



You Can Do It!

EDUCATION | HOME | WORK

You Can Do It! Education, formally known as 'Program Achieve', is at the heart of our teaching at St Joseph's Clare. For over 15 years this program has underpinned what we do and how we go about educating our students. It informs the language of the classroom, ways we relate to each other, recognition of student achievement, our weekly social learning focus and our approach to behaviour management. The Founder of You Can Do It! Education is Professor Michael Bernard, Melbourne Graduate School of Education, an international leader in the field of social-emotional learning (SEL). YCDI! Education is now used in a variety of countries including England, Ireland, Spain, Romania, Greece, Estonia, Vietnam, New Zealand, Singapore, Canada and the United States.

You Can Do It Education's main purpose is to support schools and homes in a collective effort to optimise the social, emotional outcomes (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
- develop positive relationships
- make positive 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.



These 'Keys' to success are nourished or underpinned by 12 Positive Habits of the Mind. These include:

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

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.

