What is You Can Do It (YCDI)?

By now you have probably heard something about You Can Do It or Program Achieve. Over the coming newsletters we will be publishing some articles explaining the key features of this program and how you as parents may be able to become more involved in, and reinforce this key program in our school.

You Can Do It! Education’s main purpose is to support schools, and homes, in a collective effort to optimise the social, emotional outcomes (sometimes referred to as Emotional and Social Learning or SEL), together with the 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).

The program is based on 5 core social and emotional strengths that contribute to positive student outcomes. These are also referred to as the program’s foundations or Keys. They include:

- Accepting Myself
- Taking Risks
- Being Independent
- I Can Do it attitude
- Working Tough
- Giving Effort
- Setting Goals
- Planning my Time
- Being Tolerant of Others
- Thinking First
- Playing by the Rules
- Social Responsibility (Character Values)

Each of the 5 keys and 12 positive habits has an equal and opposite blocking counterpart.

All of us have a propensity for both rational (positive) and irrational (negative) ways of thinking and behaving. In order for young people to achieve positive outcomes, parents and teachers need to help ‘restructure’ the negative patterns of thinking into more positive ways of thinking. This can be represented in a diagram which sets it out as a barrier between the positive and negative outcomes.

Success is measured by how effectively we ‘break through’ the barrier into the positive side.

…………….more next time.