Program Achieve.

You Can Do It.

The Keys to Success and Happiness
What is Program Achieve – You Can Do It?

Program Achieve focuses on teaching students the Five Foundations (Confidence, Persistence, Organisation, Getting Along & Resilience) that together constitute a positive mindset for developing their academic potential.

As well Program Achieve teaches students how to think rationally and to eliminate the negative mindset that is associated with anxiety/low self-esteem, work avoidance, general disorganization and rebelliousness/anger.

Confidence

Confidence requires that young people not be overly concerned with what others think if they make a mistake. Confidence is revealed when students are not afraid to fail and are happy to meet someone new. Confidence involves students having trust in themselves and believing that they will probably be successful in the end. Confident young people stand up straight, look people in the eye, and speak clearly and with a firm tone of voice.

Confidence means feeling you can do it. It means not being afraid to make mistakes or to try something new. Examples of confident behaviours are raising your hand in class to answer a hard question, doing hard work without asking for help, sharing a new idea with your teacher in class, or saying hello to someone new.

Persistence

Persistence is revealed when children try hard when doing schoolwork they find frustrating and do not feel like doing, yet finish their work on time. Young people who keep trying to complete an assignment rather than becoming distracted and those who elect to play after they’ve done their work demonstrate motivation and can be described as being persistent.

Persistence means trying hard and not giving up when something feels like it’s too difficult to do. Examples of persistent behaviours are continuing to try, even when schoolwork is hard, not being distracted by others, checking your work when it’s finished to make sure it’s correct, and completing assignments on time.
**Organisation**

Organisation is revealed when young people keep track of their assignments, schedule their time effectively, set goals for how well they want to do in specific areas of their schoolwork and in other endeavours. Organisation also means having in hand all materials needed to do schoolwork and having a system for storing previously learned material.

Organisation means setting a goal to do your best in your schoolwork, planning your time so you're not rushed, having all your supplies ready, and keeping track of when your assignments are due. Examples of organised behaviours are making sure you understand the teacher's instructions before you begin work, having all your school supplies ready at a neat desk, recording your assignments and their due dates, and planning when you're going to do your homework so you have enough time.

**Getting Along**

Getting Along is revealed when young people work cooperatively with each other, resolve conflicts by discussion rather than fights, manage their anger, show tolerance, and follow class rules, including making responsible choices so that everyone's rights are protected.

Getting Along means working well with classmates, solving problems with classmates without getting too angry, and following the rules of the classroom. Examples of such behaviours are being helpful when working in a group, listening and not interrupting when someone else is speaking, talking rather than fighting when someone acts unfairly and not breaking classroom rules.

**Resilience**

Resilience is being able to bounce back when something bad happens. Resilience means being aware of one's feelings and knowing how to stop getting too angry, down or worried when something bad happens.

Examples of Resilience:
When someone treats me unfairly I can stop myself from getting too angry. When I make mistakes or am teased, I can stop myself from getting too down. When I have an important test or activity to perform, or when I want to meet somebody new, I can stop myself from getting too worried.
How will the “You Can Do It” Program be Implemented in our School?

In the classrooms and playgrounds the language of the You Can Do It program will be used by our whole school community Prep to Year 6.

Posters featuring the Five Foundations and other aspects of the program will be displayed in all of our classrooms, teaching areas and administration. A mural has been created in our middle school eating area featuring the You Can Do It Program.

Students will be recognized for their effort and achievement each fortnight on assembly with special awards featuring the Five Foundations - Confidence, Persistence, Organisation, Getting Along and Resilience.