

LifeSkillPrograms.com: The GetREAL Series for Inmate Navigator

About



LIFESKILLPROGRAMS.COM 'GetREAL' Learning System is a series of in-depth, interactive life skill and motivational programs for young people and adults. GetREAL guides students, step-by-step, to craft a detailed vision of their independent adult life, discover their unique purpose in that life, and build real-world readiness skills. They develop a sense of direction and meaning as they learn the proportions and realities of the adult world. Their plan is uniquely theirs, they created it, and they are more committed to taking the responsibility to making it come true.

Available Programs – See below for Course details

PROGRAM NAME	PURPOSE and OUTCOMES	LENGTH
Innerstate1 (P)	Values, self esteem, anger, stress, fear, relationships	5 – 50 hrs.
Peak e-Portfolio	Share, learn, manage goals, explore, grow, market ME	Lifetime
Peak Readiness (P)	In-depth life skills, motivation, confidence, & vision	20 – 25 hrs.
Peak Vision	Design my life, decide my net worth, make a plan	7 – 10 hrs.
Peak Purpose	Comprehensive life mission, purpose, college, career	25 – 35 hrs.
Peak Financial (P)	Spending, banking, money, credit, loans, basic skills	10 – 15 hrs.
Peak Service	Community service, service learning, volunteering	8 – 12 hrs.
Peak Workforce (P)	Add problem solving, confidence, teamwork, & more	15 hrs.
Peak Choices (P)	At-risk, better choices, new behaviors, self motivation	15 – 25 hrs.
Peak Discovery (P)	Teen Waku-Up Call on Independent Life and Choices	8 – 10 hrs.

(P) = print-on-demand versions provides in addition to online versions, with each student order



GetREAL: 10 Programs, 150 Modules, 200 Hours

- In-depth, comprehensive programs used nationwide for 25 years
- Proven at major universities and school districts in all 50 states
- 9 online, interactive courses, 142 modules, 185 hours of learning – see 'GR' in table above
- Includes 2 new Courses: Peak Vision Life Purpose and Peak Service Community Service
- Get personalized online user/student accounts, with perpetual 'lifetime' access

Pricing: \$80 per user for all the above.

*Key
BENEFITS*

- Inspires, Motivates, and Empowers young people to own their own success
- Students discover the economic value of school and commit to learning
- Life skill lessons and online resources teach key independent living skills
- Crafting a detailed life vision leads to plans, choices, and action
- Teens can experiment, explore, and create multiple scenarios for their future
- Modular, configurable, flexible systems adapt to local needs and budgets
- Internet-based system teaches online skills and provides 24 x 7 access
- Self-guided, user-centered courses reduces teacher time and hassle
- Tracking tools, progress reports, and assessments provide data and monitoring
- Instructional and curriculum materials ensure classroom or youth center success
- Teen-designed life plan and personalized outcomes act as their own voice

*About the
Learning
System*

LifeSkillPrograms.com Courses are web based, online, interactive, personalized, easy to use, and fully secure. You can access the Learning System, the interactive lessons, and the printable materials from any Internet-connected computer. The LifeSkillPrograms.com Learning System will guide students to:

1. Logon to an online account with a personal password.
2. Proceed step-by-step through a series of Activities and Lessons, course materials, online resources, and interactive tools, and save their answers.
3. Discover much about themselves, life, finances, jobs, goals, education, and much more.
4. Complete a detailed plan for their future with specific plans and outcomes.
5. Provide reports for teachers, parents, and sponsors on progress and outcomes.

*What's
Included*

- **100% Money Back Guarantee.**
- Leading-edge interactive life skills and motivational curriculum.
- Individual passwords and user accounts for each student.
- Lifetime access to our life-scenario-planning system.
- Participation letter and invitation for parents and families.
- Certificate of Completion for every student.
- Technical assistance at no cost, admin@lifeskillprograms.com
- Detailed, step-by-step instructions integrated into each Module.
- Numerous assessments, tracking tools, and student reports.
- Instructional and curriculum resources.

