



# School of Youth Development 2020 Catalog of Learning for Instructor-Led Training

**First Quarter**

**(Offerings Subject to Change)**

For questions regarding organizing training events or locating trainers near your Club or Youth Center email [training@bgca.org](mailto:training@bgca.org).

# 2020 Catalog of Learning Opportunities: School of Youth Development

## Definition of Terms

**Instructor-Led Training (ILT)** events are learning opportunities facilitated by trainers who have completed the National Trainers Initiative or are a Certified Method Instructor. Instructors have received training to facilitate the following three types of learning opportunities based upon their credentials as a Tier 1 or Tier 2 trainer or Methods Instructor:

- Sessions (S) are learning opportunities with a minimum of one and a maximum of four consecutive contact hours of instruction aligned to learning outcomes.
- Workshops (WS) are learning opportunities with a minimum of six and maximum of 12 consecutive contact hours of instruction aligned to learning opportunities.
- Programs (P) are learning opportunities with more than 12 contact hours of instruction aligned to learning outcomes.

ILTs are fee based. There is an associated cost per participant. A minimum and maximum number of participants must be guaranteed prior to confirmation of requested learning opportunity. To request an ILT, please complete and submit the Training Request Event Form.

**Distance Learning Courses (DLC)** are interactive on-line learning opportunities with learning checks aligned to the course's learning outcomes. Each DLC has a downloadable Participant and Supervisor Guide. Some DLCs have additional downloadable resources. Most DLC can be completed between 20 and 45 minutes. DLCs are available 24/7 and are free of fees. Login to SLU (blue tab on [bgca.net/training](http://bgca.net/training)) and search by school, topic or course name.

**In-Service Learning Modules (LM)** are learning opportunities facilitated by Learning Coaches to their organization's front-line staff and volunteers. Learning Modules consist of instructional video content, Learning Coach's Guide and Participant's Workbook Inserts. Learning Coaches make the video content meaningful to the Club experience using a variety of interactive exercises. To become a Learning Coach and gain access to BGCA's learning modules and other resources, complete the Learning Coaches Orientation DLC. This learning opportunity has NA fees.

**Academy Learning Credits (ALC)** all learning opportunities written to the standards set by the International Association for Continuing Education and Training (IACET) have ALCs aligned to participants' successful completion. Participants receive ALC credit when they demonstrate the training's learning outcomes were met. BGCA does not award partial credit for learning opportunities. A paper copy of the award is provided at the end of each learning opportunity. The credit is also added to the participants' transcripts when they are registered Spillett Leadership University users.

Participants completing learning opportunities NA written to IACET standards receive a Certificate of Completion

## Foundation Level (Tier 1 Instructor)

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
Prior to working with youth (during onboarding)		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.	Foundation	2 hours	0.2 ALC	Yes	NA	Yes
Prior to working with youth (during onboarding)		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.	Foundation	2 hours	0.2 ALC	Yes	NA	March 1
Prior to working with youth (during onboarding)		Boys & Girls Club 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.	Foundation	2 hours	0.2 ALC	Yes	NA	March 1
First 90 days		Promoting Positive Behavior	The purpose of this session is to guide Youth Development in creating environments and facilitating rituals and routines in order to create positive behavior Norm's.	Foundation	2 hours	0.2 ALC	Yes	NA	NA
First 90 days		Cultural Responsiveness and Inclusion	The purpose of this session is to introduce Youth Development Professionals to practices that support an inclusive and culturally responsive environment when interacting with youth.	Foundation	2 hours	0.2 ALC	Yes	NA	NA

First 90 days		Building Blocks of Programming	The Purpose of this session is to introduce Youth Development Professionals to the basic principles for implementing effective programs in a Boys & Girls Club and Youth Center setting.	Foundation	2 hours	0.2 ALC	Yes	NA	NA
within 4 to 7 months of employment		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.	Foundation	2 hours	0.2 ALC	Yes	NA	Late April
within 4 to 7 months of employment		Hands-on Learning	The purpose of this session is to help Youth Development Professionals learn how to design, facilitate, and create an environment that supports Hands-on learning.	Foundation	2 hours	0.2 ALC	Yes	NA	NA
within 4 to 7 months of employment		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.	Foundation	2 hours	0.2 ALC	Yes	NA	Yes
within 8 to 12 months of employment		Programming in Your Space	The purpose of this session is to help Youth Development Professionals understand how to create their own programming using rituals, routines and the elements of a high-quality activity.	Foundation	2 hours	0.2 ALC	Yes	NA	NA
within 8 to 12 months of employment		Getting and Using Youth Input	The purpose of this session is to help Youth Development Professionals understand the dimensions of youth voice and offer strategies for soliciting feedback from youth.	Foundation	2 hours	0.2 ALC	Yes	NA	NA

