

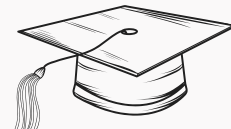


Be Your Best Self

Based on the SAMHSA "Eight Dimensions of Wellness" framework, this program gives students opportunity to recognize the meaning & importance of overall wellness. Program content and activities focus on each of the eight dimensions of wellness, incorporating coping skills such as deep breathing, mindfulness AND finding 'balance in life'. by providing students with information and activities which focus on each of the 'eight dimensions of wellness'.

*The 8 Dimensions of Wellness: Social, Environmental, Physical, Emotional, Spiritual, Occupational, Intellectual, & Financial

Recommended Age Range: 9th-12th
Duration: 40 minutes- 1 hour long per session
Of Sessions: 4 - 8
Ideal for: Health Classes, After school workshop series



College 101

An informational session about the college application process.

Topics covered may include:

- Getting organized
- Telling your story
- Building a college list
- Application deadlines
- Essays and supplements
- Extracurricular activities
- Paying for college

Recommended Age Range: 9th-11th Grade Students & Parents

Duration: 1 Hour
Of Sessions: 1

Ideal for: Evening Presentations, push-in programs during the school day

College Kickstart Workshop

Discuss everything you wanted to know about starting the college experience:

- Residential and commuter student life,
- Managing college academics,
- New roommates and friends,
- Homesickness,
- Greek life,
- Campus safety and security,
- How and when to advocate for yourself
- Mental health concerns

Recommended Age Range: High School Seniors

Duration: 1 Hour
Of Sessions: 1

Ideal for: After school/ evening workshops, student assemblies

Family Talk

Participants will discover the basics of effective communication and have the opportunity to practice new skills with friends and family members.

Recommended Age Range: Families of High School Students
Duration: 90 Minutes





Leadership Skills Bootcamp

This jam-packed, highly interactive program introduces students to specific leadership skills and allows them opportunity to put them into practice immediately. Focus is on preparing them for taking leadership roles in their schools and communities. Students will learn and practice important skills such as: effective communication techniques; group decision making & the planning process; dealing with different personalities & conflict resolution; and how to engage and motivate others.

Students that attend this course as part of an afterschool program will receive 1 hour of community service credit per session attended. If all 4 sessions are attended, that student will receive an additional hour of community service credit for a total of 5 hours.

Recommended Age Range: 9th-12th Grade

Duration: 40 minutes- 1 hour long per session
Of Sessions: 4 Sessions

Ideal for: After school programs, elective course offerings

Relationship-ology A healthy relationship series

An interactive 4-part workshop delving into all the different connections students juggle daily. From family dynamics to friendships and dating, this course helps students to hone their socio-emotional skills to be able to navigate all types of relationships. Each session aims to equip students with knowledge and hands-on skills practice.

Students that attend this course as part of an afterschool program will receive 1 hour of community service credit per session attended. If all 4 sessions are attended, that student will receive an additional hour of community service credit for a total of 5 hours.

Recommended Age Range: 9th to 12th Grade

Duration: 30 Minutes to 1 Hour
Of Sessions: 4

Ideal for: Health Classes, after school workshop series, elective course offerings/ push-in programs during the school day



Relationships Decoded

This seminar explores the differences between healthy and unhealthy relationships with activities built in for a discussion of what love is and what love is not. The concept of love languages and discussion of how we show and receive love and forgiveness are covered.

Recommended Age Range: 9th to 12th Grade

Duration: 1 Hour
Of Sessions: 1

Ideal for: After school workshop, elective course offerings/ push-in programs during the school day



HIGH SCHOOL PROGRAMS

Study Skills

This program looks at specific strategies that help boost memory retention when studying, and ways students can address test anxiety.

Recommended Age Range: 9th Grade

Duration: 40 minutes

Of Sessions: 1

Ideal for: Push-in programs during the school day in the beginning of the school year or around midterms/finals



Zen Masters: Managing Anger and Frustration

Students learn effective ways of managing emotions of anger and frustration.

Students that attend this course as part of an afterschool program will receive 4 hours of community service for attending all 4 sessions.

Recommended Age Range: 9th-12th Grade

Duration: 1 Hour

Of Sessions: 4

Ideal for: After school workshops



Town of Smithtown Youth Bureau

Programming & Scheduling **FAQ:**



1. **How much do your programs cost?**

All programs are fully funded and able to be provided to Town residents at no cost.

2. **I have a program in mind, but it's not on this list. Can you still help me?**

Yes! If you have a topic in mind for a program reach out to our Youth Counselor, Melissa Kass, at mkass@smithtownny.gov to see how we can best assist you. If time permits, we are often able to develop additional programs based on community need.

3. **How can I register my child for one of these programs?**

This program list is included for scheduling purposes. Scheduling is intended for schools and other organizations with groups of 10 or more students. Any student interested in attending a program should check our current newsletter or contact their school to see when their next scheduled program will run.