GetREAL: LIFESKILLPROGRAMS.COM COURSE DESCRIPTIONS and CURRICULUM OUTLINES

INNERSTATE1: Our mission is to empower students to create positive change in themselves, their peers, and their community.



Innerstate1 Description

Target audience: 14-19 years of age

Program Options: Classroom training for public and private schools, weekend retreats, and summer camps

Specific student needs that are addressed by INNERSTATE 1:

1. To be a valued member of a group that provides mutual support and caring relationships.
2. To become a socially competent individual who has the skills to cope successfully with life.
3. To believe in a promising future with real opportunities.

Innerstate1 Curriculum

Specific Modules included in INNERSTATE 1:

- The Power of Choice (Learning to Choose for Myself)
- Learning to Live in the Present (Identifying and dealing with Worry)
- Defining my individual values (Core Values)
- Finding Approval (Seeking approval in healthy ways)
- Learning to appreciate myself (Self-esteem/self-confidence)
- Identifying and owning my natural abilities (Identifying talents and abilities)
- What restores my energy /what drains my energy? (Self-Care/Stress Management)
- What makes me angry and how do I deal with my anger? (Understanding/managing anger)
- What are my fears and how do they affect me? (Defining and removing the obstacle of fear)
- What kind of relationships do I want in my life? (Making good relationship choices)
- What are my ultimate hopes and dreams? (Defining goals for the future)

Innerstate1 Benefits

Benefits of INNERSTATE 1 Training:

To the student

- Increased self-esteem
- Ownership for decision-making process
- Ability to influence others in a positive way
- Individual plan for student's future

To the student's peers

- Widespread acceptance of diversity among peers
- Ethical leadership
- Potential mentor/coach

To the students community

- Responsible student action within the community
- Increased student participation within the community
- Higher ethical standards within the community
- Increased Positive role models for younger members of the community

Program Outline:

- Starts with 'me'
- Respect for and awareness of others
- Good friendships: How to build them
- Purpose: Painting the future

*Peak
Readiness
Description*

PEAK READINESS is an in-depth life skill and motivational curriculum for young people (35 hours of instruction). Peak Readiness contains all the Activities and Modules included in Peak Discovery – and much more. The Course will guide students, step-by-step, to craft a detailed vision of their independent adult future and create a clear and specific picture of what’s possible. They will learn a variety of life skills to build the confidence necessary to reach their goals. Their plan is uniquely theirs, they created it, and they are more committed to taking the responsibility to making it come true. Peak Readiness guides them to compare the uncertainty of their expectations with the reality of their capabilities.

Peak Readiness now includes an integrated pre- and post-assessment to measure student shifts in knowledge and motivation, and Teacher/Sponsor tracking and reporting tools to access student progress, activity results, assessment outcomes, journal entries, and more.

*Peak
Readiness
Curriculum*

Peak Readiness Pre-Assessment

Introduction: How This Works

Your Preferred Lifestyle

Intro to Independent Life (in Three Parts)
Journal and Reflection on Living on Your Own

Research, Decide Your Independent Lifestyle

Find a Real Apartment
Furnish Your Apartment
Determine Costs to Move Out
Create a Budget for Basic Expenses
Purchase a Car, Calculate a Car Loan
Real Costs of Owning and Maintaining a Car
Explore Insurance Costs for Cars and Health
Calculate Leisure and Entertainment Costs
Saving, Investing, Credit Cards, Rainy Days
Income Needed to Achieve Your Lifestyle
Reflection on Budgets, Lifestyle, Expenses

Identify Job, Career, & Vocational Options

Profile Yourself, Identify Job Categories
Explore Income, Job Conditions & Outlook

Align Lifestyle, Mission, Earning Power

Explore Educational Options & Outcomes

Explore Colleges, Admissions, and Costs
Interview a Worker in Your Chosen Career
Reflect on Careers, Jobs, Education

Intro to the Business World

Business Self-Assessment
Write a Basic Business Plan
Interview an Entrepreneur
Reflect on the Business World

