

2010 BOOST Conference Palm Springs, CA

Improving Parent Involvement in After School Initiatives

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DARE2XL Parent Workshop Series

Dream-Aspire-Reach-Excel

Promoting Excellence at Home:



**Practice Makes Perfect--NOT!
Understanding High Performance
EXCELLENCE IS A HABIT**

Donald E. Sheffield, Ed.D.



DARE2XL Parent Workshop Series

Dream-Aspire-Reach-Excel

Promoting Excellence at Home: Behaviors for Success

Success Formula

Doing your Best-Excellence
Knowledge is Power-Education
Character is Essential—Values

Practices Makes Permanent

Practicing Positive Values
Eliminating Negative Behaviors
Home Vocabulary/Values
Words of the Week

“Earning the right to chill”

Excellence Chart for the Home

Attitude determines Altitude
Haste impacts quality
Star Points

Know the Message of DARE2XL

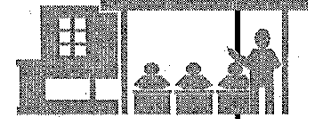
“Excellence Begins When Excuses Stop”
“The Dare Rap”

Evaluation Form





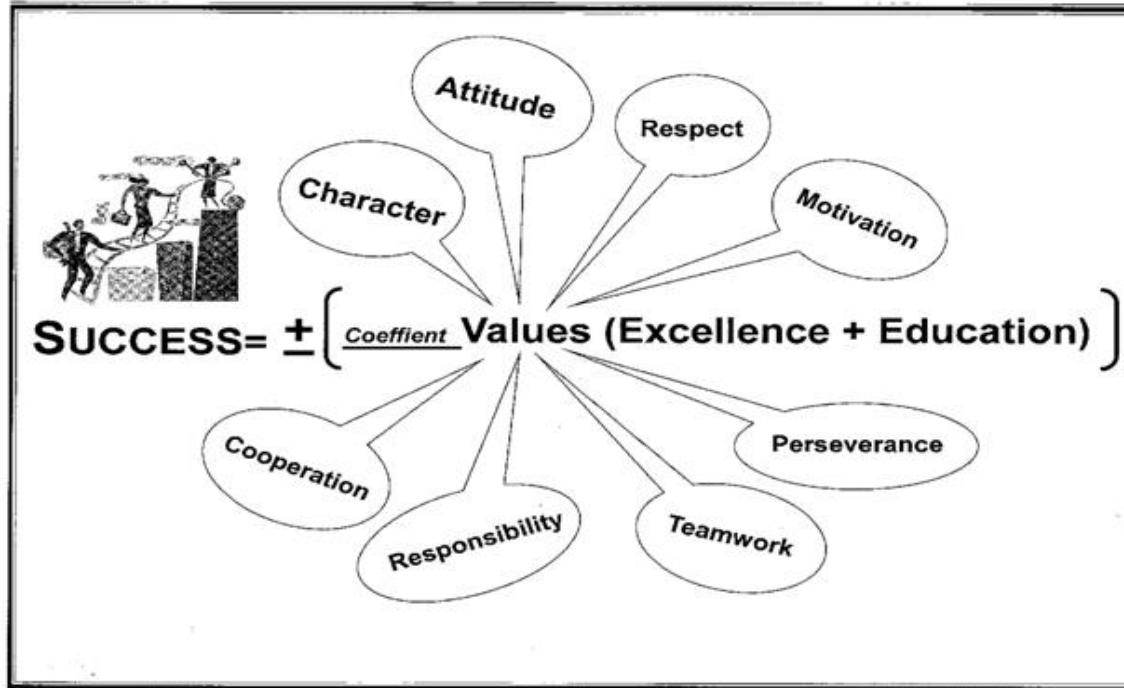
Learning from Athletics



Contrasting Athletics and Education

Area	Athletics	Education
Techniques (How to Learn)	Focus on Fundamentals * Learn Techniques * Skills then Sport	Focus on Content * Learn Subjects * Content then Skills
Instruction/Practice Ratio	Priority on Practice	Priority on Instruction
Practice Delivery	Regular-Scheduled *Supervised	Irregular-Homework * Unsupervised
Motivation	Integrated	Ad Hoc
Conditioning Period	Year-Long	Nine (9) Months
Accountability	Coach *Clear	(Teacher, Parent, Student...) *Fragmented
Knowledge Base	Fundamentals & Coaching Strategy *Motivation *Fundamentals *Game Strategy	Subject Oriented *Minimal Motivation *Minimal Study Skills *Maximum Content

Success Formula



Values

are most

important!





Values

Internal qualities that determine a person's character



Character

Qualities that make up a person and make them different from others.



