



Spillett Leadership University Distance Learning Courses

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

Title	Description	Impact Focus	Data Category	School
Introduction to the Active Participatory Approach	This course describes the overall Youth Work Methods series, rooted in positive youth development, education, and psychological theory and research.		Quality Practices	YD
Active Learning	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
Ask-Listen-Encourage	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
Boys & Girls Clubs Basics	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

Building Community	This course introduces participants to a variety of activities designed to support the community building process.	Emotional Safety, Warm Welcome, Belonging	Quality Practices	YD
Child & Club Safety 101	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
Cooperative Learning	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
De-escalating Concerning Behavior	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
Formula For Impact	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	
Homework Help	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
Planning & Reflection	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.			
Promoting Positive Peer Relationships	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
Reframing Conflict	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
Staff to Youth Interactions	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
Structure & Clear Limits	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
Youth Voice	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
PQA Basics	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