**Decide Your Lifestyle Goals,
Make a Commitment**

Explore Giving Back to the Community

Intro to Service and Volunteering
Service Learning Self-Assessment
Interview a Volunteer or Service Worker

Peak Readiness Post-Assessment

*Peak
Discovery
Description*

PEAK DISCOVERY is a short and direct wake-up call (12 hours of instruction). It presents the reality of the adult world by guiding students to discover the path to a reasonable lifestyle. They'll create a detailed budget for all the major expenses in a normal life, take a quick survey to identify their preferred job and career options, compare the earning power of those jobs to their lifestyle budget, and discover how their education and personal choices will qualify them for those jobs. The messages are, "Your choices create your future. In that future, education, work, money, and lifestyle are all connected – and you decide." Peak Discovery is ideal for in-school suspension, expanding curriculum for life skills and consumer math, detention programs, and situations where students can benefit from additional commitment to learning.

*Peak
Discovery
Curriculum*

Explore the Real World: Intro Independent Life

Find the Costs of a Reasonable Lifestyle

- Locate and Budget for a Real Apartment
- Create your Budget for your Apartment, Utilities, Food, and Clothing
- Costs and Responsibilities of Owning Your Car
- Find and Learn About Car & Health Insurance
- Create Leisure and the Fun in Your Life
- Yearly Budget, Expenses, and Income Needed

Discover the Jobs and Education Needed to Support Your Life

- Find the Income, Jobs, and Education Needed to Reach Your Lifestyle
- Learn About Success in Your Chosen Job or Career

Goals and Decisions:

What will you do NOW?

Make CHOICES: What will you do NOW to create the life you want?

*Peak
Financial
Description*

PEAK FINANCIAL is a money management and financial literacy course that covers many aspects of consumer math (15 hours of instruction). Teens explore banking, checks, checking accounts, and living within their means. The Course then covers loans, interest, and credit. Peak Financial builds on the core principles and lessons of PEAK READINESS, and also introduces the fundamentals of net worth, cash flow management, and distinguishing between needs and wants.

*Peak
Financial
Curriculum*

Intro: Advanced Topics

Financial Pre-Survey

What Is Net Worth?

Interest, Credit And Loans

Discover Interest Basics

Intro To Credit And Types Of Credit

Credit Reports And Credit Reporting Agencies

Explore Various Loan And Credit Options

Underwriting And What It Means To You

Live Within Your Means

Needs & Wants: Living Within Your Means

What Percentage Of Your Money Goes

Toward Needs And Wants?

Checks, Banking And Cash Flow

Personal Checks and How To Use Them

Checking Accounts And How They Work

Bank Statements And How To Use Them

Checking Account Exercises

**Peak Vision
Description**

PEAK VISION is all about crafting your future life. This course is online, interactive, and easy to complete. It takes about 5 to 7 hours to complete – you can do it all at once, or work on it a little at a time..

**Peak Vision
Curriculum**

Benefits of Peak Vision

- Create a detailed scenario of MY successful, independent adult life.
- Discover in-depth who I am and how I can make a real contribution to the world.
- See vividly the value of education and the economic impact of dropping out.
- Learn the real cost of my future life, how much I'll need, and how to earn what I need.
- Take responsibility for my choices, own my future, and grow up.
- Everything is interactive, online, and passwords never expire.

The Five Modules included:

- Who Am I, Really? What are my skills, interests, values, preferences, personality? *Discover what I'm made of, what matters to me, how I relate to the world.*
- How will I apply my unique capabilities in the world, to be useful, satisfied, successful? *Map who I am to the real needs of real people, in ways that I can get excited about and find a purpose for my life.*
- What are my financial needs and preferences, and how do I ensure I meet and exceed them? *Consider all the necessary economic factors of a real life and determine how they fit with my dreams of success.*
- How does the real world work? What happens if I graduate or not, or go to college or not? *Explore several sample scenarios of what it means to be on my own and make it work.*
- How will I connect the dots on all the key elements of a successful, productive, satisfying independent life? *Connect education, career, income, expenses, and lifestyle to my goals now and in the future.*

**Peak
Service
Description**

PEAK SERVICE is an interactive course for teens who have been instructed (or have elected) to do community service. It guides them to get the most out of that assignment and document their results.

