

## Alive2Thrive – New Student Information Sheet

### Important Information - please read this in its entirety

#### 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. You may preview the videos and lesson sheets on our website at any time: [www.selfnow.org/alive2thrive](http://www.selfnow.org/alive2thrive). You'll see that the program is broken down into 4 important modules:

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

As you progress through each lesson, 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 Joe Santoro defines like this:

**Being healthy;**  
**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 time for the sessions themselves each week (session schedules and duration will vary). **It will take between 25 and 30 hours in total to complete the program, and the duration in weeks will depend on the schedule you choose.**
- 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 Zoom sessions will be led by a coach/teacher and will include a total of 6-10 students. These sessions will be recorded for training purposes only.
- You will receive an email from your coach each week about 2 days before your session. That weekly 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 lesson sheet PDFs to print and complete on your own **BEFORE** the session. *(If for some reason you have not received the weekly email from your coach by the day of your session, please email [mary@santorofoundation.org](mailto: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 email your coach with one **question, observation or thought about each lesson** being covered that week no less than 24 hours before the session, and then you must join the Zoom session **on time** using the link provided in the weekly email you'll receive from your coach.
- **Your coach will expect, and will document, your participation as part of the group, so you must spend time preparing for each session as outlined above (see also below for preparation requirements and suggestions).**
- There will be a shorter introductory session to start the first week, which will cover an intro video and an overview of our website, among other things. The subsequent lessons will all cover the Alive2Thrive curriculum lessons, plus possible recap sessions.
- Your group will be a safe environment with a caring coach where you can open up, share your thoughts and ideas, and ask questions. *Recordings of sessions will only be used by program administration for training purposes.*
- Holidays and unforeseen circumstances may require schedule adjustments, which your coach will alert you to as far in advance as possible.

## 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 the day before your session, and 10 minutes or so 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 homework/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 videos, print each lesson PDF and fill out your answers by the day BEFORE your session, and be ready to discuss your answers with the group. Then email your thought, comment or observation about each of the lessons to your coach no less than 24 hours before the session. \*
- Make sure you have a strong, stable internet connection so that you can stay connected to your sessions without interruption. \*

- Remind your family when it's time for your sessions each week so they can help to prevent interruptions.
- Position yourself somewhere in a stable, quiet location (***not in a car or traveling!***) 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](http://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 all of our videos and corresponding lesson sheets.

In addition to all of the above, we encourage you to spend some time on our website [www.selfnow.org](http://www.selfnow.org) to familiarize yourself with the Foundation and learn who we are and what we do. There is a great deal of valuable information there, including a page with valuable sayings, and another with Joe's words of wisdom.

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

***\*Failure to attend every session and follow the instructions regarding homework, participation and prompt attendance could jeopardize your participation in our program, and therefore you will not earn our valuable scholarship. If you have ANY questions at any time, contact [Mary@SantoroFoundation.org](mailto:Mary@SantoroFoundation.org) or (863) 660-8765.***