within 8 to 12 months of employment		Youth as Leaders	The purpose of this session is to introduce the idea of youth leadership in order to help Youth Development Professionals identify leadership opportunities in a Boys & Girls Club or Youth Center that support the needs and interests of youth.	Foundation	2 hours	0.2 ALC	Yes	NA	NA
after completion of Foundation Level	Boys & Girls Club Basics	Orientation to the Outcome-Driven Club Experience	The purpose of this session is to provide the participants with an orientation to the four components of the Formula for Impact's Outcome-Driven Club Experience (i.e.5 Key Elements, High-Yield Activities, Targeted Programs and Regular Attendance).	Advanced Foundation	2 hours	0.2 ALC	NA	Yes	Yes
after completion of Foundation Level	Building Blocks of Programming	High-Yield Activities	The purpose of this session is for participants to be able to facilitate age-appropriate High-Yield Activities to contribute to the Outcome-driven Club Experience for youth.	Advanced Foundation	2 hours	0.2 ALC	Yes	NA	NA

### Education & Stem (Tier 2 Instructor)

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
9 months plus; for staff facilitating STEM programming	All Foundation Level Sessions	STEM: Using Purposeful Questions to Enhance STEM Learning	The purpose of this session is to help participants build the competencies needed to use purposeful questions to enhance members' learning during STEM learning experiences. This session is the result of a partnership between BGCA and Click2Science. <b>NOTE:</b> To select this session, you must also select two other "STEM Learning" sessions. Three "STEM Learning"	Education & STEM	2 hours	0.2 ALC	Yes	NA	Yes

			sessions must be offered consecutively on the same day.						
9 months plus; for staff facilitating STEM programming	All Foundation Level Sessions	STEM: MyFutures: Computer Science in Boys & Girls Clubs	The purpose of this session is for participants to learn how to use the Computer Science (CS) Pathway to engage members in coding and computer science programs and other available related resources on the MyFuture Platform. <b>NOTE:</b> To select this session, you must also select two other “STEM Learning” sessions and offer consecutively on the same day.	Education & STEM	2 hours	0.2 ALC	Yes	NA	NA
9 months plus; for staff facilitating STEM programming	All Foundation Level Sessions	STEM: MyFuture: Platform & Digital Literacy Essentials	The purpose of this session is to introduce participants to: BGCA’s forward-looking integration of digital into the Club Experience; how to use MyFuture to engage members in learning opportunities, including digital media, online safety and technology and a thorough overview of the Digital Literacy Essentials program. <b>NOTE:</b> To select this session, you must also select two other “STEM Learning” sessions and offer consecutively on the same day.	Education & STEM	2 hours	0.2 ALC	Yes	NA	Yes
9 months plus; for staff facilitating STEM programming	All Foundation Level Sessions	STEM: Engaging Members in Active STEM Learning	The purpose of this session is to help participants build the competencies needed to engage members in active learning during STEM learning experiences. This session is the result of a partnership between BGCA and Click2Science. <b>NOTE:</b> To select this session, you must also select two other “STEM Learning”	Education & STEM	2 hours	0.2 ALC	Yes	NA	NA

			sessions and offer consecutively on the same day.						
9 months plus; for staff facilitating STEM programming	All Foundation Level Sessions	STEM in the Club	The purpose of this workshop is to prepare participants to facilitate STEM (Science, Technology, Engineering & Math) activities with Club members. It is perfect for Club Staff who are facilitating BGCA's DYI activities and/or Ultimate Journey program. <b>NOTE:</b> To select this session, you must also select two other "STEM Learning" sessions and offer consecutively on the same day.	Education & STEM	6 hours	0.3 ALC	Yes	Yes	NA
9 months plus; for staff facilitating education programming	All Foundation Level Sessions	Academic Success: Enhancing the Quality of Power Hour	The purpose of this workshop is to increase Club's impact on the academic success of members. By completing this workshop, participants will be able to assess their Club's Power Hour program and develop a plan to enhance its quality and effectiveness in helping members achieve academic success.	Education & STEM	6 hours	1.0 ALC	Yes	NA	Yes
9 months plus; for staff facilitating education or workforce development programming	All Foundation Level Sessions	CAREERLAUNCH: Take Control	The purpose of this session is to provide participants with an overview of the revised CAREERLAUNCH program, BGCA's new Workforce Development Approach, resource materials, and session activities.	Education & STEM	2 hours	0.2 ALC	Yes	NA	NA
9 months plus; for staff facilitating education programming	OJDP Funded Sites ONLY	Project Learn	The purpose of this workshop is to guide participants in planning and implementing the Project Learn strategy in their Club. <b>NOTE:</b> This is only available when it fulfills an OJDP Funded Site grant deliverable.	Education & STEM	6 hours	Certificate of Completion	Yes	NA	NA

