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 Delivery Process

1. Support Schools
   DEF helps schools recruit innovative teachers, rising senior student mentors, and incoming freshmen.

2. Train the Team
   Student mentors receive 2 days of training. The adult instructor receives an additional day to complete the training.

3. Deliver StrongStart
   Incoming freshmen build confidence and learn valuable skills getting to know more about their school, themselves and their peers.

StrongStart Results

85% Feel Better Prepared
96% Had Fun
86% Would Recommend

"I feel stronger about my choices and way more organized in my planning. The chain and the tree have and will help me a lot."—DEF Student Springfield, OR

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."

MISSION

Decision Education Foundation

DEFITS

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

Average Experience

I Had Fun This Week

1. Definitely Not
2. Not So Much
3. Yeah, it was Pretty Cool
4. Definitely, it was a Blast

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)

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."

For additional information, please visit www.decisioneducation.org or contact Chris Spetzler, Executive Director at chris@decisioneducation.org or 650-814-9616.