Benefits of Peak Service

- Document in detail for the school, parents, school, court, etc. exactly what they did
- Learn what it's like to help others by interviewing a service worker or volunteer
- Reflect on, engage, and report about their community service experience
- Decide how they might continue to help others beyond this assignment
- Look beyond themselves, be useful to others
- Do a better job for the organization served

The Five Modules included:

1. What Community Service did I do, and why, when, and where? *Document all the key details of my assignment or sentence.*
2. What is Community Service? *Why do people volunteer and want to "give back"?*
3. Self Assessment *Discover how you can best help others and what talents you bring*
4. Optional: Interview a service worker or volunteer. *Talk with someone personally about the ways they help others.*
5. Why Does This Matter in MY Life? *Consider "what's the point of this?"*

**Peak
Service
Curriculum**

Peak
e-Portfolio
Objectives,
Capabilities

PEAK e-Portfolio: Share, learn, manage goals, explore, grow, market ME

KEY OBJECTIVES

- Show who I am to bosses, friends, teachers, family, parents, colleges.
- Build a dynamic archive of my assets, accomplishments, honors, awards, and all the unique recognition I've deserved.
- Immerse myself in subject or career areas, connect with others, share what I have to offer, explore the online world, and learn.
- Market myself to key people, including college admissions, hiring managers, mentors, personal references, and community organizations.
- Manage my goals, future plans, personal development, and ways to become the person I want to be.

KEY CAPABILITIES

- Collect & integrate key results from my LifeSkillPrograms.com programs: career plans, life mission, financial goals, skills, interests, assessments, values, personality.
- Collect awards, honors, recognition, and other achievements that make me unique.
- Capability to describe and report job history, resumes, academic transcripts, and entire background.
- Fun sections on favorite web sites, books, heroes, quotes, and words of advice.
- Customize the look of my Portfolio.
- Ways to send links to others so they can log in and explore my Portfolio.
- Sections for users to "immerse" themselves in career fields to learn more about what interests them and what they care about.

What's
Included in
the e-
Portfolio



e-PORTFOLIO SECTIONS

- FutureSelves Feedback Report
- Peak Purpose Career Compass
- Peak Readiness Certificate
- All About Me | Contact Me
- My Goals | My Mission
- Job History | Volunteer Work
- My Resume and Transcript
- Education and Training
- Internships and Apprenticeships
- Sports and Extracurricular
- Job Shadow Summary
- Colleges I'm Interested In
- Honors and Awards
- Personal Essays
- Favorite Quotes
- People I Admire
- Favorite Books & Web Sites
- Exhibits and Artifacts
- Advisors, Mentors, References
- Letters of Recommendation

*Peak
Purpose
Description*

PEAK PURPOSE is a career development and life mission discovery course (50 hours of instruction). Students will learn, in their lives, what will be their unique contribution to this world, based on their interests, skills, past experiences, and what they're passionate about. Then they'll create their own mission statements to clearly articulate their paths to success and what their financial needs are.

Finally, they'll develop a detailed plan to map their mission and preferences into a career plan that will guide them to success and satisfaction. Teens' entire outlook can change once they see the vision of their value, their contribution, and their life mission. They recognize that they have the ability to have a significant and positive impact on their world, and they discover that they have the skills and ability to help others.

*Peak
Purpose
Curriculum*

Who Am I?

- What's important to me? What are my Values?
- What do I like to do? What are my Interests?
- How do I like to interact with the world around me?
- What is my personality type and my personality preferences?
- What cool things have I done?
- What are my past accomplishments and most memorable experiences?
- What am I good at? What are my skills?

Where Am I Going?

- How would I like to make a contribution to this world?
- What customer need will I address?
- What's my Mission?
- Create my Mission Statement
- What will I do?
- Who will I help?
- What will I accomplish for them?
- How much money do I need to earn?
- What are my Career and Life Goals?

