

START YOUR RACE AS A TORTOISE

LIFE SKILLS FOR TEENS AND YOUNG ADULTS



Begin Your Race Being a Tortoise

Curriculum



'The Tortoise and the Hare'

**should be a class taught in every grade
level in every school.**

It's way more than a children's story.

**Aesop was more than a storyteller. He was
political writer and a philosopher.**



My Success Story

Forensic Academy offers students enriched summer camp experience

During the week of June 20-25, 16 7th graders and four 8th graders from Harrisburg schools attended the GEAR UP Forensic Academy at Shippensburg University.



A Harrisburg student delivers her closing argument to the jury in Carlisle's historic courtroom during the final activity of the Forensic Academy.

Criminal Justice professor, Stephanie Jirard, Esq. directed the camp. Other Shippensburg faculty members participating in the camp were Dr. William Patrie, Dr. Kate McGivney and Dr. Dawn Vernoooy-Epp.

Classroom activities centered on crime scene investigation, writing police reports or newspaper articles, mathematical analysis of crime scene evidence, and courtroom procedures including introducing evidence and examining a witness.

In the lab, students analyzed ink from a suspect's note, analyzed an unknown powder found at the crime scene, and learned blood typing

and finger print analysis. They watched video-taped depositions by the "suspects" and worked on determining who killed Dr. Harry Crum.

On the final day of camp, parents joined their children in the Historic Courtroom in Carlisle, PA and became the "jurors" while each student participated as a prosecutor or defense attorney. The "suspects" were questioned in turn, and led to the "confession" by one of the witnesses. Students, parents, and faculty were very pleased with the outcome of the camp and the variety of experiences for the students.

Philadelphia students get more than campus tour during visit to West Chester University

"I will not give up! I will only GEAR UP!" chants the 7th grade audience under the spell of the intensely energetic young man who wills their participation in his story of a boy who grew up on the streets of Baltimore, fell prey to the negative influences of his environment, yet rose above his misfortunes, determined to make a better life for himself.

Using the metaphorical tortoise and the hare, Ar'Marlon Barbour, a senior communications major at West Chester University, implores his young audience to avoid the temptations that lured him into drug use and crime and to focus on the opportunities that education offers. His message is clear and direct: perseverance, faith in self, and purpose are imperative if students want to cross the finish line.

Barbour shares his personal testimony with young people as an example of one who rejected the "legacy of fear, shame, hopelessness, poverty and low self-esteem" to motivate students to create better lives for themselves.



WCU senior and PA State GEAR UP mentor Ar'Marlon Barbour guides Philadelphia students on tour of the campus.

PA State GEAR UP students who tour West Chester's campus hear not only from Barbour, who is a mentor with the program, but they also meet with university staff who inform them about college life and setting educational goals. Associate Director of Multicultural Affairs Kendrick Mickens challenges students to "avoid negative activities in the neighborhood" and to participate

in programs like GEAR UP. He tells students about on-campus support to help them succeed once they get to college.

Dr. Tony Johnson, Dean of Education, encourages students to keep their "eye on the prize" by taking their studies seriously and preparing themselves academically so that they will have the skills and knowledge base to have choices after high school.

Elizabeth Gianguilio, Director of WCU's Career Development Center, gives a visual presentation about the myriad of career opportunities available to students who continue their education in a college or university. She tells the group to "consider who you are and where you want to work. Think about your daydreams and what you do well," she suggests, to help students begin to focus on career options.

University GEAR UP Coordinator Claudio Cerullo emphasizes that participation in PA State GEAR UP will help students prepare for college.

Thanks for your support!

Introduction

In today's times, when so many teens are being bullied and committing suicide as well as suffering from body shaming this course is a life saver for them

This course will help teens understand the importance of attaining the values and character strengths that are needed to live and win in life, despite their circumstances.

This course can help them with any decision making, critical thinking, or self-esteem issues they're dealing with." At-risk Teens can be the dictator of their own lives and destinies and win in the LONG GAME.

This course empower teens to realize their full potential and leave a lasting legacy that surpasses them long after their physical life ends.

This course can be a powerful story for teens teaching them about the dangers of excess competitiveness and the importance of taking your time instead of rushing.

Let's get started!



Full Term Course

This is Full-Term course. The course consists of 17 modules over a span of 17 weeks. Please note that all topics for the current week are to be completed before proceeding to the next week.

The 17 modules are supplementary to a students school work and can be used for students in regular schools, alternative schools, extended day programs, mentor programs, summer camps, group homes, foster care, military schools, faith based schools or boarding schools.

Communication with the Instructor

It is important to remember that while the Internet is available 24 hours a day, your instructor may not be. You can expect that your instructor will respond to e-mail message to you within 1 to 2 business days during the week and may not be available to respond on weekends.

Course Prerequisites

- No prerequisite

Who is the course for?

- For 6th through 9th grade teens. This curriculum of modules can and will be customized for higher grades upon demand.



OUTCOMES

Outcome-1

Learn the importance of attaining the values and character strengths

Outcome-2

Learn and practice decision making and critical thinking skills

Outcome-3

Learn from failure, identify their strengths and use them & united efforts reap better rewards

Outcome-4

Learn how the Tortoise and the Hare Story directly relates to behavioral science and the students social/emotional Development (Apply the knowledge, attitudes and skills needed to understand and manage emotions

Outcome-5

Learn how the Tortoise in Begin Your Race Being A Tortoise specifically models Service and Environmental Stewardship in which they will understand the importance and be able to express through presenting why they will follow this model for the betterment of a healthier environment

Outcome-6

Student will be able to walk away with knowledge and know how on being a problem solver, it's importance in the term employability skills and where they fit in S.T.E.M. and S.T.E.A.M Careers.



Credit Hour and Commitment

This course consist of 17 modules and consists of slides and activities ; therefore, it is projected that teens will spend approximately 17 hours total on this course. This course has 17 module of continuous lessons and roughly a 1-hour commitment per module.

How to Succeed in this Course

We recommend taking this course in a quiet place with no distractions. Be in a comfortable position so teens can fully take part in the guided story, take deep breaths and enjoy this amazing journey.



Course Methods and Delivery

Methods of instruction include slide lesson/module, with the accompanying slides and activities.

Teens will have access to online lessons, materials and resources. This course is instructor facilitated.

No requirements

Methods of Instruction

Your Schedule

Course Requirements



Course Outline

**SLOW AND STEADY
WINS THE RACE!**



17-Week/Modules

- 1. (Your Belief) Sense of Believe**
- 2. Conquer (Conquering)**
- 3. In the Wake of Perseverance.**
- 4. Inspiration**
- 5. Presumptuous**
- 6. Vain**
- 7. Perception (Underestimate)**
- 8. Assurance (Certainty)**
- 9. Triumph**
- 10. Keystone Species**
- 11. Denial**
- 12. Perseverance**
- 13. Believe**
- 14. Visualization**
- 15. Motivation**
- 16. Never loose hope**
- 17. Faith**



JOIN THE COURSE

**SLOW AND STEADY
WINS THE RACE!**



**BEGIN YOUR RACE BEING
TORTOISE**

Register Now!

