

THINKING FOR A CHANGE (T4C) SUCCESSFUL COMPLETION POLICY

In order for a participant to successfully complete Thinking for a Change (T4C), the participant must have participated in (or made up) 25 of the 25 group sessions and have successfully met at least 70% of the session objectives for each T4C session. Meeting the above requirements will result in a Certificate of Successful Completion being issued during the graduation ceremony. Any participant not meeting the criteria above for successful completion, but still enrolled in the program during the graduation ceremony, will be issued a Certificate of Attendance, which will indicate the participant attended XX out of 25 T4C group sessions and will not reference successful completion of the T4C program.

T4C SESSION LEARNING OBJECTIVES DESCRIPTION

Session 1: Introduction

Session Objectives

As a result of this lesson, group members will:

1. Describe the 3 key parts of Thinking for a Change.
2. Describe their expectations for Thinking for a Change.
3. Agree to group rules and norms to follow during Thinking for a Change.

Session 2: Active Listening

Session Objectives

1. Describe the importance of active listening in this group and in other social situations.
2. Perform the steps of active listening during the lesson.
3. Perform the steps of active listening in real life situations.

Session 3: Asking Questions

Session Objectives

1. Describe the importance of asking questions.
 2. Perform the steps of asking questions during the lesson.
 3. Perform the steps of asking questions in real life situations.
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Session 4: Giving Feedback

Session Objectives

1. Describe the importance of giving feedback.
 2. Perform the steps of giving feedback during the lesson.
 3. Perform the steps of giving feedback in real life situations.
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Session 5: Knowing Your Feelings

Session Objectives

1. Describe the importance of knowing your feelings.
 2. Perform the steps of knowing your feelings during the lesson.
 3. Perform the steps of knowing your feelings in real life situations.
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Session 6: Thinking Controls Our Behavior

Session Objectives

1. Recognize how thoughts, feelings, and attitudes and beliefs lead to predictable patterns of behavior.
 2. Practice "objective detachment" in observing and describing thoughts, feelings, and attitudes and beliefs.
 3. Practice the three steps of cognitive self-change during the Lesson.
 4. Apply the steps of cognitive self-change to real life situations.
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Session 7: Pay Attention to Our Thinking

Session Objectives

1. Use thinking reports to observe and report their thoughts, feelings, and attitudes and beliefs.
 2. Establish, as a group norm, an objective, non-argumentative frame of reference for each group member to examine his/her own and others' thoughts, feelings, and attitudes and beliefs, and behaviors.
 3. Write a thinking report using a situation where they have identified a time they had a conflict with another person.
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Session 8: Recognize Risk

Session Objectives

1. Identify thoughts, feelings, and attitudes and beliefs that have led them to trouble in the past.
 2. Use an objective point of view when describing the risk in their thoughts and feelings.
 3. Write a thinking report about a recent or past time when they broke a rule or hurt someone.
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Session 9: Use New Thinking

Session Objectives

1. Identify new thoughts and attitudes and beliefs that will reduce the risk in their old ways of thinking.
 2. Continue to develop their skill in observing their thoughts, feelings, and attitudes and beliefs (step 1 – pay attention to our thinking), and in recognizing the risk in their thinking (step 2 – recognize risk).
 3. Practice using new thinking to reduce the risk of getting into trouble or hurting themselves or others.
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Session 10: Thinking Check-in

Session Objectives

1. Practice a thinking check-in to reinforce the 3 steps of cognitive self-change in his/her everyday life.
 2. Continue to develop the skill of objective self-observation.
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Session 11: Understanding the Feelings of Others

Session Objectives

1. Describe the importance of understanding the feelings of others.
 2. Perform the steps of understanding the feelings of others during the lesson.
 3. Perform the steps of understanding the feelings of others in real life situations.
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Session 12: Making a Complaint

Session Objectives

1. Describe the importance of making a complaint.
 2. Perform the steps of making a complaint during the Lesson.
 3. Perform the steps of making a complaint in real life situations.
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Session 13: Apologizing

Session Objectives

1. Describe the importance of apologizing.
 2. Perform the steps of apologizing during the session.
 3. Perform the steps of apologizing in real life situations.
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Session 14: Responding to Anger

Session Objectives

1. Describe the importance of responding to anger.
 2. Perform the steps of responding to anger during the lesson.
 3. Perform the steps of responding to anger in real life situations.
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Session 15: Negotiating

Session Objectives

1. Describe the importance of negotiating.
 2. Perform the steps of negotiating during the lesson.
 3. Perform the steps of negotiating in real life situations.
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Session 16: Introduction to Problem Solving

Session Objective

As a result of this lesson the group members will be able to answer questions that help them apply the problem solving skills to a situation.

Session 17: Stop and Think

Session Objectives

1. Identify specific warning signs: physical reactions, risk thoughts and risk feelings that indicate that they are in a problem situation;
 2. Intervene in their internal experiences to begin to use thinking skills to reduce their risk reactions.
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Session 18: State the Problem

Session Objectives

1. Identify a warning sign they experience in a problem situation.
 2. Describe problem situations objectively.
 3. Identify how their physical reactions, risk thoughts, and risk feelings create a risk of their reacting impulsively to make the problem worse.
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Session 19: Set a Goal and Gather Information

Session Objectives

1. Develop positive and realistic goal statements.
 2. Identify reasons to consider other people's thoughts and feelings.
 3. Better determine the thoughts and feelings of others.
 4. Differentiate between facts and opinions.
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Session 20: Practice Problem Solving Skills 1 – 3

Session Objectives

Demonstrate problem solving skill 1: stop and think; skill 2: state the problem; and skill 3: set a goal to gather information.

Session 21: Think of Choices and Consequences

Session Objectives

1. Generate multiple actions possible in problem situations.
 2. Identify possible consequences of the choices generated, both for themselves and other people.
 3. Choose an action based on consequences and goals.
 4. Identify thinking to support chosen actions.
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Session 22: Make a Plan

Session Objectives

As a result of this lesson group members will apply problem solving skill 5: make a plan to a real life situation.

Session 23: Do and Evaluate

Session Objectives

1. Demonstrate the steps for "do it" and then use questions to evaluate what happened after they "did it."
 2. Using the answers to their evaluation questions, they will decide what they need to do next.
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Session 24: Problem Solving – Application

Session Objectives

As a result of this lesson the group members will be able to apply all 6 problem solving skills to real life situations.

Session 25: Next Steps

Session Objectives

1. Celebrate their successful completion of the Thinking for a Change program. (Aftercare is an option for group members/agencies).
 2. Develop a personal plan for making the skills they have learned part of their life.
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Policy Acknowledgment

I have read and understand the above policy on the requirements for successful completion of the T4C program and agree to abide by all statements, rules, and/or regulations above. I have been given an opportunity to have all of my questions answered.

Youth Printed Name: _____

Youth Signature: _____ Date: _____

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____ Date: _____