## Module 2: Finishing Strong—CTP as a Recipe for Lifelong Success

### Introduction

This section is designed to create a feeling of competence and success in students by reminding them that they have successfully completed the first three phases of Job Corps.

### Activity: Recap of Time at Job Corps

Have students brainstorm the factors that have helped them to be successful during the first two phases of Job Corps and write these on the whiteboard or chalkboard. If students have difficulty with this, it might be helpful to discuss general groupings of factors as listed below:

* Personal/individual strengths: high motivation, focus on goals and better future, love of trade, etc.
* External structure and routine: waking up at set time, set daily schedule and expectations, etc.
* Support/mentoring: helpful and supportive instructors, RAs, counselors, H&W staff
* Access to healthcare services: support with not using drugs/alcohol, medication for mental health and/or health problems, etc.

***Activity I***

As a group, have students identify common challenges and worries they have during the CTP phase. What are the potential challenges they may have transitioning to work and leaving Job Corps? (List these on the whiteboard). If students have difficulty with this, it might be helpful to raise some of the following issues:

* Access to healthcare (e.g., access to medication and medications)
* Conflict with family members/challenges of moving back home (e.g., how to have adult relationships with parents)
* Sleeping (e.g., problems getting to sleep, staying asleep, or getting up in morning)
* Healthy living (e.g., eating well/regularly, access to gym/recreation/exercise, avoiding drugs/alcohol)
* Developing healthy relationships, setting boundaries
* Conflict with supervisors
* Conflict with coworkers
* Parenting challenges (e.g., kids sick, feeling isolated as parent, not knowing how to parent)

***Optional***

You may provide students with specific information on how to cope with several areas that are frequently challenging during this period on your center. You may decide to brainstorm and problem solve around this collaboratively as a group, or provide students with written information with ideas on how to cope with particular challenges, or you may provide an additional brief presentation on several areas, as time allows.

***Activity II***

Provide each student with a pen and one or two **Overcoming Barriers Through Planning** worksheets.

1. Ask students to take a few minutes to identify one or two challenges they feel they may have during CTP. Write each area on top of the **Overcoming Barriers Through Planning** worksheet.
2. Provide an example of how to complete the **Overcoming Barriers through Planning** worksheet. Ideally, elicit challenge from a group member or use one raised during general discussion.
3. Allow ten minutes for students to complete their own **Overcoming Barriers Through Planning** worksheet. Walk around and assist students as needed. If the group is cohesive and open with each other, students could complete this activity in pairs to assist each other.

***Homework and Closing***

Discuss that transitioning to work and life after Job Corps is a process. Encourage students to keep a copy of the **Overcoming Barriers Through Planning** worksheet to use later. Discuss your availability to assist students with any particular challenges they might want to explore further (this could be done individually or in a group).

## Worksheet: Overcoming Barriers Through Planning

1. What are you worried might hold you back during CTP? That is, what stresses you out about completing Job Corps?
2. What is your goal for CTP? What do you want to have happen?
3. List at least three reasons why meeting this goal is important to you. Why do you want to do this? What good things will happen if you meet this goal?
4. List three things you can do to meet your goal:
5. What is the first step you will take in meeting your goal?
6. Some things that could get in the way of meeting your goal. Give two possible obstacles to meeting your goal and ways to handle the obstacles.

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| ***Possible Obstacles*** | ***How will you handle the obstacles?*** |
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1. Support from others is very important. How can others help you meet your goal?

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| ***Who will help you meet your goal?*** | ***How will they help you?*** |
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1. How will you know if your plan to meet your goal is working?
2. What will you do if your plan is not working?
3. If you are struggling during CTP, who will you contact for help (e.g., Job Corps staff member you trust, family member, friend, crisis support phone line)?

### Activity: Discussion Topics for CTP

As students prepare to leave Job Corps, they may be apprehensive about all of the impending changes in their lives. Below is a partial listing of discussion topics. You may choose to focus on a few or touch on most or all of all.

* Conflict with parents, supervisors, peers
  + Assertive communication skills
  + Distress reduction strategies
  + Coping with different communication styles
  + Anger management
* Sleep problems
  + Sleep hygiene/strategies to get to sleep and stay asleep
  + Issues with sleeping medication
* Stress
  + Stress reduction strategies
  + Controlling responses to stress
* Developing healthy relationships
  + Boundaries, relationship-building skills
  + Education regarding dating violence/healthy romantic relationships
* Parenting Challenges
  + Parenting styles, behavior management
* Access to healthcare
  + How to find/access health resources
* Relapsing on drugs/alcohol
  + Access to resources, developing relapse prevention plan prior to leaving Job Corps
* Housing/living resources
  + How to access resources in area
* Returning to violent community
  + Realistic safety planning
* Increasing mental health symptoms
  + Recognizing mental health problems
* Continuing healthy behaviors initiated in Job Corps