How Do I Get There?

- Is my goal realistic? How do I test and validate my Career Goal?
- How do I know if this is really right for me?
- Research my chosen career.
- What is my Career Plan?
- What areas do I need to improve in?
- How do I market myself?
- Utilizing Purpose Bound
- How do I utilize this new-found knowledge?
- How do I repeat the process when things change?
- Motivation and Focus

*Peak
Workplace
Description*

PEAK WORKPLACE guides young people through the job search and success on the job (20 hrs. of instruction). Course stresses the importance of planning and motivation in winning a job offer. Students explore how to prepare job applications, resumes, cover letters, all the key aspects of job interviewing, and they practice interviewing with a partner. Then, they learn about success on the job, teamwork, communication, and avoiding the main reasons people lose jobs.

*Peak
Workplace
Curriculum*

Find a Job: Your Job Search and Job Resources
Explore Job Applications and Create Yours
Resumes, Cover Letters, and References
Preparing for Job Interviews
Interview Success and Follow Up

Keep Your Job and Excel
Learn about paychecks and deductions
Keeping and Succeeding in Your Job
Success with Coworkers and Bosses
Teamwork and Initiative

*Peak
Workforce
Curriculum*

PEAK WORKFORCE adds the following modules (another 15 hours of instruction):
Workplace Advanced Skills
Problem Solving
The Foundation of Good Teamwork

Self Confidence: Appreciate Who You Are
Intentional Communication
Getting Organized

*North Star
Interactive
Description*

NORTH STAR INTERACTIVE will help anyone build a plan to own a home (60 hours of instruction). It will lead users through a series of interactive learning exercises that help them learn about themselves and their money habits, discover important financial skills that weren't taught in school, and learn how to achieve homeownership no matter where they are starting.

*North Star
Interactive
Curriculum*

Tools and Resources Provided:
Student Progress Report
Interactive Financial Calculators
Needs & Wants Spending Worksheet
Certificate of Completion
Help, How-To Guides and Support Forms
Home Purchase Checklist
Sample Creditor and Credit Agency Letters

Money Basics and Living Within Your Means
Financial Pre-Assessment
Setting Financial Goals
Your Net Worth
Living Within Your Means
Spending Consciously: Needs, Wants, Saving

Basic Banking and Checking
Understanding and Using Personal Checks
Understanding, Using Your Checking Account
Understanding and Using Bank Statements

Basic Budgeting and Cash Flow
Create, View, and Manage a Detailed Budget
Forecasting Spending, Managing Cash Flow
Anticipate Your Spending and Stay Organized

Interest and Loans
Discover Interest Basics
Intro to Credit and Types of Credit
Credit Reports / Credit Reporting Agencies
Explore Various Loan and Credit Options
Underwriting and What It Means to You
Underwriting and The Whole Picture

How to Manage Your Financial Tools
Gather Information, Get Organized
Tools for Getting and Staying Organized

Solving Credit and Money Problems
Credit Scoring Basics and Credit Repair
Other People and Your Credit
How Bad Credit Ages
Planning a Financial Recovery
Climbing Out of Debt

Buying Your First Home
Qualifying for a Mortgage
Timeline to Get Your Finances in Order
Finding Down Payment Assistance
Organize Documents for Home Purchase
Home Preferences Checklist

Peak Choices Description **PEAK CHOICES** The following will help students, ages 13 through adult:

1. **Build awareness of current and past behaviors**
2. **Research and consider potential consequences**
3. **Encourage reflection on the impact to self and others**
4. **Create reasons to make better choices**
5. **Build assets that develop skill, confidence, and desire**
6. **Share with peers and leaders to get feedback and support**

Peak Choices Curriculum **Peak Choices: Awareness and Deterrence Curriculum Outline**
SEVEN HOURS of Instruction:

– Next 3 pages... **Contemplate Your Behaviors**
What behaviors have put you at risk?
How did it feel before and leading up to those choices?
How did it feel during those choices?
How did it feel afterwards?
Share and discuss with a partner on a specific occurrence:
What happened?
Be totally honest: in the moment, did you REALLY chose, or not?
What was your attitude going into the situation?
How did you react and feel afterwards?
What can you say now were your “reasons” for doing this? (Give examples)

Consider The Impact

Reflect on worst case outcomes for each choice above, for you, in your life
Who does this impact, beyond you?
What impact does it have on them? Be specific.
Research the mandated consequences for your choices (see Specific Behaviors below)

What About Influences

What impact did friends have on these choices?
What risky behaviors have you seen your friends practice?
Describe what it is about you or your life that created the likelihood of this happening.
What is it about you that allows or does this?

Making New Choices

How might you recognize these choices and behaviors in the future, before they happen?
Read/hear real-life stories about choices, outcomes, and what other teens discovered
Link to stories online
Group sharing on your own and other people’s stories

Peak Choices: Decision and Power

SIX HOURS of Instruction: (Done individually, with a partner, and/or as a group.)

What is a “Vector”? Describe the Vector Story: how small changes today...
Reflect on “vectors” in your life: small things that eventually made a big difference

Consider the Power of Decisions

Every single action you take is a decision... name three examples.

Positive decisions you’ve made in the past, and what happened

Decisions and Choice: The nature of your own power

Who or what in your life has created challenges for you?

How has that affected you? Be specific. How might you rise above that now?

Name one small way you could shift the vector

Name one large way you could overcome that completely

Reasons: For yourself and for a higher purpose

Putting it Into Practice

Consider one choice or behavior from your “Awareness and Deterrence” Activity...

Name three actions or decisions that would be negative (show examples)

Name three actions or decisions that would be positive (show examples)

If you DO change this vector or if you DON’T change it, where will you end up?

Set an intention, create a goal (show examples)

How will you remind yourself of this every day?

How will you remind yourself of this in the moment, when the opportunity arises?

Peak Choices: Crime and Vandalism *FIVE HOURS of Instruction:*

Consider Choices and Consequences

Identify the criminal or illegal activities you chose

Investigate the legal and sentencing consequences

Identify current or potential legal issues: costs, sentences, impact on your life

Who was the direct victim and how did you impact them?

Who else did this impact? How might they feel about it? What property?

How would you feel and what would you do if this happened to you?

Learn About What Others Have Been Through

Group sharing and discussion on discoveries

Hear or read stories of incarceration or visit a jail

Reflect on external situations, pressures, or individuals that put you at risk

Reflect on internal attitudes, beliefs, or decisions that put you at risk

Set intention on how to manage future behavior

Peak Choices: Drug and Alcohol *SEVEN HOURS of Instruction:*

Consider Choices and Consequences

Take a survey of your behaviors and why you made those choices:

Chose three examples and reflect on why

Impact on your health

Impact on your legal status and freedom

Impact on your finances

Impact on your chances for jobs, education, and opportunities

Impact on your self respect

Read or hear others' stories of the nature of addiction and choices

Describe and share your stories of friends, family, or others in your life

Link to online stories

How to Change This Vector

Reaching out	What other resources or assistance are available (if you use them or not)? How have other people sought help successfully?
Made a decision	Refer to Decisions above, who could you reach out to? What decisions could you make now to change your Vector? Make the decision now to make that one small change
Honesty and sharing	If you needed confidential help with this, where would you go? What are you willing to change about you to improve this situation?
Willingness	Knowing where this is leading you, are you willing to shift the Vector? How could get willing or become more willing?
Asking for help	Ask the person or whoever for help Good – this is progress, you have made a Decision, changed a Vector
Maintaining	Use the Decision and Power: what about next time? Remember yourself in a past situation, now envision the future in detail Record how you chose otherwise, how it felt, and decide to continue that
Staying Focused	How will you take of yourself? Finding and using local recovery and support resources

Additional Optional Modules Included with Peak Choices:

Counseling

Jail Visits / Jail Jolt

Community Service

Incarceration, Probation, Detention, Etc.