## Health & Wellness (Tier 2 Instructor)

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
9 months plus; for staff facilitating health and wellness programming	All Foundation Level Sessions	SMART Girls	The purpose of this workshop is to expand and strengthen participants ability to plan and implement the SMART Girls program in their Club.	Health & Wellness	6 hours	1.0 ALC	Yes	Yes	Yes
9 months plus; for staff facilitating health and wellness programming	OJDP Funded Sites ONLY	Passport to Manhood	This purpose of this session is to introduce participants to the revised version of the Passport to Manhood program curriculum.	Health & Wellness	2 hours	0.2 ALC	NA	Yes	NA
9 months plus; for staff facilitating health and wellness programming	OJDP Funded Sites ONLY	SMART Moves	The purpose of this workshop is to strengthen participants' ability to plan and implement Boys & Girls Clubs of America's SMART Moves program, which provides activities for members to prevent drug, alcohol and tobacco use and postpone sexual premature behavior.	Health & Wellness	6 hours	Certificate of Completion	TBD	NA	Yes



## Social Emotional Wellness (Tier 2 Instructor)

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
9 months plus; frontline staff working with youth	All Foundation Level Sessions	Building Resiliency in Youth	The purpose of this workshop is to ensure participant's ability to support youth in developing skills that will make them stronger, happier, and ultimately more resilient by reinforcing the 7 Crucial C's of Resilience throughout the Club. <b>NOTE:</b> There is also a two-hour session on this topic: Building Resiliency in Youth.	Social Emotional Development	6 hours	1.0 ALC	Yes	NA	Yes
9 months plus; frontline staff working with youth	All Foundation Level Sessions	Building Resiliency in Youth	The purpose of this session is to support youth in developing skills that will make them stronger, happier and ultimately more resilient by reinforcing the 7 Crucial C's of Resilience throughout the "Outcome-Driven Club Experience." <b>NOTE:</b> There is also a full-day workshop on this topic: Building Resiliency in Youth.	Social Emotional Development	2 hours	0.2 ALC	Yes	NA	Yes
9 months plus; frontline staff working with youth	All Foundation Level Sessions	LGBTQ Inclusion 101	The purpose of this session is for participants to gain a shared understanding of the role appropriate language plays in inclusion and learn key staff practices to help ensure full inclusion of their Club's LGBTQ youth. This session provides a rudimentary exploration of this topic.	Social Emotional Development	3 hours	0.3 ALC	Yes	NA	NA

9 months plus; frontline staff working with youth	All Foundation Level Sessions	Creating an Emotionally Safe Club	The purpose of this session is to introduce participants to tools developed by the Yale Center for Emotional Intelligence, which are designed to create a positive Club climate. Collaborative Group Agreements, a component of high-yield activities and targeted program sessions, is one of the tools.	Social Emotional Development	3 hours	0.3 ALC	Yes	Yes	NA
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**Teens  
(Tier 2 Instructor)**

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	Recruiting and Retaining Teens	The purpose of this session is to assist Clubs in their efforts to recruit and retain teens. <b>NOTE:</b> To select this session, you must also select one other “Teen” session and offer consecutively on the same day.	Teens	2 hours	0.2 ALC	Yes	NA	Yes
9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	Youth Development at Every Age & Stage: Understanding the Developmental Characteristics of Teens	The purpose of this session is for participants to create a plan that reflects how they will apply teen developmental stages and needs to their Club’s culture or environment, activities and goals. <b>NOTE:</b> To select this session, you must also select one other “Teen” session and offer consecutively on the same day.	Teens	3 hours	0.3 ALC	Yes	NA	NA

