

## Overcoming Obstacles Life Skills Program Spring 2014

Through an ongoing partnership with the Office of Guidance and School Counseling (OGSC) of the New York City Department of Education, Overcoming Obstacles Life Skills resources are being offered AT NO COST citywide. Overcoming Obstacles is an evidence-based curriculum that helps educators to teach youth and young adults (learners ages 10+) the skills relevant to success in school, at home, and on the job. The program covers over 25 different life skills, including effective communication, problem solving, conflict resolution, and time management.

Citywide professional development sessions will be offered throughout the school year. Each session will focus on a select topic related to life skills education, such as college and career readiness, guidance and counseling sessions, school climate and culture initiatives, and bridging the achievement gap.

### Participants will receive the following resources, AT NO COST:

1. **Access to monthly citywide professional development opportunities coordinated by OGSC and facilitated by Overcoming Obstacles trainers.** Workshops will focus on relevant topics such as impacting school climate, peer leadership, student transitions, college and career readiness, and supporting the Common Core. These workshops will prepare educators to incorporate life skills education into their current curricula and/or develop a stand-alone program.
2. **Educator materials** in electronic form, including activity-based lessons, reproducible student worksheets, journal writing opportunities, reading assignments, technology connections, and assessments.
3. **Ongoing support** via webinar for educators implementing Overcoming Obstacles.

The Overcoming Obstacles Life Skills Program has been aligned with student learning standards, including the **Common Core State Standards**, the New York State Career Development and Occupational Studies (CDOS) Standards, and the American School Counselor Association (ASCA) National Standards for Students. Overcoming Obstacles is designed to be flexible, allowing educators to incorporate the life skills lessons into their existing courses, timeframes, support structures, and/or topics that will best serve their students.

Overcoming Obstacles has been recognized nationwide for its impact on school environments and academic achievement. Most recently, the National Dropout Prevention Center\* presented a Crystal Star Award to the program for its success in reducing dropout rates in schools across the country.

For additional information or to confirm participation in an upcoming training session, please contact Margarita Suero-Duran, Ed.D., Office of Guidance and School Counseling (OGSC), at:

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To learn more about Overcoming Obstacles, visit [www.overcomingobstacles.org](http://www.overcomingobstacles.org)