

MHSA - AIM Higher - Student Curriculum

Overall Goal: to assist student and adult leaders to take individual or collective action to prevent chemical use problems, to promote healthy lifestyles and to improve citizenship and sportsmanship through positive role modeling.

7:45 a.m. to 8:00 a.m.	Registration
8:00 a.m. to 8:30 a.m.	Introduction to workshop – welcome participants and provide an overview of the workshop
8:30 a.m. to 9:30 a.m.	Leadership discussion – participants will examine and identify leadership characteristics and styles so they can take positive leadership initiatives within their peer groups. (Students will be assigned to small groups)
9:30 a.m. to 9:50 a.m.	Mentoring – participants will be encouraged to consider a mentoring role with middle school and elementary school students and will understand how to initiate mentoring programs at their schools.
9:50 a.m. to 10:00 a.m.	Break
10:00 a.m. to 10:55 a.m.	Team Captain Training – participants will learn go through a formal training session on the expectations and training of a team captain or team leader
10:55 a.m. to 11:25 a.m.	Hazing / Bullying – participants will learn the facts about hazing and bullying in high schools. An interactive exercise will help everyone learn about the dangers of hazing in schools.
11:25 a.m. to 11:55 a.m.	Mental Health – Students will learn the importance of mental health, how to improve mental health and warning signs of declining mental health.
11:55 a.m. to 12:30 p.m.	Lunch break (new groups may be assigned for the afternoon)
12:30 p.m. to 2:00 p.m.	Sportsmanship and perspective – participants will identify sportsmanship issues and list ways to prevent these problems, and will be able to recognize the need for a balanced perspective in activities as well as life in general.
2:00 p.m. to 2:15 p.m.	Evaluation and closure – participants will evaluate the effectiveness of the workshop and will be encouraged and motivated to continue the work of the day back at their schools.