9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	They Vote with Their Feet: Addressing Teen Retention from The Beginning	The purpose of this session is for participants to create a plan that reflects strategies and tools for engaging older and harder to engage teens. <b>NOTE:</b> To select this session, you must also select one other “Teen” session and offer consecutively on the same day.	Teens	3 hours	0.3 ALC	Yes	NA	NA
9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	They Are the Ones We’ve Been Waiting For: Cultivating and Valuing Teen Voice	The purpose of this session is for participants to create a plan to implement and/or modify activities in your Club to reflect your understanding of teen voice in action. <b>NOTE:</b> To select this session, you must also select one other “Teen” session and offer consecutively on the same day.	Teens	3 hours	0.3 ALC	Yes	NA	NA
9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	Set Up for Success: Ensuring Teen Accountability	The purpose of this session is for participants to create a plan that reflects their ability to integrate 21st Century skills into their Club’s activity plans for their Club’s teen members. <b>NOTE:</b> To select this session, you must also select one other “Teen” session and offer consecutively on the same day.	Teens	3 hours	0.3 ALC	Yes	NA	NA
9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	Critical Connections: Assessing & Honoring Teen Passions and Interests	The purpose of this session is for participants to develop a teen engagement strategy plan to implement and/or modify activities in the Club. <b>NOTE:</b> To select this session, you must also select one other “Teen” session and offer consecutively on the same day.	Teens	3 hours	0.3 ALC	Yes	NA	NA

9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	Community Catalysts: Using Community Assets to Support Teen Empowerment	The purpose of this session is for participants to create a plan to conduct an initial community assessment to guide their Club's community engagement plan for and with teens. <b>NOTE:</b> To select this session, you must also select one other "Teen" session and offer consecutively on the same day.	Teens	3 hours	0.3 ALC	Yes	NA	NA
9 months plus; for staff facilitating working with teen programming	All Foundation Level Sessions	Serving Teens Effectively	The purpose of this workshop is for participants to gain greater insight into adolescent development, and the knowledge and skills to develop programs and activities with teen members. <b>NOTE:</b> There are also a six, three-hour sessions and one, two-hour session on this topic.	Teens	6 hours	1.0 ALC	Yes	NA	NA

### Sports & Recreation (Tier 2 Instructor)

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
9 months plus; for staff facilitating sports and fitness or health and wellness programming	All Foundation Level Sessions	Triple Play: Social Recreation (Soul)	The purpose of this session is for participants to learn to implement the Social Recreation curriculum, which promotes resilience through activities and project-based learning, grounded in social and emotional development.	Sports & Recreation	2 hours	0.2 ALC	Yes	NA	NA

9 months plus; for staff facilitating sports and fitness or health and wellness programming	All Foundation Level Sessions	Triple Play: Healthy Habits (Mind)	The purpose of this session is for participants to learn to implement the Healthy Habits curriculum, which promotes nutritional literacy and the formation of healthy habits for life through active learning and engaging activities.	Sports & Recreation	2 hours	0.2 ALC	Yes	NA	NA
9 months plus; for staff facilitating sports and fitness or health and wellness programming	All Foundation Level Sessions	Triple Play: Daily Challenges (Body)	The purpose of this session is for participants to learn to implement the Daily Challenges curriculum, which promotes physical literacy by boosting a Club's traditional physical activity with games accessible to all youth.	Sports & Recreation	2 hours	0.2 ALC	Yes	NA	NA

## Methods

**(Requires a Certified Methods Instructor. Limit 2 Method Sessions per day)**

Staff Experience Level	Suggested Pre-Requisite	Title	Description	Topic Area	Length	Credits	ILT	LM	DLC
All Frontline staff and direct service to youth and managers of direct service to youth professionals	Programming in Your Space, Getting and Using Youth Input and Youth as Leaders	Intro to the Active Participatory Approach	Youth programs can be optimized for youth needs, motivation, and engagement. The Active-Participatory Approach to youth work was designed to address these goals. This youth-centered approach is the foundation for the Youth Work Methods Series. (Limit: 2 per training day)	Intro to the Active Participatory Approach	2 hours	0.2 ALC			

All Frontline staff and direct service to youth and managers of direct service to youth professionals	All Foundation Level Sessions	Active Learning	Active learning occurs when young people actively process, rather than passively receive information. Adults can promote active learning by providing content that is challenging, meaningful, and focused on skill building, and by providing strong support for youth as they learn. (Limit: 2 per training day)	Active Learning	2 hours	0.2 ALC	Yes	no	Coming Soon
All Frontline staff and direct service to youth and managers of direct service to youth professionals	Promoting Positive Behavior, Cultural Responsiveness & Inclusion and Building Blocks of Programming, Promoting Positive Peer Relationships, Hands on Learning, and Addressing Challenging Behavior	Cooperative Learning	Cooperative learning is a purposeful learning structure coordinated and facilitated by the adult where youth work interdependently with one or more peers. Groups can range from pairs to small teams and be formed based on certain criteria, planned by the adult, self-selected by the youth participants, or formed randomly to promote interaction. (Limit: 2 per training day)	Cooperative Learning	2 hours	0.2 ALC	Yes	NA	Coming Soon

