

# You Can Do It! Education



**A New Generation of  
Resources for Improving  
Student Outcomes**



Australian  
Scholarships  
Group

SUPPORTING CHILDREN'S EDUCATION

You Can Do It! Education's (YCDI'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. Its unique contribution is in identifying the social and emotional capabilities that all young people need to acquire in order to be successful in school, experience wellbeing, and have positive relationships including making contributions to others and the community (good citizenship).

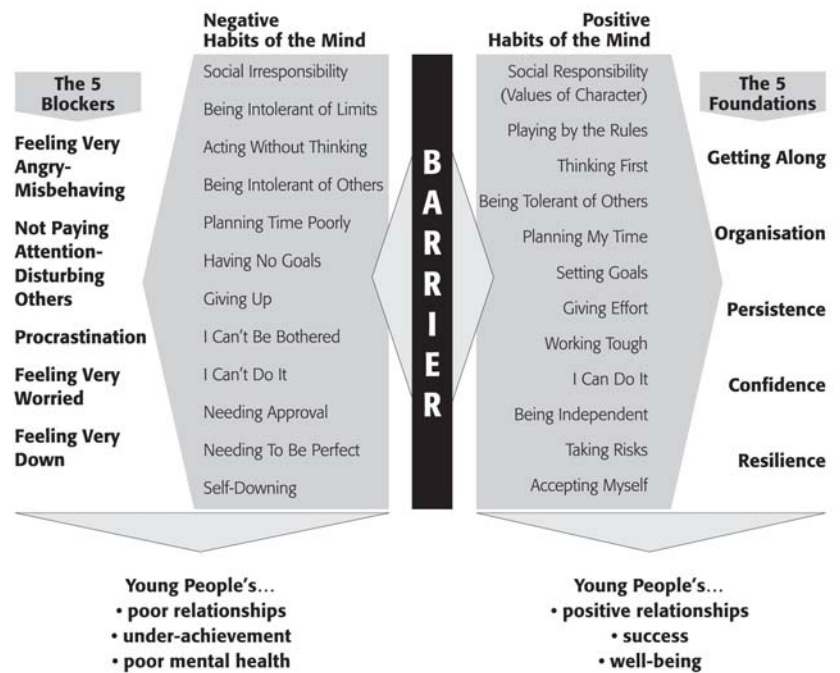
- Our core purpose is the development of young people's social and emotional capabilities, including: Confidence (academic, social), Persistence, Organisation, Getting Along, and Resilience. Central to the development of these 5 Foundations is instilling in young people 12 Habits of the Mind that support and nourish the 5 Foundations, including Accepting Myself, Taking Risks, Being Independent, I Can Do It, Giving Effort, Working Tough, Setting Goals, Planning My Time, Being Tolerant of Others, Thinking First, Playing by the Rules, and Social Responsibility (includes the values of Caring, Doing Your Best, Freedom, Honesty, Integrity, Respect, Responsibility, Understanding, Tolerance, and Inclusion).

- Our core purpose is also the elimination of social and emotional difficulties and disabilities ("Blockers") that constitute barriers to young people's learning and well-being, including Feeling Very Worried, Feeling Very Down, Procrastination, Not Paying Attention-Disturbing Others, and Feeling Very Angry-Misbehaving. YCDI is deliberate in restructuring negative Habits of the Mind that give rise to these Blockers and in the explicit teaching of alternative positive Habits of the Mind.

**YCDI's mission is realised through the following beliefs and actions:**

- YCDI's focus is on building social, emotional, and motivational capacity of young people rather than on their problems and deficits. It encourages prevention, promotion, and intervention efforts (school, home and community) in order to build the social and emotional strengths of young people.
- As a strength-building approach, YCDI also seeks to build the capabilities of adults (community, school, home) associated with positive outcomes in young people, including positive, caring relationships with young people, providing for their safety, high expectations for achievement and behaviour, involving young people in decision-making and providing them with special responsibility, accommodating young people's interests, communicating and modeling of social and emotional capabilities including values and resilience, and a high quality academic program that provides young people with multiple opportunities for success.
- YCDI sees the development of social and emotional capacity of "at risk" and disadvantaged youth as a means to "level the playing field." However, it is clear that in order to change the developmental trajectory of young people with poor mental health (emotional, social and behavioural challenges) and learning outcomes and to accelerate their social and emotional development, it is vital that schools, homes and communities be transformed so that the responsibility for supporting and educating, including quality social and emotional learning experiences and caring relationships, is shared throughout the community.

## You Can Do It! Education: Success & Well-Being ~ The "Big Picture"



## The Founder and Executive Director of You Can Do It! Education

**Professor Michael E. Bernard** is an international consultant to educational authorities, organisations and government and is a Professor at the University of Melbourne, Faculty of Education, Australia. After receiving his doctorate in educational psychology from the University of Wisconsin, Madison, he worked for 18 years in the College of Education, University of Melbourne, Australia. In 1983, he was appointed as Reader and Coordinator of the Master of Educational Psychology Program. From 1995-2005, he was a tenured professor in the Department of Educational Psychology, Administration and Counseling, College of Education, at California State University, Long Beach.



Professor Bernard has worked as a consultant psychologist helping families and schools address the educational and mental health needs of school-age children. He has spent extensive time counseling children with emotional, behavioural or academic difficulties.

Professor Bernard is a co-founder of the Australian Institute for Rational Emotive Behaviour Therapy and is the author of many books on REBT. For eight years, he was the editor-in-chief of the Journal of Rational-Emotive and Cognitive-Behaviour Therapy. He is the author of over 50 books, 15 book chapters and 30 journal articles in the area of children's early childhood development, learning and social-emotional well being as well as parent education, teacher professional development and school improvement.

