post secondary prep (college and career, exploration, CTE/STEAM, etc.)
* Career/job experiences
* Internships
* Volunteer opportunities
* Leadership opportunities

Collaborative Learning (Elementary)

* Older grade buddies (1:1)
* Group Projects
* Peer Helpers
* Current students teaching new students about program

Collaborative Learning (Middle and High School)

* Use of technology (I-pads) in groups focused on researching social and economic topics
* Service learning and project-based learning opportunities
* Peer mentoring
* Peer tutoring
* PLC

Community Based Classroom Structure (Elementary)

* Focus on afterschool rules compared to school day rules; helps students understand rules are same/similar regardless of which time of day it is
* Restorative practices

Community Based Classroom Structure (Middle and High School)

* Collaborative learning
* Check in (circle time – speak/listen)
* Student driven projects – team-based
* Maker Space – community/business partners
* Community oriented problem solving
* Fundraising

Other Examples of How to Promote Resiliency

* Staff training about ACES, trauma-informed care, and building resiliency