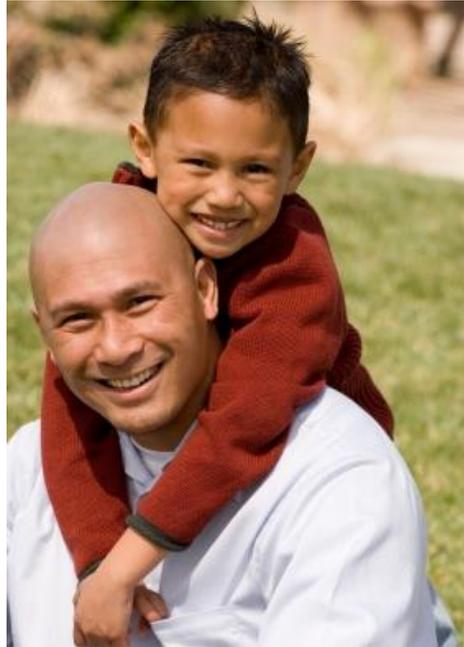


# The Youth Development Institute

## WHAT IS THE YOUTH DEVELOPMENT INSTITUTE?

The Youth Development Institute (YDI) is a series of online training courses for youth-serving professionals and volunteers seeking to increase their knowledge and enhance their skills. YDI includes 24 different courses, each of which takes about 1-2 hours to complete and contains links to outside reading materials, websites and video clips that illustrate the main concepts. A Community Forum allows users to share ideas with other course-takers. Courses are self-directed, allowing users to stop and start at their convenience. Individuals who successfully complete a course (by clicking through all pages and passing a quiz) receive a course completion certificate.

For more information or to register for courses, go to [www.partnershipuniversity.org](http://www.partnershipuniversity.org) And click on the YDI tab at the top of the page.



## COURSE DESCRIPTIONS

Below are brief descriptions of each of the YDI courses, along with estimates of how long each course takes to complete. Four of the courses are free. All other individual courses are \$15 each or you can buy the full package of 24 courses for \$149. If you purchase a full package, you are able to have access to new YDI courses as they are available.

\*\*A few of the courses offer a **Supervisor Guides**, a collection of meeting plans that supervisors can use for professional development sessions that are based on our online curriculum. The Supervisor Guides were developed to provide supervisors with ready-made professional activities that they can implement in their organization with their staff members that will enhance staff's understanding of the YDI coursework.

**Adolescent Development (FREE):** This course provides background on adolescent brain development, the role of self-concept and self-esteem in identity development, how youth respond to puberty, and what youth workers can do to be supportive during this time of change. (1 hour). Course takers learn to:

- Identify three factors that could impact how youth respond to the changes of puberty
- Define cognitive development and describe adolescent cognitive abilities
- Identify the two main aspects of emotional development
- Understand the role of self-concept and self-esteem in identity development

**Age Appropriate Discipline (FREE):** This course provides guidance on how to respond to youth who struggle with behavior. It introduces techniques for preventing challenging behavior as well as responding to positive behavior. (2 hours). Course takers learn to:

- Identify what behavior is typical for the physical, social, and emotional development of children and youth
- Identify some reasons why youth exhibit behavior challenges and how youth service providers should respond
- Explore and implement prevention and positive guidance techniques to redirect inappropriate behavior

**The Art of Inclusion Course (Part 1):** This course covers how to include all youth in your school and afterschool activities. (1 hour). Course takers learn:

- Important terminology related to inclusion and working with special needs youth
- What types of special needs are most common
- Strategies for effectively communicating with youth with special needs
- Strategies and tips for ensuring that program activities are as inclusive as possible
- How to make a facility safe and healthy for youth with special needs



**The Art of Inclusion (Part 2):** This course provides guidance on how to effectively set up a facility or program to be inclusive of youth with special needs. (1 hour). Course takers learn:

- Which federal laws are most likely to affect youth programs
- How to apply the laws and best support youth with special needs
- Tools for self-assessment, planning, and evaluation of inclusion efforts
- Techniques and strategies for working effectively with parents, schools and communities

**Building Assets with Youth\*\*:** This course provides an overview of the Asset Development Framework and how it applies to your work with youth. (2 hours) Course takers learn:

- The concept of asset-building and the research behind the Developmental Assets
- The main elements of the 40 Developmental Asset Framework
- Simple tools for incorporating asset building into work with youth

**The Building Blocks of Social and Emotional Learning:** This course is an introduction to the concept of social and emotional learning and the important role it plays in youth development. (1.5 hours). Course takers learn:

- What SEL consists of and its range of benefits for young people
- The role of grit in youth success
- How to identify their program's SEL needs and select and evaluate promising practices
- What additional resources exist to help continuously build professional skills in SEL

**Bullying Prevention\*\*:** In this course you will learn about 'the bully', the 'bullied and the 'bystander'. This course provides many helpful tools that youth programs can utilize to address the problem of bullying. (2 hours). Course takers learn:

- The types, frequency, and consequences of bullying
- The top myths about bullying
- The types of cyberbullying and how to help youth avoid and deal with cyberbullying
- How to work with parents around issues of bullying and create a caring climate in program that discourages bullying

**Child Development (FREE)\*\*:** This course focuses on the cognitive and physical development of elementary-aged youth. This course gives lots of guidance and ideas for supporting the positive development of children in this age group. (2 hours). Course takers learn:

- The basic components of physical development including information on gross and fine motor skills
- The basic components of cognitive development and Piaget's stages
- The basic components of social-emotional development

**Civic Engagement: Engaging Young People in Civic Life:** In this course you will learn many ways to educate and engage youth in civic action, from service learning to environmental stewardship. Course takers learn to:

- Define civic engagement and understand the term "public concerns"
- Identify types of civic education and engagement
- Define service learning and how to implement it

**The Common Core State Standards:** In this course you learn what the Common Core State Standards are, what purpose they are intended to serve, what some implications may be for the children you serve, and how you can support the Common Standards and enhance your children's learning. (1.5 hours). Course takers learn:

- What the Common Standards are
- What purpose the Common Standards intend to serve
- How afterschool program providers can support Common Standards goals and enhance your children's learning

**Conflict Resolution:** This course provides activities, resources, and applications for dealing with conflict. The focus is two-fold: it examines how you resolve conflict, and how you can help youth resolve conflict. (1.5 hours). Course takers learn:

- The benefits of conflict
- Ways to approach conflict to find the best outcome
- What factors can either escalate or deescalate conflict
- How to employ appropriate conflict resolution techniques or strategies that will work with youth



**Cultural Competency for Youth Workers:** This course introduces techniques to help course takers understand their own cultures, the cultures of their organizations, and how they interact with the youth they serve. (2 hours). Course takers:

- Are introduced to the concept of cultural competency
- Reflect on individual cultural identity, personal values, and intercultural communication
- Are introduced to strategies for improving understanding of your program's families
- Provide strategies for creating culturally competent programs

**Engaging Parents:** Engaging parents, while critical, can be challenging for many programs due to time constraints (for both staff and parents), language and literacy issues, and a lack of resources to devote to parent involvement. This module discusses the benefits of parent involvement, identifies different approaches, and suggests strategies for engaging parents. (1.5 hours). Course takers learn:

- The benefits of parent involvement
- Barriers to parent involvement
- Different types of parent involvement
- Different strategies for involving parents

**Health and Academic Achievement:** This course discusses the ways that health related problems impact the academic achievement of children and youth. The course introduces some of the greatest health problems affecting youth including poor nutrition, lack of physical activity, obesity, mental health disorders, and substance abuse. (2 hours). Course takers learn:

- About the major health issues that impact youth
- To understand the link between health and academic achievement
- How youth-serving organizations can impact the health of youth

**Integrating STEM into Youth Programs:** This course introduces the topic of STEM (science, technology, engineering, and math) and provides guidance on how to integrate STEM into summer and afterschool programs. Users learn about STEM program planning tools, model STEM programs, and how to evaluate their STEM activities. (2 hours). Course takers will learn:

- What STEM is, how it emerged, and why it matters
- Statistics about the STEM workforce, who studies STEM, and who is underrepresented in STEM
- The important role that out-of-school-time programs play in promoting STEM
- Strategies and tools to help you plan for STEM and implement a STEM curriculum
- Tips and guidelines for evaluating your STEM program

**Leadership, Part 1:** This course introduces key concepts related to leadership and focuses on the "big picture" roles of leaders of out-of-school time and youth programs. (1 hour). Course takers learn:

- The difference between leadership and management
- Different styles of leadership and how they are practiced
- Why introverts sometimes make great leaders
- How to identify leadership strengths and weaknesses

**Leadership, Part 2:** This course focuses on the interpersonal aspects of leadership and supervision. It addresses topics such as motivating staff, providing quality feedback, and teambuilding. (1 hour). Course takers learn:

- How to handle difficult conversations with staff
- What the research says about what motivates people
- The development stages of teams and how to encourage high performance
- Tips for leading effective meetings that fit within your organizational culture

**Maltreatment of Youth:** This course identifies the different ways that children can be maltreated and the signs that indicate a child has been abused. Reporting responsibilities and procedures are also outlined. (1.5 hours). Course takers will learn:

- The common ways in which youth can be mistreated
- How to recognize the signs of maltreatment
- The reporting requirements if you suspect child abuse or neglect is taking place



**Mitigating Summer Learning Loss:** This course introduces the latest research on the "summer slide" and what youth populations are most affected by it. The course teaches about best practices in summer learning programming and practical strategies for incorporating academic elements into summer activities. (1.5 hours). Course takers learn:

- What summer learning loss is and who is most affected by it
- What the research says about summer learning loss and why more research needs to be done
- What types of responses to summer learning loss are most effective
- How health and wellness link to academic achievement
- Key strategies, tips and techniques for ensuring that your program prevents summer learning loss

**Overview of Positive Youth Development Approach\*\*:** In this course you will learn about risk factors, prevention factors and how to build resiliency in today's youth through quality youth programming. (1.5 hours). Course takers learn:

- About the history and evolution of positive youth development
- To identify risk and protective factors and the 40 Developmental Assets
- To recognize the essential elements of youth development
- How to develop strategies for building positive youth development in programming

**Supporting Youth to be Workforce Ready:** This course provides youth development professionals with tips and tools on preparing youth in their programs to be successful in the workforce. (1 hour). Course Takers learn:

- What the latest labor market trends are and how they affect youth
- Ways to plan for, implement, and evaluate your workforce readiness program
- Specific activities for increasing the workforce readiness of youth in your program
- What work-based learning is and how to integrate it into your program
- How to engage employers and parents to ensure that youth develop the workforce readiness skills they need to succeed

**Unhealthy Coping Behaviors in Youth\*\*:** This course helps youth serving professional recognize and respond to signs of depression, substance and alcohol abuse, physical self-injury/self-harm, suicide tendencies, and eating disorders among the youth they serve. (1 hour). Course takers learn:

- To identify a significant, underlying factor of unhealthy coping behaviors in youth
- The signs of unhealthy behaviors including substance abuse, self-injury, eating disorders, and suicidal thoughts
- To respond effectively when unhealthy behaviors have been recognized

**Working with Culturally Diverse Youth:** This course explores some of the ways in which cultures differ, examine when problems may arise, and provide some suggestions for handling these situations. (2 hours). Course takers learn:

- To define common terms related to cultural competency.
- To identify factors that might affect youth identity development, particularly youth from diverse backgrounds and strategies for supporting youth in developing positive cultural identities.
- To identify how children and youth learn and unlearn prejudice and the role adults play.
- That the most effective approaches to dealing with cultural diversity depend greatly on one's own level of self-awareness and the ability to appreciate and respect cultural differences

**Working with Girls:** This module explores ways that gender impacts youth development, and how gender specific programming guidelines may support success in working with girls. (1 hour). Course takers learn:

- About key milestones in the history of feminism
- About the concepts of gender and gender socialization
- To identify developmental milestones of girls in the areas of social/emotional, physical and cognitive development
- To identify how socialization effects development
- To understand and be able to develop programming that is gender specific

**WANT TO LEARN MORE ABOUT YDI OR REGISTER FOR COURSES? GO TO [WWW.PARTNERSHIPUNIVERSITY.ORG](http://WWW.PARTNERSHIPUNIVERSITY.ORG) AND CLICK ON THE "YDI" TAB AT THE TOP.**

Questions? Contact Betsy Kummer of Elevate Consulting Services at 720-346-8539 or [bkummer@elevate-co.com](mailto:bkummer@elevate-co.com).