To request the latest article on theory and research related to YCDI! Education please contact Jenny Williams, email: [jenny@youcandoit.com.au](mailto:jenny@youcandoit.com.au). Enquiries for Professor Bernard's consultancy or as a key-note speaker please email [michaelebernard@gmail.com](mailto:michaelebernard@gmail.com).

All resources that appear in this catalogue have been authored by Professor Michael E. Bernard

## What the Experts are Saying

"I personally endorse the program and am aware of the positive way it has already been received in the Catholic schools where it has been used."

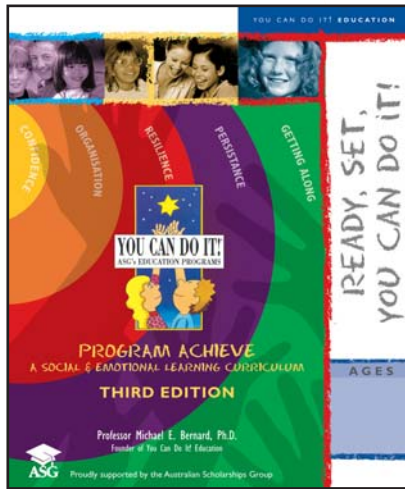
**Pat Lynch** *Executive Director, New Zealand Catholic Education*

"You Can Do It! is an unusually effective program for young people who want to do well in school, in their social relations and in other important aspects of their life...I highly recommend it!"

**Albert Ellis, Ph.D.** *Psychologist and International Expert on Mental Health and Achievement*

"Dr. Michael Bernard's thinking and his program (You Can Do It! Education) are eminently sensible and based on sound principles of child development and psychology."

**The London Times**

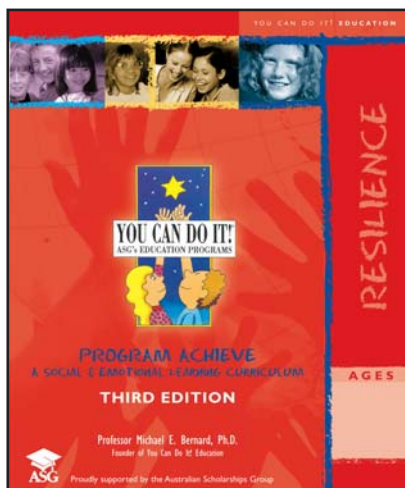


## Program Achieve. A Social-Emotional Learning Curriculum

### Intended Audience

Primary and secondary teachers, student counsellors and welfare coordinators.

Program Achieve, Australia's leading social and emotional learning program, is now available in its third edition. A comprehensive curriculum of lessons for ages 6 to 16+, the lessons and activities are designed to teach students a positive mindset for academic achievement, positive relationships and emotional well-being and to eliminate the negative mindset leading to poor social-emotional development and school performance. Retaining the best lessons from previous editions plus many, many new lessons, the Program Achieve curriculum consists of six primary volumes and six secondary volumes covering the following specific focus on teaching students:



**Volume 1:** Ready, Set, You Can Do It! (lessons covering topics: "Success," "Well-Being", "5 Keys for Success and Well-Being", "The 9 Values of Good Character" and "The 5 Blockers to Success and Well-Being")

**Volume 2:** Confidence

**Volume 3:** Persistence

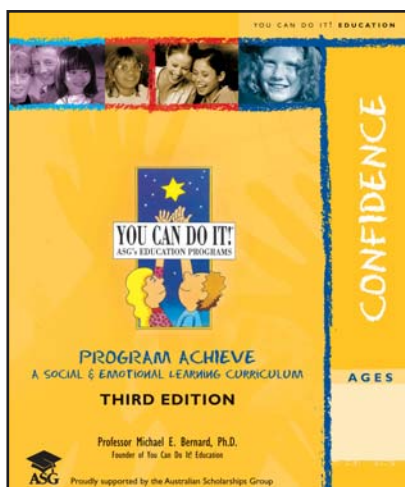
**Volume 4:** Organisation

**Volume 5:** Getting Along

**Volume 6:** Resilience

Distinctive features of this new series include:

**Nine Values of Good Character!** New lessons present students with each of the nine values represented in the National Framework for Values Education in Australian Schools with activities that encourage students to self-evaluate their own development and the extent they enact the values of: Care and Compassion, Doing Your Best, Fair Go, Honesty and Trustworthiness, Freedom, Integrity, Responsibility, Respect and Understanding, Tolerance and Inclusion;



Rosie Resilience

**Resilience!** Two new volumes (Primary, Secondary) called "Resilience" that contain all new lessons that are designed to provide students with opportunities to understand what it means to be resilient and how they can employ emotional resilience skills and positive Habits of the Mind to stay calm, to control their behaviour when upset, to calm down within a reasonable amount of time and to bounce back to work and relationships with others;

**Well-Being!** New lessons that help students deconstruct the meaning of “well-being” and things they can do when they are unhappy or upset as well as things they can do to help everyone to feel happy;



Lazy Larry

**New Characters to Introduce Primary Level Students to the Five Foundations!** Primary students are helped to understand the meaning of the 5 Foundations through the “characters” of Charlie Confidence, Penny Persistence, Olivia Organisation, Gary Get Along and Rosie Resilience;

**Introducing Students to the 5 Blockers!** New lessons (with new “characters” in primary level lessons) that present students with the opportunity to understand and self-evaluate the 5 Blockers that act as barriers to their success and well-being including: Feeling Very Sad/Down (Sad Sally), Feeling Very Worried (Worried William), Feeling Lazy/Procrastination (Lazy Larry), Not Paying Attention-Disturbing Others (Nathan Nuisance) and Feeling Very Angry and Misbehaving (Angry Annie);

