

# Helping Military Children Discover Their



Strength • Potential • Aspirations  
Resourcefulness • Confidence™

**S.P.A.R.C.** is an interactive professional development institute which allows youth-serving professionals to learn how military children can develop skills and mindsets that contribute to hardiness and growth. Identifying military children's sparks and interests allows them to meet personal and academic goals.



## Learning Outcomes:

- ▶ Explore what it means to thrive and the role of caring adults in helping children reach their full potential.
- ▶ Interpret current research on Thriving, and examine a specific four-step process to help adults support youth.
- ▶ Network with colleagues to develop strategies for promoting thriving attributes in children and youth.
- ▶ Analyze professional and personal practices as related to components of thriving and identify strategies and methodologies for application.

## Course Format

This course includes **6 clock hours** of face-to-face instruction (up to 50 people per session) and group work time, exclusive of breaks and lunch. This is a one-day course.



## Participants receive the following resources during training:

- *Helping Military Children Discover Their S.P.A.R.C.: Strength, Potential, Aspirations, Resourcefulness, Confidence Institute™ Participant Manual* (MCEC Publication)
- *The Military Parents' Guide to Education Legislation* (MCEC Publication)
- *Mindset The New Psychology of Success: How we Can Learn to Fulfill our Potential* by Carol S. Dwecke
- *Sparks: How Parents Can Help Ignite the Hidden Strengths in Teenagers* by Peter L. Benson
- *Unstoppable Me: 10 Ways to Soar through Life* by Stacy Heller Budnick

\*Resources subject to change

**Credit Options:** Course participants are eligible for Continuing Education opportunities for completing this six clock hour course. To receive Continuing Education Units a participant must maintain 95% attendance, engage in the class activities and discussions, complete an end of course evaluation, and complete an end-of-course assessment with a minimum score of 80%. The Continuing Education Unit fee is \$25.00.

## Military Child Education Coalition

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