

How is the program taught?

You Can Do It! Education is taught throughout the school on a weekly basis. Each lesson is designed to meet the target needs and developmental stages of each student. Staff are continually up-skilled in the program and parents can view the YCDI! article in the newsletter each week .

Persistence—Persistence means trying hard and not giving up even when things are difficult or boring.

Positive Habits of the Mind that develop a young person's Persistence include:

- **I Can Do It**—thinking that I am more likely to be successful than to fail if I try.
- **Giving Effort**— thinking the harder I try, the more successful I will be.
- **Working Tough**— thinking I sometimes have to do things that are not fun or easy.

Achieve to the Best
of Your Abilities



"You Can Do It!"
Education

Rocky River Public School

You Can Do It!



The Keys to Success
and Happiness

You Can Do It!
Education's main purpose
is to support
communities, schools, and
homes in a collective
effort to optimise the
social, emotional and
academic outcomes of all
young people.

You Can Do It Education. From Transition to Year 6 and Beyond.....

Confidence - Confidence means knowing that you will be more likely to be successful than to fail at things when you are giving effort. It means not being afraid to make mistakes or try new things.

Positive Habits of the Mind that develop a young person's confidence include:

- **Accepting Myself**– not thinking badly about myself when I make a mistake.
- **Taking Risks**– thinking that it is good to try something new even though it may be hard.
- **Being Independent**– thinking that it is important to try new activities and to speak up even if my classmates think I am silly.
- **I Can Do It**—thinking that I am more likely to be successful than to fail if I try.

Organisation—Organisation means setting a goal to do your best in your school work, planning your time so you are not rushed, having your supplies ready and keeping track of assignments due dates.

Positive Habits of the Mind that develop a young person's organisation include:

- **Setting Goals**– Thinking that setting a goal can help me be more successful at a task.
- **Planning My Time**– thinking about how long it will take me to do my work and planning enough time to get it done.

Getting Along– Getting Along means working well with others, solving problems without getting too angry, following rules and making positive contribution to school, home and the community including protecting the rights of others and looking after the environment.

Positive Habits of the Mind that develop Getting Along behavior in a young person include:

- **Being Tolerant of Others**– accepting that everyone acts unfairly towards others some of the time, and not making judgments of people's character based on their differences or behavior.
- **Thinking First**– thinking that when someone treats me badly I need to think about different ways I can react, the consequences of each, and the impact of my actions on the other person's feelings.
- **Playing by the Rules**– thinking that by following important school and home rules, I will live in a better world where everyone's rights are protected.
- **Social Responsibility**– thinking that it is important to be caring, try hard to do my best, to be fair to others, to be honest and tell the truth, respect and include others who are different.

Emotional Resilience– Resilience means knowing how to stop yourself from getting extremely angry, down, or worried when something 'bad' happens. It means being able to control your behavior when you are very upset so that you bounce back from difficulty and return to work or play.

Positive Habits of the Mind that develop a young person's Emotional Resilience include:

- **Accepting myself**– not thinking badly about myself when I make a mistake.
- **Taking Risks**– thinking that it is good to try something new even though it may be hard.
- **Being Independent**– thinking that it is important to try new activities and to speak up even if my classmates think I am silly.
- **I Can Do It**—thinking that I am more likely to be successful than to fail if I try.
- **Working Tough**– thinking sometimes I have to do things that are not fun or easy.
- **Being Tolerant of Others**– accepting that everyone acts unfairly towards others some of the time, and not making judgments of people's character based on their differences or behavior.