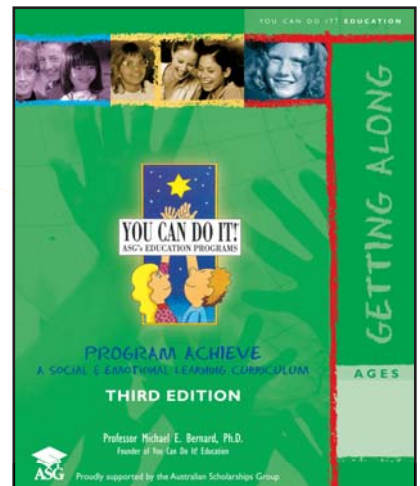
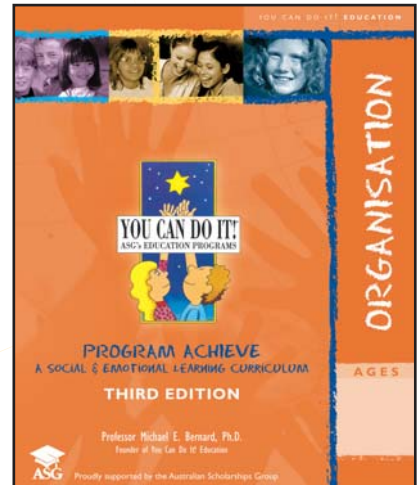
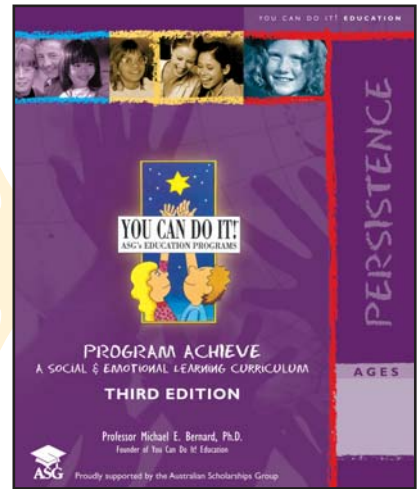
**Habits of the Mind!** New activities that help students deconstruct meaning of 12 positive and 12 negative Habits of the Mind;

**Teamwork!** In the volume Getting Along, new lessons to teach work cooperation and teamwork;

**Volunteering!** In the volume Getting Along, new lessons that discuss as part of “Social Responsibility” the importance and value of doing things for others and community service;

**Strategies for Embedding Social and Emotional Learning!** All lessons end with new suggestions for how to embed what students have learned in Program Achieve at home, with peers and in classroom learning;

**Good Practices for Integrating You Can Do It! Education in Your School Community!** Each volume contains a summary of good classroom and school-wide practices for embedding You Can Do It! Education and the teaching of the nine values of good character, the 5 Foundations and 12 Habits of the Mind;



## The You Can Do It! Education Early Childhood Program: A Social-Emotional Learning Curriculum (ages 4-6)

### Intended Audience

This program will suit teachers of children who are four- to six-years of age who are looking for a structured, learning program designed to enhance motivation, engagement and well being of young children. It is especially appropriate for children who, because of home background issues and temperament, are delayed in the development of key foundations of social-emotional development that interfere with their learning and adjustment.

Recent research conducted by the U.S. Department of Education (Early Childhood Longitudinal Study) as well as international researchers investigating young children's social-emotional development has revealed the following:



**1,500**  
programs  
in use in  
Australia!

- social-emotional competence develops as children mature,
- social-emotional capabilities of young children are intimately related to their achievement and social-emotional well-being outcomes, and
- some children as young as four years of age show delays in their social-emotional development that has implications for their future adjustment and achievement.

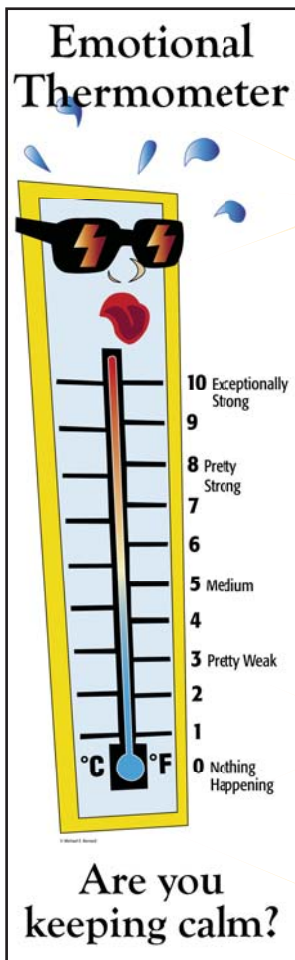
Michael Bernard has just completed a research study with academically "at risk" five year olds and discovered delays in their confidence, persistence, organisation, getting along and emotional resilience. In an article appearing in the Reading & Writing Quarterly, Professor Bernard argues that it is time that we teach social-emotional competence as well as academic competence.

The YCDI Early Childhood Program provides a missing piece to the early childhood curriculum; namely, a structured learning program based on early childhood education pedagogy (e.g., Vygotsky) that is designed to accelerate the social-emotional development of all children (confidence, persistence, organisation, getting along, emotional resilience). It is especially designed to level the playing field for those children entering the pre-school and kindergarten years not only behind in their language and early reading competence, but also in their social-emotional competence.

### Carry Handle Box includes:

- Rubric for Evaluating the Social-Emotional Development of Young People
- Education Early Childhood Curriculum (Teacher Guide)  
Introduction to the Program, Unit 1 - Confidence, Unit 2 - Persistence, Unit 3 - Organisation, Unit 4 - Getting Along, Unit 5 - Emotional Resilience
- Good Practices for Establishing a YCDI Early Childhood Learning Environment
- The YCDI! Early Childhood Guide for Working with Parents
- Soft, washable hand puppets featuring the five characters: Connie Confidence, Gabby Get Along, Pete Persistence, Oscar Organisation, Ricky Resilience including the five finger puppets
- A CD of six You Can Do It! songs featuring all of the characters in the program
- 18 durable coloured posters (28cm x 44cm) displaying different stages of acquiring the different skills outlined in the program.





