



# StrongStart Program

## StrongStart Description

StrongStart is an active, week-long camp-like experience for incoming 9th graders that focuses on building community connections, self-awareness, and leadership through Decision Skills training. Lessons and activities can also be infused into the first semester/quarter or throughout the year.



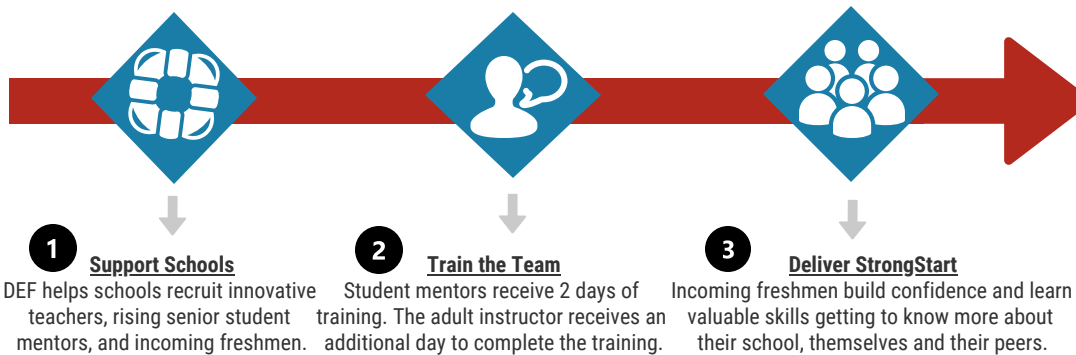
- 1 Develop the competencies of a skilled decision-maker.
- 2 Integrate academic, creative, and emotional intelligence through Decision Skills.
- 3 Reinforce core Decision Quality concepts through fun, experiential activities.
- 4 Teach how to decide, not what to decide.



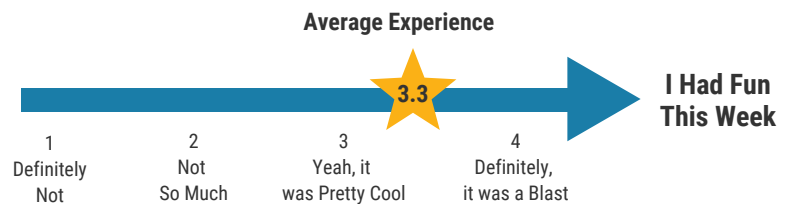
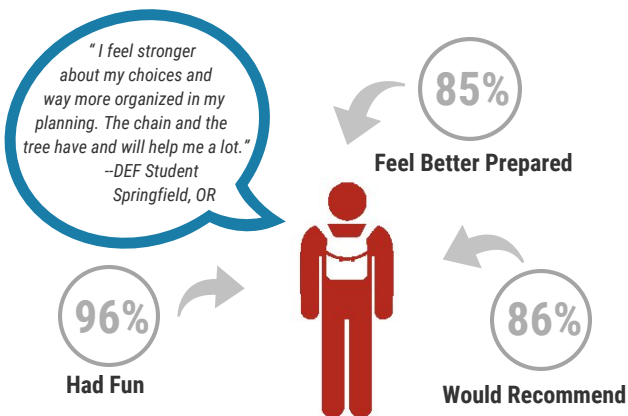
### StrongStart Goals

- ✓ Set 9th Graders Up for Success
- ✓ Prepare Students for Challenges of High School
- ✓ Teach Students to Make Better Decisions
- ✓ Put Students on a Path for High School Success
- ✓ Increase Confidence and Reduce Stress

## StrongStart Delivery Process



## StrongStart Results



### Improved Student Outcomes p-value<0.05

- 0.2 GPA increase in freshman 2nd semester
- 0.4 credit increase in freshman year where where 0.5 is a full semester course credit
- 0.3 GPA increase in freshman 1st Semester GPA (p=0.09)

## Decision Education Foundation

*Better Decisions ~ Better Lives*

### Who Are We?

Founded in 2001, Decision Education Foundation is a non-profit organization with the objective of fostering Decision Skills in young people: critical thinking, creativity, communication and collaboration.



"To empower youth with effective decision skills that enhance their prospects for a better life."

## Student Comments



-I learned how decision-making can affect future outcomes and decisions really do matter.

-I learned how to determine the quality of a decision and visualize the outcomes of decisions.

-I learned to start early, stay on track, make good decisions, and set goals.

-I learned to put your best foot forward and to find alternatives when faced with a challenge.