All Frontline staff and direct service to youth and managers of direct service to youth professionals	Promoting Positive Behavior, Cultural Responsiveness & Inclusion and Building Blocks of Programming, Promoting Positive Peer Relationships, Hands on Learning, and Addressing Challenging Behavior	Building Community	Building Community focuses on promoting a climate in which youth can feel part of a group. Community building can take place in both structured and unstructured ways. Structured avenues include welcomes, icebreakers, problem-solving games, trust games, name games, and partner activities. Unstructured venues such as transition times are also contexts in which community building can occur. (Limit: 2 per training day)	Building Community	2 hours	0.2 ALC	Yes	NA	Coming Soon
All Frontline staff and direct service to youth and managers of direct service to youth professionals	Child & Club Safety, BGC Basics, Staff-to-Youth Interactions	Structure & Clear Limits	Structure and Clear Limits in a youth program lay the foundation for a safe environment that supports young people. Structure is the framework for a program and the offerings within it. It's what sets the stage for activities and youth engagement and includes schedules, staffing, routines, and program space. Clear Limits are the established boundaries set and reinforced by an adult, youth, or a partnership between the two. They should be established and clearly explained early on so that youth can assume responsibility over them. (Limit: 2 per training day)	Structure & Clear Limits	2 hours	0.2 ALC	Yes	NA	Coming Soon

All Frontline staff and direct service to youth and managers of direct service to youth professionals	Promoting Positive Behavior, Cultural Responsiveness & Inclusion and Building Blocks of Programming, Promoting Positive Peer Relationships, Hands on Learning, and Addressing Challenging Behavior	Reframing Conflict	Reframing Conflict focuses on minimizing unproductive conflicts within your program through creating a positive environment that emphasizes highly engaging content and provides a youth-centered approach to handling conflict situations when they inevitably arise. (Limit: 2 per training day)	Reframing Conflict	2 hours	0.2 ALC	Yes	NA	Coming Soon
All Frontline staff and direct service to youth and managers of direct service to youth professionals	All Foundation Level Sessions	Youth Voice	What's the best way to help young people make good decisions, Know and as they grow older? Is it by restricting their choices and running your youth program like a drill sergeant? NA! As one educational writer puts it, "Youth learn how to make good choices by making choices, NA! by following directions." Organized activities for youth—whether in an afterschool program, a community center, or somewhere else—can provide wonderful contexts for youth to experience voice, control, and to practice decision-making. (Limit: 2 per training day)	Youth Voice	2 hours	0.2 ALC	Yes	NA	Coming Soon



All Frontline staff and direct service to youth and managers of direct service to youth professionals	All Foundation Level Sessions	Planning & Reflection	Planning and Reflection as a Method refers to supporting young people throughout the basic Plan-Do-Reflect learning process focusing on establishing clear, comprehensive plans at the beginning of an activity and reflecting on the results and process after the activity has been completed. (Limit: 2 per training day)	Planning & Reflection	2 hours	0.2 ALC	Yes	NA	Coming Soon
All Frontline staff and direct service to youth and managers of direct service to youth professionals	All Foundation Level Sessions	Homework Help	This course focuses on making homework help time effective by helping youth get organized, by providing an atmosphere that helps youth focus on their work, and by building a supportive relationship with youth. This is done through communication, productive settings, and supportive interaction. (Limit: 2 per training day)	Homework Help	2 hours	0.2 ALC	Yes	NA	Coming Soon
All Frontline staff and direct service to youth and managers of direct service to youth professionals	Child & Club Safety, BGC Basics, Staff-to-Youth Interactions	Ask Listen Encourage	Do you communicate with youth in a way that makes them feel supported and heard? This interactive workshop introduces various communication techniques that help you build more supportive, youth-centered relationships. Participants will learn how to ask more effective questions, to listen actively to youth, and offer youth encouragement rather than praise. (Limit: 2 per day)	Ask Listen Encourage	2 hours	0.2 ALC	Yes	NA	Coming Soon