## Howbadzzat? It's Not as Bad as You Think It Is!

### Intended Audience

Primary and secondary teachers, student counsellors/welfare coordinators and school administrators.

A key aspect of the resilience of students (and adults) is the ability to keep the degree of badness of negative events in proportion. Indeed, an essential teaching practice advocated in You Can Do It! Education for helping children and young people understand that when faced with pressurised, difficult and demanding events that can “trigger” negative emotions, the degree of emotion they experience largely results from the way in which they think about the event. More specifically, when a person of any age categorises the hassles and demanding events they confront as being “awful and terrible” and “the worst things that could happen,” their emotions become very extreme (as measured by an Emotional Thermometer) and their ability to control their behaviour and bounce back to their work and relationships is very difficult.

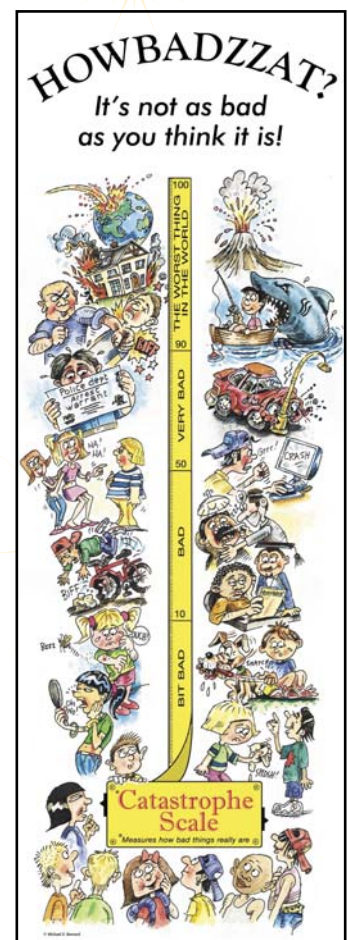
The Howbadzzat? booklet (meaning “How bad is that?”) offers guidance for teaching children and young people how “not to make mountains out of molehills.” In using the poster as an objective measure of the badness of all events that could happen in the world and to students, students can literally see that more often than not “It’s not as bad as you think it is!” Accompanying the booklet is a 2-metre colourfully illustrated poster that can be displayed in the classroom that provides a visual representation of a Catastrophe Scale that helps children and young people measure how bad things really are.

Additionally, a 2-metre colourful classroom poster of an Emotional Thermometer is another resource in this package that teaches students to reflect on their level of emotional upset and asks them the question: “Are you keeping calm?”

### Features

- 16-page Howbadzzat? booklet explaining the “basics”
- 2-metre Howbadzzat? Catastrophe Scale
- 2-metre, full colour Emotional Thermometer

An Ideal Resource for the Resilient Classroom!



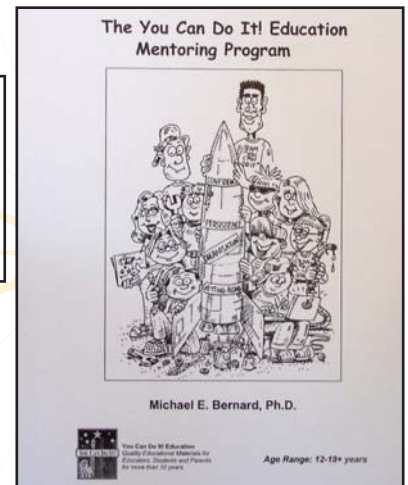
## The You Can Do It! Education Mentoring Program

### Intended Audience

Upper primary and secondary school counsellors, student welfare coordinators, behaviour management/learning assistance coordinators and teachers working with individual or small groups of students with under-achievement and/or behaviour problems.

The program consists of over 50 cognitive-behavioural activities that a mentor can use within a mentoring session to teach one or more mentees the Internal Foundations that lead to success and social-emotional well-being.

Testimonial from **Alan Evans, National Coordinator, National Mentoring Pilot Project (England)**: "Since we have incorporated YCDI! into our mentoring training program, we have observed a variety of case studies of mentees in the NMPP that indicate a clear benefit of mentees being given the opportunity to develop tools to increase their confidence, persistence, organisation and their capacity for getting along. We are seeing that YCDI! plays an important role in energising the personal resources of young people today."



### YCDI School Kit - For schools wishing to order a range of complimentary resources, the following components are suggested:

#### PRIMARY

For school professional library, one or more copies of the guide for teachers "Providing All Children with the Foundations for Achievement, Well-Being and Positive Relationships"

For teachers, "Howbadzzat? It's Not as Bad as You Think It Is!"

(resilience training for children and all members of the school community)

For teachers of students ages 4-7, the YCDI Early Childhood Program

For teachers of primary-age students, one or more primary sets of Program Achieve (6 vols.)

For teachers and student counsellors of upper primary level students, the "YCDI Mentoring Program"

For parents of lower primary-age students, "Compass Program" parent education program

For parents of upper-primary students, "Investing in Parents" education program

For professionals working with the teachers and parents of students with behavioural and learning challenges:

"Strengthening the Social and Emotional Capabilities of Young People with Achievement and Behavioural Problems"

#### SECONDARY

For school professional library, one or more copies of the guide for teachers "Providing All Children with the Foundations for Achievement, Well-Being and Positive Relationships"

For all members of school community, "Howbadzzat? It's Not as Bad as You Think It Is!"

(resilience training for young people and all members of school community)

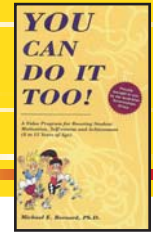
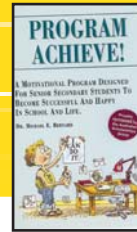
For secondary students, one or more secondary sets of "Program Achieve" (6 vols.)

