

Skills for Adolescence for Out-of-School Time

Pacing Recommendations

- **Teach the lessons in order.**

The units and lessons have been developed sequentially, beginning with Unit 1 through *Summing Up*. Teach lessons in order to enhance skill acquisition and establish a safe, caring, and well-managed learning environment from the beginning.

- **Teach one or two unit lessons a week.**

Teach at least one SFA OST lesson per week for a consistent period of time so students benefit from consistent exposure to SFA concepts and skill-building opportunities. Consider teaching two lessons per week if student attendance is fairly consistent.

If student attendance is uneven, repeating the lesson themes and skills through additional SFA OST reinforcement activities and through informal teaching and modeling is critical so that students benefit from the sequential nature of the lessons.

- **Teach the lessons as one 45-minute lesson or two 20-25 minute lessons.**

Each lesson is divided into four phases: Discovering, Connecting, Practicing, and Applying. Any lesson can be taught as a single 45-minute lesson or as two 20-25 minute sessions focusing on Discovering and Connecting on day one and Practicing and Applying on day two. If any lesson is split over two days, facilitate a quick review of the Discovering and Connecting phases on day two before beginning the Practicing and Applying phases.

- **Teach lessons from all units whenever possible.**

SFA was designed as a comprehensive positive youth development program. Collectively, the seven instructional units and the service-learning unit teach students a broad range of skills and provide numerous opportunities to practice and apply the skills. Consult Lions Quest before changing the order of units or lessons.

- **Use the *Changes and Challenges* student workbook activities.**

Many of the SFA OST lessons rely on resources (e.g., articles) and activities (e.g., student reflections) from *Changes and Challenges*. Use the student workbook whenever possible to get the most from the lessons.

- **Consider providing journals to students.**

Several of the Apply activities suggest journaling topics. Journals are an important means of reflection, which is critical to the acquisition of skills.