Implementing Dependable Strengths
Julie Best - Emmett Junior High School

Why are we doing this?
- If we are good stewards of the grant's goals and objectives then we will implement programs that create systemic change. Dependable Strengths is designed to be one of the programs that creates change at an individual level, at a classroom level, and at a school level.
- My 7th grade LA teacher saw an improvement in how the class treated each other as well as how they treated her. There was a greater sense of respect after doing two days of good experiences and the quad exercise.

Year 1 - Dependable Strengths
- Pilot program
  - Sought group of people willing to learn Dependable Strengths and assist with pilot program.
  - Professional Development Opportunity - PTE trainer and MNU graduate credit
  - Lunch
  - Following the training but still a part of the MNU credit was a discussion on what would be the best way to implement DS.
    - What activities align w/DS - Center for DS @ Shoreline
    - Developing materials (2017), Dependable Strengths an eCIS, enrichment activities currently in use
    - What curriculum aligns w/DS - Writing (see EDM Writing Rubric), reading, self-reflection, keyboarding
    - What grade levels align w/DS - Maturity level and academic skills
Good Experience Q's
- Students must articulate the good experience
- Cannot gloss over this part of the DS process - identifying good experiences is a key to the overall process.
- Proud, enjoyed, did well (does not mean blue ribbon ...) A good experience is a specific event with details.
- Playing video games is not enough ... Be specific. Tell about a time they won a certain level, high score, beat the whole game.

Year 1 - Pilot Program
- More Observations
  - A schedule / timeline begins to develop naturally:
    - Day 1 (1 1/2 - 2 hour session)
      - Intro / how to think / think outside the box
      - Draw a picture / share
      - Early good experience / share
      - Good experience brainstorming / share
      - Take home sheet on story

Year 1 - Pilot Program
- Observations
  - Day two (1 1/2 - 2 hour session)
    - Share stories in groups
    - Review
    - Discuss / Demonstrate Quad exercise (important to share your good experience along the way as it helps to create an environment of trust. The adults need to participate!) Also, reiterate NO Negative statements, Active Listening, and respect.
    - Quad exercise
Year 1 - Pilot Program

- Observations
  - Day 3 (1.5 - 2 hour session)
    - eCIS Dependable Strengths module
    - Holland / Career Exploration
  - This activity worked well with four year planning and career exploration exercises
  - Save all activities/data and file in student portfolio for future use.

Year 1 - Pilot Program

- 7th Grade English / Lang. Arts Classes
  - Did not do the eCIS portion
  - Faced maturity issues with Good Experiences and Quad exercise
- Summer Camp
  - Integrated art / poster as a visual representation
  - Brought students closer to each other

Year 1 - Post Mortem

- All 7th, 8th & 9th grade English / Lang. Arts will integrate part of DS in their classes
- All teachers will participate in a Professional Development training class
  - Part 1 - DS Exercise
  - Part 2 - Best Practices
- The teachers will be supported during class with additional adults who have been trained in DS and GEAR UP will provide supplies (crayons, folders, pens, poster board).
Year 2 - Entire Cohort

- Professional Development for all teachers - Oct. 2
- 7th Grade
  - My Life activity - eCIS
  - Good Experiences
  - Family Story activity
  - Poster
- 8th Grade
  - Good Experiences
  - Quiz
  - eCIS Dependable Strengths

Year 2 - Entire Cohort

- 9th Grade
  - Review / add to Good Experiences
  - Review / add to Strengths Chart
  - Reality Test / Proving Strengths
  - Strength Report
  - Update / add to eCIS
- All grades are graded against school writing rubric.
- All exercises are saved and stored in portfolio and will be sent to the High School.

Where we are headed

- Communications development - students will learn to write resumes (grade 10 & 11) and practice interviewing (grade 10 & 11).
- College preparation - At the high school students will learn to fill out scholarship applications and essays (grade 11 & 12) and fill out college applications and essays (grade 11 & 12).
Related Links

- http://www.dependablestrengths.org/
- http://www.pce.idaho.gov/
- http://idcig.intecareers.org/