For teachers and student counsellors of upper-primary and secondary students, "YCDI Mentoring Program"

For parents, "Investing in Parents" education program

For parents and teachers of students with behavioural and achievement challenges, "Strengthening the Social and Emotional Capabilities of Young People with Achievement and Behavioural Problems"

# YCDI Motivational Programs



## Program Achieve

(17 - 18 yrs+)

A Motivational DVD for Secondary Students to Be Successful and Happy

## You Can Do It!

(13 - 16 yrs+)

A Motivational DVD Program Boosting Student Success and Well-Being

## You Can Do It! Too

(8 - 12 yrs)

A DVD Program for Boosting Student Motivation, Achievement and Well-Being

**Intended Audience:** Primary and secondary school teachers, student counsellors and welfare officers

Each of the DVD programs presents a narrator and caste of students who demonstrate across a variety of dramatic vignettes the ways of thinking, feeling and behaving that lead to student success, well-being and positive relationships.

This exciting eight-part program employs a high energy, American caste of students to present the attitudes and motivational skills essential for school achievement, motivation and confidence.

The DVD program communicates to students in a language that stimulates and “speaks to them”.

Topics covered in this program include:

- How to think optimistically.
- Procrastination bypass techniques for doing what you don't feel like doing.
- How to challenge and change the negative attitudes and thinking which lead to poor motivation and underachievement.
- Self-acceptance as an antidote to low self-esteem.
- The importance of commitment in achieving long-term projects and assignments including the key question to ask yourself in learning to manage your time effectively.
- New ideas on exam preparation
- Coping with difficult people and how to act assertively in a conflict situation.

This International Award-winning, Australian made 45 minute DVD has helped countless students achieve better grades in school, work harder, and develop better relationships with their peers, teachers and parents.

### Part 1: Goal Setting

The importance of long term, short-term and daily goals.

### Part 2: Time Management

Organising time for work and play

### Part 3: Attitudes

How to eliminate the negative thinking that gets in the way of achieving.

### Part 4: Self-Esteem

Identifying your strengths and feeling good about your self.

### Part 5: Self-Confidence

Approaching your work with the belief you can succeed.

### Part 6: Self-Motivation

How to get started, keep going and finish it off.

### Part 7: Exam Anxiety

How to relax and use positive self-talk

### Part 8: Relationships

How to stand up to peer pressure and get along better with teachers and parents.

You Can Do It! Too is a unique resource for all teachers to teach students the essential attitudes and learning skills necessary for educational achievement which will help them perform to the best of their ability.

### Part 1: Piecing It Together

(Effort) Highlights the importance of effort in school success.

### Part 2: Yes I Can

(Confidence) Promotes self-confidence as a way of mastering reading and maths.

### Part 3: Liking Me

(Self-acceptance) shows that by improving their self-esteem, students can overcome fear of failure.

### Part 4: On Target

(Goal-setting) Emphasises that even young students need to set goals that are realistic but high.

### Part 5: Timing Your Target

(Time Management) Demonstrates that priorities and other basic time management principles make more goals become attainable.

### Part 6: Sticking To It

(Persistence) Demonstrates how students can persevere to complete difficult and boring tasks.

### Part 7: Friends Form Foes

(Friendships) shows how to overcome the teasing and shyness that plague many students as they try to establish friendships.

### Part 8 Staying Cool

(Handling difficult situations) shows students how to deal more successfully with peers, teachers and parents by being more tolerant and controlling their anger.

Each DVD program contains all the information a teacher, counsellor or other professionals need to conduct sessions with individual or groups of students including: Theoretical background; Background information to each of the eight parts of the program; Suggested lesson outlines.

Each DVD program contains: Leader's Guide for conducting sessions and Student Guide (all handouts containing activities that can be photocopied).

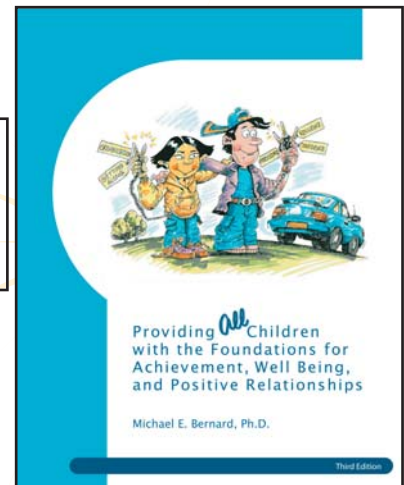
You Can Do It! Education is now recognised as the leading program of its kind.

# The Latest Theory, Classroom and School-Wide Practice of YCDI

## Providing ALL Children with the Foundations for Achievement, Well-Being and Positive Relationships, 3rd Edition

### Intended Audience

Primary and secondary teachers, special educators, school administrators, You Can Do It! Education School Coordinators – the ideal resource for your professional development library.



This text presents the latest theory and practice of You Can Do It! Education. Professor Bernard describes the 5 Foundations for student achievement, well-being and positive relationships: Confidence, Persistence, Organisation, Getting Along and Resilience. Additionally, he describes the 5 Blockers that act as barriers to learning and well-being: Feeling Very Down, Feeling Very Worried, Procrastination, Not Paying Attention-Disturbing Others and Feeling Very Angry-Misbehaving. Specific attention is directed at the 12 negative Habits of the Mind (“blocker thinking”) that contribute to poor mental health and underachievement and which give rise to the 5 Blockers. The 12 positive Habits of the Mind (ways of thinking) that nourish and support the 5 Foundations are described.

A fantastic new inclusion of this Third Edition is the presentation of what are called “You Can Do It! Classroom and School-Wide Practices.” Here, teachers are presented with what to do and say to introduce students to the 5 Foundations and Habits of the Mind when not using activities drawn from the Program Achieve social and emotional learning curriculum. “Prerequisite”, “Advanced” and “School-Wide” teaching-learning practices are illustrated.