DARE2XL After School Program

Words of the Week

Week	Word	Definition
September 21	Attitude	The way you act, especially when asked to do something. "YOUR ATTITUDE DETERMINES YOUR ALTITUDE."
September 28	Study	To gain knowledge by practicing something and making it permanent.
October 5	Respect	To treat others in a nice way. Treat others how you wish to be treated. "LEARN IT!, EARN IT!, RETURN IT!"
October 12	Excellence	Doing your best and always wanting to do better. "MOOOVE TO IMPROVE!"
October 19	Diversity	Appreciating our differences so that we can live, play, work, and learn together.
October 26	Strive	To try very hard.
November 2	Dream	To hope for something and work hard to achieve it.
November 9	Success	To accomplish a goal. "DO YOUR BEST--PASS THE TEST!"
November 16	Preparation	Get ready, then do it.
November 23	Goal	To strive to arrive at the prize. Something to reach for. "SET MY SIGHTS THEN PLAN AND GO, AND PREPARE TODAY FOR TOMORROW'S SHOW."
November 30	Character	Qualities that make up a person that make them different from others.
December 7	Practice	Doing the same thing over and over again correctly to improve or get better at it. "PRACTICE MAKES PERMANENT"



DARE2XL Excellence Chart

EXCELLENCE

AT HOME



AT SCHOOL



STAR VALUES

Green—3 Points—Excellence/Attitude/Job

Blue—2 Points—Attitude/Job

Red—1 Point—Job

FILL IN STARS WITH
APPROPRIATE COLOR

ALWAYS!!

On the M-O-O-O-VE — TO IMPROVE!!!

	SUN	MON	TUES	WED	THUR	FRI	SAT	TOTAL
Week 1	☆	☆	☆	☆	☆	☆	☆	
Week 2	☆	☆	☆	☆	☆	☆	☆	
Week 3	☆	☆	☆	☆	☆	☆	☆	
Week 4	☆	☆	☆	☆	☆	☆	☆	
Week 5	☆	☆	☆	☆	☆	☆	☆	
Week 6	☆	☆	☆	☆	☆	☆	☆	
Week 7	☆	☆	☆	☆	☆	☆	☆	
Week 8	☆	☆	☆	☆	☆	☆	☆	
TOTAL								

The DARE Rap

Verse 1

I DARE because I care,
To reach that prize before my eyes,
I'll study hard and then some more,
So my tests will show a higher score.

For mental might I now will find,
Reading and writing better use of my mind.
When I finish this Gig and get my degree,
I'll make the future much brighter for me.

(Chorus—REPEAT AFTER EACH VERSE)
I'll DREAM—ASPIRE—REACH—and EXCEL
And in all I try I'll do very well.
If I'm willin' I know I'll be chillin'
No time to spare, it's time to DARE.

Half-steppin's no way to be,
Just do it right and you will see.
Word-up, it's PHAT—Say it loud,
Yo—DARE is gonna make me proud.

Verse 2

When I do my part we'll all stand tall,
Not to any nation shall this country fall.
I'll set my sights then plan and go
And prepare today for tomorrow's show.

Excellence shall be my battle-cry,
This school shall know that I passed by.
Education's the fuel that runs this train,
I'll do my best and fill up this brain.



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EXCELLENCE BEGINS... WHEN EXCUSES STOP

Verse 1

Up in the morning; set my plan,
Arrive at school and know "I CAN".
Work myself "into" the groove,
I know I'm on the "Move to Improve".

(Chorus—REPEAT AFTER EACH VERSE)

Excellence Begins When Excuses Stop,
Good effort keeps my grades on top.
I can't be lazy; I must be willin',
I'll do my work, then I'll be chillin'.

Verse 2

From top of my head to the soles of my feet,
My brain's in order so I can compete.
Always get ready, always do it right,
"Warming-Up" leads to academic might.

Verse 3

Each day in school I learn something new,
I come to the program it's time to review.
Get out my books; my homework too,
And see what subjects I need to do.

Verse 4

My attitude must be good you see,
The color of the "star" means much to me.
Each day I try to do my best,
My work is done, before I rest.



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Parent Feedback Private Industry Council and Participating School Districts

Pat Jones, Youth and Parent Coordinator

Parent Survey Questions

1-Strongly Disagree 2-Disagree 3-Neutral 4-Agree 5-Strongly Agree

1. I saw an improvement in my child's grades.
2. I noticed a difference in my child's attitude about school when he/she participated in the program.
3. I believe the behaviors of excellence and respect taught in the program were continued at home.
4. I believe my child benefited from the program.
5. My child enjoyed attending the program.
6. I found the material covered by the speaker worthwhile.
7. I understand the information presented by the speaker.
8. I will use the workshop strategies in my home.
9. I will attend future workshops.
10. I will recommend the DARE2XL After School Program to others.
11. I enjoyed the food served.

