

Alive2Thrive – New Student Information Sheet

Aside from earning a scholarship, why is Alive2Thrive beneficial for you?

The Santoro Foundation's **Alive2Thrive** program consists of 36 short 2- to 3-minute lesson videos with accompanying PDF lesson sheets. The program is broken down into 4 modules:

- Knowing Me
- Managing Me
- Understand Others
- Relating to Others

As you progress through the lessons, you'll see how they relate to the module they are in, and if you apply yourself to learning the lessons, ultimately, you'll gain new tools and skills to help you with each of those four important areas of social and emotional learning and learn how to be your best self!

Most importantly, mastering these skills will help you to be more successful in school, more employable in the future, and will help you to have better relationships with your family and friends. This all equates with **success in life**, which Mr. Santoro defines like this:

Knowing who you are;
Being comfortable in your own skin;
Doing what you like;
Making enough money for your lifestyle; and
Having friends and family who love you and want to be with you.

What you'll need:

- A commitment to preparing for and attending EVERY Alive2Thrive Zoom session – make this a priority, as your scholarship award is dependent on this! You'll need to commit to spending at least 30 minutes to prepare before and at least 60 minutes for the sessions themselves each week.
- A good, stable internet connection in a quiet place for your weekly Zoom sessions.
- Ability to print the two weekly lesson sheet PDFs, and a folder or notebook to save them in for review before your interview.
- A mindset that's ready to learn the Alive2Thrive concepts that will help you to be your best self and be successful in life!

What to expect before and during the program:

- You will receive an email from us listing available times/days of the week for sessions you can choose from. After you email us back indicating your preferred session, we will do our best to put you in the group of your choice; depending on the number of students applying, however, we may have to make adjustments if there are too many or not enough students to fill a group.
- Your weekly one-hour Zoom sessions will be led by a facilitator/teacher and will include a total of 4-8 students.

- You will receive an email from your facilitator each week about a day before your session. This email will include a Zoom link to join the group for that week's session, a link to the videos that will be discussed that week, and two lesson sheet PDFs to print and complete on your own **BEFORE** the session. *(If for some reason you have not received this email by the day of your session, please email mary@santorofoundation.org and we'll will make sure you get what you need.)*
- After you view the videos and fill in your answers on the lesson sheets, you'll join the weekly Zoom session using the link provided in the email you'll receive each week from your facilitator.
- Your facilitator will expect, and will document, your participation as part of the group, so you'll need to spend some time preparing for each session *(see below for preparation requirements and suggestions)*.
- Your group will be a safe environment with a caring facilitator where you can open up, share your thoughts and ideas, and ask questions.

Best practices to prepare for learning Alive2Thrive:

- Set a weekly reminder on your phone *(or ask a parent to do this for you on theirs)* to remind you to start preparing for your weekly session at least 15-20 minutes before your scheduled session time.
- Put your weekly session time on your family's activities calendar, if you have one, so that everyone remembers that this is a priority for you every week.
- In your preparation time before the weekly sessions, use the links in the weekly emails to view the videos you'll be discussing. After you view each of the two videos, print each week's lesson PDF and fill out your answers BEFORE your session, and be ready to discuss your answers with the group.
- Make sure you have a GOOD, stable internet connection so that you can stay connected to your sessions without interruption.
- Remind your family that you'll be doing your sessions before them each week so they can help to prevent interruptions.
- Position yourself somewhere quiet for your weekly sessions so that you have no distractions during preparation and session times each week.
- Join your Zoom group session **ON TIME** every week!
- All of our videos and their corresponding lesson sheets are also available to you at any time on our website – www.selfnow.org. Simply go to the Programs page of the site, choose Alive2Thrive, and you'll see each of the module names you can choose from to find any videos or lesson sheets you want to find.

If you'll follow these instructions and do all of these things, you'll be on your way to not only earning a scholarship, but most of all, you'll learn how to **win the biggest game of them all – LIFE!**