New to the third edition is a section that details based on the experiences of countless schools “Examples of Best Practices in Implementing YCDI” that cover the following areas: Leadership, Management, Professional Development, Classroom-Wide Practices, School-Wide Programming, Parent Education and Behaviour Management.

### Features of the Third Edition include:

- A revision of the Habit of the Mind called “Social Responsibility” to include the 9 Values of Good Character that appears in national framework for values education;
- An easy-to-follow series of steps that teachers can take for helping students deconstruct the 5 Foundations of Confidence, Persistence, Organisation, Getting Along and Resilience;
- Reference guides that provide teachers with the shared understanding of each of the Habits of the Mind with suggestions for ways to teach and embed the Habits of the Mind in classroom learning;
- Description of the ways to eliminate the six negative Habits of the Mind that lead to poor Emotional Resilience;
- Ways to establish a “Resilient” classroom;
- The way to clearly define and describe to students the meaning of each of the 5 Foundations with examples of how to discuss Habits of the Mind (ways of thinking);
- How to teach students not to blow things out of proportion;
- Helping students to challenge and change negative to positive Habits of the Mind;
- Examples of ways to integrate the 5 Foundations into the curriculum;
- Examples of images/statements that explicitly communicate the 5 Foundations that can be used in classroom displays;
- Behaviour-specific feedback cards;
- School-home notes;
- Summary of available research on YCDI; and student, parent and teacher evaluation forms.

Thousands of primary and secondary schools are using Program Achieve, YCDI’s social and emotional learning curriculum in Australia and worldwide.

# Working with Teachers and Parents of Students with Challenges

## Strengthening the Social and Emotional Capabilities of Young People with Achievement and Behaviour Problems: A Guide for Working with Teachers and Parents, 2nd Edition

### Intended Audience

Primary- and secondary-level educators and mental health practitioners who work with young people “referred” for achievement and behaviour problems including behaviour management coordinators, learning assistance advisors, school counsellors/welfare officers, psychologists, school principals/assistant principals and teachers who have responsibility for the planning, coordination and implementation of individual learning and behaviour plans.

Research conducted by Professor Bernard and other scholar-practitioners is revealing that students who present with motivational, behavioural, emotional and behavioural challenges have delays in their social and emotional development in one or more of the following areas: work confidence, persistence (effort), organisation, getting along and resilience. In this guide, Professor Bernard makes the case that special assistance and interventions programs for “at risk” children and young people need to begin with an assessment of their social and emotional strengths and weaknesses. He argues that “at risk” students’ social and emotional development can be strengthened through the efforts of their parents and teachers.

This guide presents educators and practitioners with an eight step plan for “up-skilling” teachers and parents of “at risk” students in what they need to know and do to strengthen those areas of social and emotional development that have been delayed.

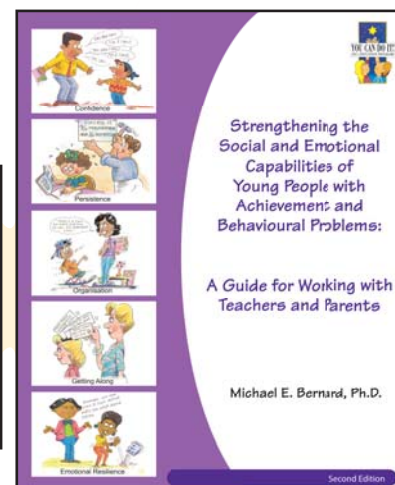
In this guide, a new role of educators and mental health practitioners is articulated; namely, providing indirect service to students by providing direct service to their teachers and/or parents. In this model of service delivery, students are seen as the “clients”, the students’ teachers and parents seen as “consultees” and the educators, administrators, counsellors or psychologists are deemed “consultants.” The consultant’s responsibility is working with one or more consultees who, in turn, provide direct service to the client.

### Features of the Second Edition include:

- Social and emotional development framework for “at risk” young people;
- The new role of educators and practitioners: Providing service to teachers and parents;
- Dealing with the strong emotions of teachers and parents;
- Ways teachers and parents can build positive relationships with ‘at risk’ students;
- Detailed review of YCDI Steps for working with teachers and parents including:

- Step 1. Entry Evaluation of Young Person (goals established)
- Steps 2-3. Meetings with Teacher(s) and Parent(s) (knowledge and skills presented to strengthen one of the Foundations),
- Step 4. Brief Contact: Progress Monitoring,
- Step 5-7. Additional Meetings and Progress Monitoring (new knowledge and skills for teachers and parents to support additional Foundations),
- Step 8. Final Meeting (Exit Evaluations of Young Person)

Specific methods teachers and parents can use to develop Young Person’s 5 Foundations  
Variety of teacher and parent screening and assessment surveys of “at risk” students



Tens of thousands of children receive weekly lessons from  
YCDI! Early Childhood Program.

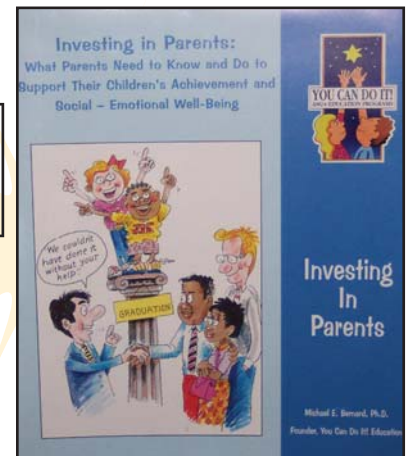
## Investing in Parents: What Parents Need to Know and Do to Support Their Children's Achievement and Social-Emotional Well-Being

### Intended Audience

Parent educators and other professionals who are responsible for parent education.

This 487-page program consists of 10 modules covering the following topics.

