

UNUH Big Up YuSelf

Three Modules: 30-Unit Curriculum Plan Overview

Programme Goal: Learners understand and demonstrate the essentials of how to manage their minds, develop self-agency and make choices that will lead to happier and more successful lives.

Programme Overview and Structure:

The programme is essentially self-paced through a downloadable mobile app which is monitored by the facilitating institution/programme/ via an on-line learning management system. Purchased licences have a 12-month subscription. It is envisaged that the 3-Module programme will be completed over a maximum of 30-weeks. However, the option exists to run the 3 Modules and 30 Units over a 2-month period (9 weeks). In this way students can move more rapidly through the material, but still have time to reinforce the learning through the exercises and challenges. They will still have a 12-month subscription so the learning can continue to be reinforced over the period. Facilitators may opt to schedule specific classes in tandem with the UNUH lessons or integrate lessons into an existing Life Skills curriculum.

Once the school registers and purchases the licences required, and then registers the cohorts/students, the app will become accessible via email download link to the student's phone, or, alternatively, via a tablet. The Facilitator is encouraged to complete a Risk Profile available (Adverse Childhood Assessment and Strengths and Difficulties Pre-Test) with each student and enter the results into the on-line data-base. Only the Facilitator will have access to this confidential information. The Facilitator will be able to monitor the students' progress and to also review the programme content. An introduction to the programme will be provided to orient the Facilitators. Depending on the number of students and classes pursuing the programme, there may be more than one Facilitator per school.

Upon downloading the app from the app store, the student completes his/her registration and profile, and begins the programme. Each Module starts with a Pre-game that introduces the theme of the module. The student then completes a quick pre-self-assessment on their knowledge of some aspects of the content and proceeds to work through each Module which comprises a variety of media and learning formats including videos, SCORM files, animated content, exercises, quizzes, audio and brief written lesson summaries. The content is founded on Jamaican culture, characters, names and scenarios all designed to appeal to the 16-19 year old target group.

After each lesson, BRAWTA Challenge questions are released to help the learner reinforce, deepen and apply learning to real life situations. Questions answered in text, audio or video format are sent to the Group Facilitator/Guidance Counsellor/Life Skills Teacher through the LMS for review/verification. Students can be requested to resubmit their answers. Once

verification is complete, the tokens assigned for the Challenge are added to the student's score. Although the student may proceed without the verification to the next lesson and module, they cannot get their final certification without successfully completing all the BRAWTA Challenges.

Participation in the Community Channel provides the opportunity to share with other students within the cohort and the Medz Gym allows the student to learn and practice Upfull Mindfulness.

Gamification is used to incentivize students to progress through the programme. All activities, including participation in the Community Channel, completing quizzes, exercises and assignments as well as going back to review the content, allows the student to earn tokens. Progress is monitored through a leaderboard which displays the tokens that each student has earned and their ranking within their cohort.

After completing the content of each module, the student completes the post-self-assessment and ends the Module by completing the Post-game using the knowledge they have gained. Upon successful completion of all the lessons and activities, the student is able to download his/her digital badge and begin the next module.

After completing all three modules, each student will create/participate in a group to identify and implement a Community Project within their chosen community to demonstrate a spirit of giving back and volunteerism. The final score out of 150 for each student will be based on the Facilitator's assessment of each group's efforts. Project results will be shared via photos and short videos.

Once this project has been successfully completed along with all BRAWTA Challenges, each student will be able to download their UNUH Big Up Yusef Completion Certificate, which may be printed and distributed in a recognition ceremony organized by the school/institution. Schools/Institutions are encouraged to seek tangible prizes (for example, phone credit, T-Shirts, books) to recognize top performers and those who have shown the greatest improvement.

Module 1 – UNUH Can Win! (10 units)

Module Goal: Learners develop greater self-awareness and self-agency.

Module Overview: The Self-Awareness and Self-Agency Mastery module is designed to empower students to develop greater self-awareness and self-agency in their lives. By exploring key aspects of the self, understanding the influence of mindsets, and practicing techniques for emotional management and physical self-care, participants will cultivate a strong foundation for personal growth and success. This module integrates principles from Neuro-Linguistic Programming (NLP) and Positive Intelligence to provide participants with practical tools and strategies to navigate their inner world effectively.

Objectives: By the end of this module, participants will be able to

1. Develop a greater awareness of key aspects of the self: spiritual, mental, emotional, and physical.
2. Recognize the impact of mindsets on thoughts, emotions, and behaviors, and choose empowering mindsets for desired outcomes.
3. Differentiate between areas within their control, areas of influence, and aspects they cannot change, to manage overwhelm and focus on what can be changed.
4. Understand the connection between thoughts, feelings, and actions, and develop habits that support their goals.
5. Utilize techniques such as the Medz Gym to enhance mental fitness and shift focus to positive mindsets.
6. Identify their Ideal Future Self, assess strengths to build upon, and create a learning agenda for personal growth.
7. Cultivate self-love, self-confidence, and self-esteem through positive self-talk and affirmations.
8. Employ techniques for managing emotional states and developing emotional resilience.
9. Recognize the importance of physical, emotional, mental and spiritual self-care, including diet, exercise, and sleep, for overall well-being.