Parent Survey Evaluation

Figure 5 shows the results of the surveys completed by the parents/guardians of the students enrolled in the DARE2XL After School Program. A total of 58 evaluation questionnaires were completed by the participating schools.

The participants were asked to indicate the reasons for sending their child to the program. Homework (95%) was the primary reasons parents gave for allowing their child to participate in the program. Attitude/Motivation (76%), Grades (76%), Improve Social Skills (66%) were important, while 62% of the parents want the program to improve the self-esteem of their child. Only 7% of the parents indicated that child care was a reason for participation.

Fayette Cohort-3 Reasons for Sending Child to Program

58 Surveys

Figure 5

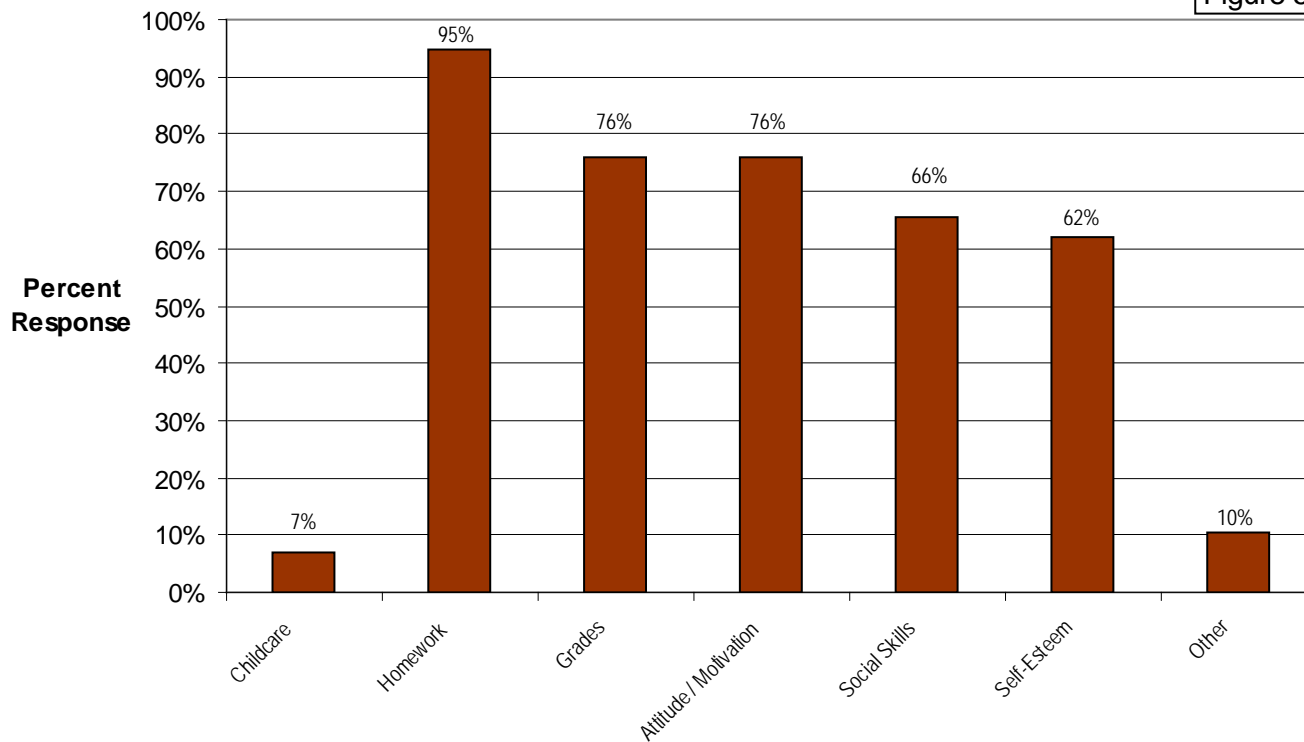


Figure 6 shows responses to a series of questions about the DAR2XL After School Program (see appendix A). The questions were scaled from 1-5 with 1 corresponding to strongly disagree, 2 disagree, 3 neutral, 4 agree and 5 strongly agree. Any result over 4 is considered good. Question #10 (4.90) will recommend the program to others and question #5 (4.86) believed my child benefited from the program received the highest ratings. Question #1 (4.84) my child enjoyed attending the program and question #9 (4.81) will attend future workshops also received a high response from the parents. The parents gave a favorable response to the following questions: Question #7 (4.78) understood the information presented by the speaker, question #6 (4.76) found the materials covered by the speaker worthwhile, and I will use the workshop strategies at home question #8 (4.76). Parents noticed a difference in their child's attitude question #3 (4.45), question #2 (4.42) saw an improvement in my child's grades, and question #4 (4.42) I believe the behaviors of excellence and respect taught in the program were continued home all received a good response from the parents. The parents enjoyed the food served question #11 (4.62).

Fayette Cohort-3 Parent Survey Evaluations