- Module 1: Parents Today: What You Need to Know and Do
- Module 2: Avoid Common Mistakes that "Good" Parents Make
- Module 3: Be Emotionally Resilient
- Module 4: Develop Positive Relationships with Your Children
- Module 5: Communicate to Your Children High and Realistic Expectations for Achievement and Behaviour
- Module 6: Be Involved in Your Children's Education
  - Part A. Show Interest, Part B. Manage Homework
  - Part C. Tutor Your Child, Part D. Steps to Take if Your Child Under-Achieves
- Module 7: Provide Children with Responsibility and Involve them in Decision-Making
- Module 8: Provide Activities that Accommodate Children's Interests
- Module 9: Motivate Your Children
- Module 10: Develop Your Children's Social-Emotional Competence
  - Part A. Build Children's Positive Mindset for Achievement
  - Part B. Help Children Getting Along, Part C. Build Children's Emotional Resilience
  - Part D. Teach Children the Core Value of Social Responsibility



Each session includes the following:

- Background information for the leader
- Complete description of all session activities
- Complete description of parent homework activities
- Overheads for the session
- Handouts for the session

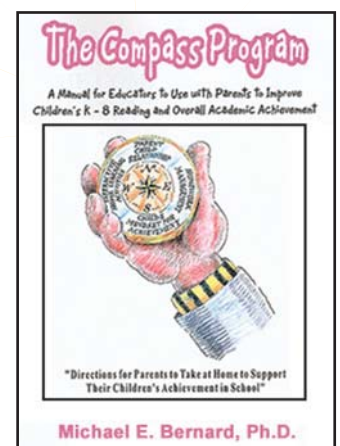
## The Compass Program: Directions Parents of Primary Age Children Can Take at Home to Support Their Children's Achievement in School

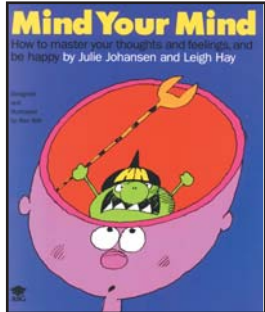
### Intended Audience

Primary teachers, special educators, administrators and community personnel who are responsible for helping parents learn about the different ways they can support their children's academic achievement.

The Compass Program consists of a variety of parent education sessions covering the following topics: Introduction: A New Role for Parents, Parents Making a Difference, Teachers Welcome Parent Involvement, Direction North: Building Positive Parent-Child Relationships, Direction East: Homework Management, Direction South: Building Your Child's Mindset for Achievement, Direction West: Parent-Child Interactive Home Learning Activities

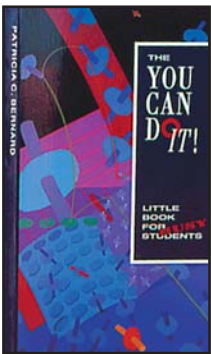
Includes leader's guide, overheads and handouts.





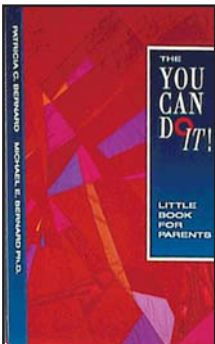
## Mind Your Mind

Ages 7 - 12 *Authors: Johansen & Hay*  
 This book beautifully compliments the philosophy of YCDI. This is a fun book for children aged between seven and twelve - and for the adults and teachers who live and work with them. The book provides games, poems, ideas and interactive lists that make it fun for them to discover for themselves that thinking is not something that 'just happens'.



## The You Can Do It! Little Book for Busy Students

This little book tells you, the student, how you can do it! Do what? Be successful in your schoolwork, with friends and in life. It is full of invaluable tips, ideas, comments and food for thought. Included are study tips, motivational tips, health tips, and valuable advice from students, parents and famous personalities on how to stay on top.

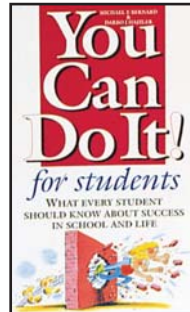


## The You Can Do It! Little Book for Parents

This little book presents parents with many valuable hints for practical parenting, ranging from the humorous to the serious. Its format is easy to read and understand for the busy parent. Book content includes tips, research findings, how to guides and philosophy.

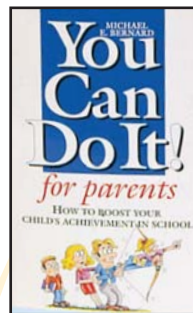
## YCDI References Cards

Five laminated, multi-coloured reference cards for teachers and parents that summarise behaviours to encourage in young people that reflect Confidence, Persistence, Organisation, Getting Along and Resilience, Habits of the Mind to communicate and "behaviour-specific" feedback phrases.



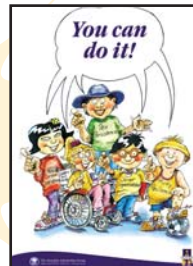
## You Can Do It! What Every Student Should Know About Success in School and Life

Best-selling paperback by Michael Bernard written for adolescents that explain in imaginative and instructive ways the eight steps students need to take to be successful and happy including: Self-Confidence, Self-Motivation, Positive Attitudes, Goal Setting, Time Management, Anxiety Management and Getting Along with difficult people.



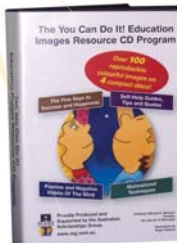
## You Can Do It! for Parents

In this easy to read yet comprehensive book, Professor Michael Bernard reviews the seven capabilities of effective parents. Common "mistakes" parents make on their bad days are discussed. How to be a resilient parent is a feature.



## 5 Posters

Colourfully illustrated classroom posters which portray for students the 5 Foundations for success.



