



## Spillet Leadership University Distance Learning Courses

*Below are a list of distance learning courses available on Spillet Leadership University. Each course provides a brief description as well as the impact area or key skills the course is designed to enhance.*

<b>Title</b>	<b>Description</b>	<b>Impact Focus</b>	<b>Data Category</b>	<b>School</b>
<b>Introduction to the Active Participatory Approach</b>	This course describes the overall Youth Work Methods series, rooted in positive youth development, education, and psychological theory and research.		Quality Practices	YD
<b>Active Learning</b>	This course explores the concept that meaningful content and adult support are key ingredients for creating an interesting and productive learning environment.	Session Flow, Skill-building, Active Engagement	Quality Practices	YD
<b>Ask-Listen-Encourage</b>	This course explores how to build supportive, youth-centered relationships by asking effective questions, listening actively to youth, and empowering and supporting youth to learn through the use of specific, non-evaluative comments and questions.	Encouragement, Interaction with Adults, Adult Partners	Quality Practices	YD
<b>Boys &amp; Girls Clubs Basics</b>	The purpose of this session is to help participants understand how to create positive relationships, experiences, and environments within a Boys & Girls Club of Youth Center using the Five Key Elements for Positive Youth Development.	Safe Positive Environment, Fun, Sense of Belonging, Supportive Relationships, Adult Connections, Opportunities, & Expectations, Recognition, Targeted Programs	Club Experiences	YD

<b>Building Community</b>	This course introduces participants to a variety of activities designed to support the community building process.	Emotional Safety, Warm Welcome, Belonging	Quality Practices	YD
<b>Child &amp; Club Safety 101</b>	The purpose of this session is to increase Youth Development Professional's knowledge and awareness of common risks to emotional and physical safety, and how to recognize, respond to, and report safety concerns.	Physical Safety, Emotional Safety	Quality Practices Club Experiences	YD
<b>Cooperative Learning</b>	This course explores how using small groups to meet the social and intellectual needs of youth can result in productive and collaborative experiences.	Collaboration, Belonging, Leadership	Quality Practices	YD
<b>De-escalating Concerning Behavior</b>	The purpose of this session is to provide Youth Development Professionals with the steps to respond to an individual youth's concerning behavior in a way that brings down the intensity of a situation and helps youth access coping skills.	Reframing Conflict, Managing Feelings	Club Experiences	YD
<b>Formula For Impact</b>	This course provides an orientation to the Formula for Impact, and equips you to support the Formula for Impact in your work at your Club.		Youth Outcomes, Club Experiences	
<b>Homework Help</b>	This course explores how to implement research-based strategies for making your homework time productive, organized around providing positive adult support, effective routines, and communication with teachers.		Quality Practices	YD
<b>Planning &amp; Reflection</b>	This course introduces participants to powerful and easy ways to use methods, which promote youth engagement in	Planning, Reflection	Quality Practices	YD

	planning, implementing, and evaluating activities and projects.			
<b>Promoting Positive Peer Relationships</b>	The purpose of this session is to help Youth Development Professionals understand how to facilitate positive peer-to-peer relationships to support a sense of belonging.	Supportive Relationships, Sense of Belonging		YD
<b>Reframing Conflict</b>	This course explores how adults can support youth in addressing their conflicts by ensuring youth have a voice in determining both the cause and the solution to the conflict.	Reframing Conflict, Managing Feelings	Quality Practices	YD
<b>Staff to Youth Interactions</b>	The purpose of this session is to introduce Youth Development Professionals to engaging in positive interactions with youth based on the diverse experiences that occur in a Boys & Girls Club or Youth Center setting.	Supportive Relationships, Adult Connections, Opportunities and Expectations, Recognition	Quality Practices Club Experiences	YD
<b>Structure &amp; Clear Limits</b>	This course explores how appropriate structure and clear limits can provide stability, predictability, and organization for youth to ensure a safe and productive space for learning.	Safe Environment Domain, Session Flow, Child-Centered Space	Quality Practices	YD
<b>Youth Voice</b>	This course explores how providing young people with authentic, meaningful choices and a voice in the program are hallmarks of truly engaging environments.	Choice, Leadership, Adult Partners, Responsibility	Quality Practices	YD
<b>PQA Basics</b>	This course provides a walk-through of the Youth Program Quality Assessment tool, item-by-item, including: observational note-taking practice; “fit and score” items in the tool using anecdotal evidence; and how to participate in program self-assessment.	Youth Program Quality Assessment	Quality Practices	Management & YD

