

# You Can Do It!

You Can Do It! Education ( YCDI) or Program Achieve as it is also called, is a school-home collaborative approach to promoting the social-emotional well-being and achievement of all children. It has been developed by Professor Michael Bernard, Melbourne Graduate School of Education, and the University of Melbourne.

The mission of this program is to strengthen the 5 social and emotional skills and values (the 5 Key to Success) which all children need to manage their own learning, behaviour and emotional well-being. This program emphasizes the importance of teaching children different “ways of thinking” that help them to develop in each of these five areas.

**This program forms the foundation of our student care program. Guided lessons, student awards and use of the habits of the mind are incorporated in student’s behavior reflections.**

The Keys to Success and the habits of the mind are...



## GETTING ALONG



### HABITS OF THE MIND

**BE TOLERANT OF OTHERS:** Accept that all people are different and make mistakes.

**PLAY BY THE RULES:** Following the rules will make school a better and safer in which to live and learn.

**THINK FIRST:** before reacting, think first of different ways to resolve



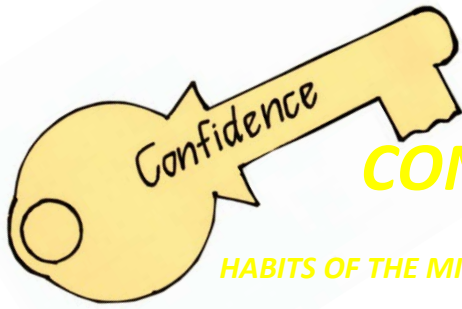
## ORGANISATION

### HABITS OF THE MIND

**SET GOALS:** Plan the steps to achieve what you want.

**PLANNING TIME:** Plan enough time to get the task done.





## CONFIDENCE

HABITS OF THE MIND

**ACCEPT YOURSELF:** Making a mistake doesn't make you bad.

**TAKE RISKS:** It's good to try something new.

**BE INDEPENDENT:** Try things yourself and don't be afraid to speak up.



## PERSISTENCE

Habits of the Mind

**BE OPTIMISTIC:** Believe "I can do it!"

**GIVE EFFORT:** The harder you try the greater your success.

**WORK TOUGH:** To be successful, sometimes you have to do things that are not easy or fun.



**RESILIENCE** means knowing how to stay calm and being able to stop yourself from getting angry, down, or worried when something "bad" happens.

Habits of the Mind

**KEEP PERSPECTIVE:** On a scale of 10, is it really that bad?

**STAY CALM:** Keep your cool.

**BOUNCE BACK:** Choose to be positive, even when things don't turn out the way you would prefer.