## YCDI Images Resource CD Program

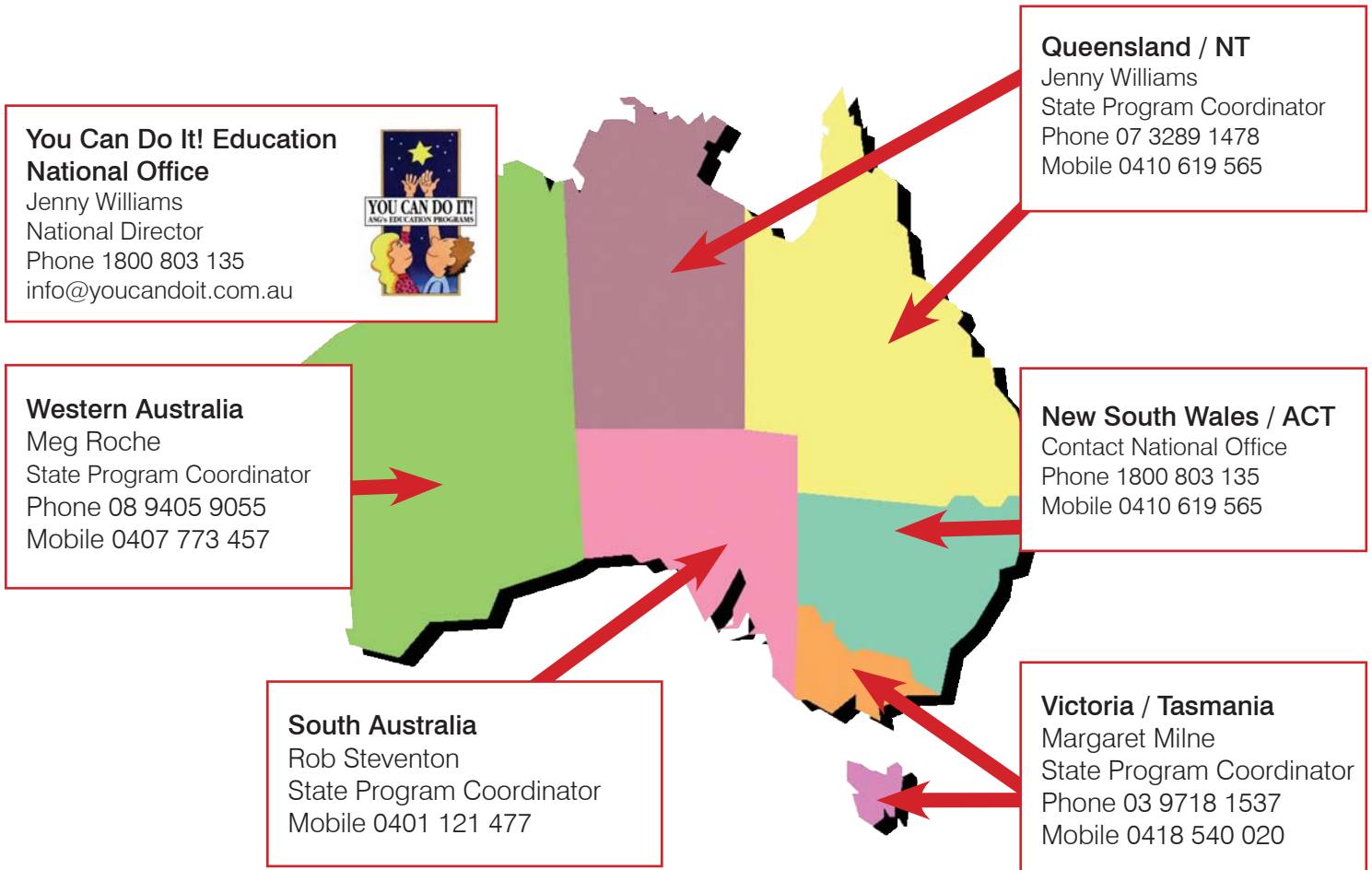
- CD 1 Motivational Techniques
- CD 2 The 5 Keys to Success & Happiness
- CD 3 Positive & Negative Habits of the Mind
- CD 4 Self-Help Guides, Tips & Quotes

## YCDI Pencils

Five different coloured pencils with words "Confidence", "Persistence", "Organisation", "Getting Along" and "Resilience"; ideal for student recognition.



You Can Do It! Education trainers who are experienced teachers, school principals and psychologists offer customised programs to schools and community groups covering topics such as “How to Be a Successful Student,” “Professional Development for Teachers” and “Parent Education.” For more information, contact your state representatives or phone 1800 803 135.



## ASG and YCDI! Partnership



For over a decade, the Australian Scholarships Group has provided substantial and sustained support in terms of funds and infrastructure to enable You Can Do It! Education to become a leading provider of quality educational resources and training programs. The support for You Can Do It! Education is part of ASG’s philosophy of assisting students develop their potential and its overall commitment to supporting families and the community.

Terry O’Connell, the Managing Director of ASG, and Michael E. Bernard, the Founder of You Can Do It! Education, serve as Executive Directors of the national training organisation, You Can Do It! Education.



You Can Do It!



Education





**You Can Do It! Education** resources are proudly published and distributed by the **Australian Scholarships Group** as part of its commitment to the development of the nation's youth.

ASG is a registered not-for-profit organisation that works in partnership with the nation's parents to provide the opportunity for all children to enjoy the benefits of a complete and meaningful education.

For over three decades, the Australian Scholarships Group has been encouraging students to fulfil their educational potential by providing them with the motivation, career guidance and independent income in the form of scholarship allowances that will enable and encourage them to complete their education.

The support for the development of quality material for teachers and parents, such as the **You Can Do It! Education** program, is part of ASG's philosophy of assisting students to develop their potential.



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**For more information on the  
YCDI! Education products**

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EMAIL [info@youcandoit.com.au](mailto:info@youcandoit.com.au)**