Unit 1: Exploring the Self

Unit 2: The Power of Mindsets

Unit 3: Thoughts, Feelings, Actions

Unit 4: Developing Mental Muscles (through Mindfulness)

Unit 5: Personal Responsibility, Control and Influence

Unit 6: Who do You Want to Be?

Unit 7: Confidence & Self-Esteem

Unit 8: Keys to a Confident, Empowered You

- **Key #1: Self-Awareness**
- **Key #2: Accepting and Loving Yourself**
- **Key #3: Taking Responsibility**

- **Key #4: Assertive vs Aggressive**

Unit 9: Managing your Mood!

Unit 10: Taking Care of Yourself

Unit 10: Reflection and Application (Video Summary)

Module 2 – Going for Gold!

Module Goal: Learners gain clarity and confidence in setting and achieving value-aligned goals.

Module Overview: The "Going for the Gold" module is designed to empower students to gain clarity and confidence in setting and achieving value-aligned goals. Based on principles from Neuro-Linguistic Programming (NLP) and Positive Intelligence, this module provides participants with the tools and mindset necessary to start creating a satisfying life. Through self-reflection, goal setting exercises, and ongoing tracking, participants will develop the skills to overcome challenges, stay motivated, and achieve their desired outcomes.

Objectives: By the end of this module, participants will be able to:

1. Appreciate the importance of goal setting in creating a satisfying life.
2. Assess and rate their level of satisfaction in various aspects of their Wheel of Life and prioritize areas for improvement.
3. Recognize the power of values, identify their most important values, and understand how values drive behavior and link to their goals.
4. Explore the influence of Baddaz or Upfull Mind thinking on their values and learn techniques to change limiting values.
5. Utilize the Well-formed Outcomes framework to set value-aligned goals aligned and track progress.
6. Embrace the concept of stepping outside their comfort zone and recognize the need for personal change in order to achieve their goals.
7. Explain the importance of accountability in supporting the achievement of goals.
8. Develop resilience and motivation techniques to navigate challenges by embracing flexibility and adopting a mindset of "there is no failure, only feedback."

Unit 1: Your Wheel of Life

Unit 2: Values – The Heartbeat of Your Goals

Unit 3: Turn Your Dreams into Reality with Goal Setting

Unit 4: Shifting Limiting Beliefs

Unit 5: Making Sure You Get Your Goals

Unit 6: Preparing for Challenges

Unit 7: Stepping Outside Your Comfort Zone

Unit 8: Accountability and Support

Unit 9: Beyond Resilience!

Unit 10: Reflection and Celebration

Module 3 – One Love, One Heart

Module Goal: Participants develop greater empathy and competence in building positive relationships with others as well as their natural and social environment

Module Overview: The "One Love, One Heart" module is designed to help students to develop greater empathy and competence in building positive relationships with others and their natural and social environment. By exploring effective communication, emotional intelligence, conflict resolution, teamwork, and community building, participants will cultivate important skills for fostering healthy relationships and contributing positively to their communities. This module integrates principles from various disciplines, including communication theory, emotional intelligence, conflict resolution, and environmental awareness.

Objectives: By the end of this module, participants will be able to:

1. Appreciate how communication works and understand potential challenges.
2. Improve communication skills by reading body language and developing emotional intelligence.
3. Develop trust and discernment in knowing when to trust and when not to.
4. Utilize the "Magic of Conflict" (Thomas Crum) and apply a 6-step approach to conflict resolution.
5. Effectively manage anger and negative emotional reactions.
6. Cultivate gratitude as a daily practice.
7. Develop a sense of connection to the natural environment and foster environmental stewardship.
8. Identify and apply building blocks for effective teamwork and collaboration.

9. Identify their community and learn how to strengthen bonds within it.
10. Demonstrate collaboration, teamwork, and a spirit of volunteerism.

Unit 1: Become an Emotionally Intelligent Star (Animation)

Unit 2: Keys for a Pro Communicator (Interactive SCORM)

Unit 3: Secrets of Your Amazing Brain (Animation)

Unit 4: The Super-Power of Active Listening

Unit 5: Using Our Body Language Upfully

Unit 6: Building Trust and Discernment

Unit 7: Managing Anger and Negative Reactions

Unit 8: The Magic of Conflict

Unit 9: The Power of Gratitude

Unit 10: Building Blocks for Teamwork

Unit 11: Becoming Community Heroes

Unit 12: Reflection and Celebration

- **Community Project:** A group project that gives back to a select community. Reflect on the importance of collaboration and volunteerism in personal and community growth.