

Program Elements

PLUS ME empowers middle and high school students during what is traditionally a tumultuous time of personal change and of critical decision-making. With the aid of successful role models from relatable backgrounds, students gain confidence in pursuing their unique professional and academic aspirations.

The programs work by fostering open dialogue between teenage students and empathetic role models. In safe learning environments, students craft and refine their own personal narratives and build the confidence needed to transition into life and success after high school.

Our programs support LAUSD's goals for **100% graduation** by providing social-emotional support to students, **100% attendance** by providing programs that increase student motivation and confidence for delinquent and at-risk youth, and **parent, community, and student engagement** by providing parent engagement training and workshops.

PLUS ME's success stems from a proven, five-step process for student development and is focused on providing tools that support students in being prepared for college, career, and life once they graduate from high school:

- 1) Students are introduced to PLUS ME through our **Guest Speakers PLUS ME** program. Here, trained storytellers share the personal journeys that led them to and through college. Our presenters highlight the various academic, personal, familial, and relational struggles and accomplishments they experienced from middle school through college. These highly engaging tales of achievement and perseverance serve as examples from which students can draw when facing their own personal and academic obstacles. Since we currently have a team of six speakers, students have the opportunity to hear from a diverse set of role models throughout any given year and connect with different stories. **This program has been brought to over 125 LAUSD middle and high schools because of its effectiveness at engaging students and providing real-life college and career success stories that students can connect with and learn from.**

2) After delivering multiple success stories from diverse role models, **PLUS ME** encourages and trains students to become proactive and goal-oriented. Our **Leaders PLUS ME** workshop-centered program allows students to more fully own and celebrate their strengths, career interests, and personal accomplishments. This five-session series covers: knowing yourself, power of positivity, goal setting, resiliency, and mindfulness. Each session contains curriculum that our team designed to support students in understanding and embodying each topic. We use video content, storytelling, dialogues, and interactive activities to engage with each cohort of students that we serve. This series is customizable and allows school leadership to decide which topics are better aligned to meet their student outcomes. **This program has been brought to over 25 LAUSD middle and high schools because of its opportunity to engage students and provide them with relevant soft skills development for college and career readiness.**

3) Then, in our **Storytellers PLUS ME** program, students grow a platform from which to give voice to their passions. In supportive and trusting environments, these young storytellers articulate their personal narratives. Our curriculum supports students with identifying important characters, settings, events, and lessons from their lives. Students engage in various dialogues that result in them realizing they are not alone, gaining a stronger sense of self, and learning how to vulnerably share their life experiences with others. At the end of our program, each student has the opportunity to stand before their class, share their story, and build stronger connections with their peers and teachers. **This program has been brought to over 40 LAUSD middle and high schools because of its uniqueness in social-emotional development for all students and community building.**

4) Once students have completed our Storytellers program, they are invited to participate in our **Writers PLUS ME** program. Formerly Storytellers PLUS ME Part II, this new program helps students take their discovered narrative and build on their writing skills — many of which are even transformed into powerful personal statements for college applications. Each student leaves with a completed notebook filled with small moments from their lives that have shaped who they are. **This program has been brought to over 10 LAUSD high schools because of its ability to engage students in writing the basic elements of their future college personal statement.**

5) The **Achievers PLUS ME** program concludes the five-step process by encouraging our young adults — many of whom are, by this point, on the cusp of college enrollment — to gain confidence and self-awareness for the next step in their lives. In small groups, trained coaches help students work through insecurities and fears, navigate relationships and roadblocks, and develop a trusted network of support that directly combats the dreaded “summer melt” phenomenon. This curriculum provides students with engaging content and a toolkit that they can use throughout their college years. Our program is designed for college bound seniors throughout their final year of high school. **This program has been brought to 5 LAUSD high schools because it meets many of the college and career readiness outcomes that individual counselors have developed for the own students.**

6) While our work and mission centers on supporting students, our model also engages the adults who have the most interaction with students on a daily basis. Our **Parents PLUS ME** workshops walk teachers, administrators, and support staff through components of our Storytellers PLUS ME program. By bringing this program to educators, we provide the opportunity for them to self-reflect and share their stories with one another. This program helps build a stronger school storytelling culture, increases staff connections, and provides tools that allow the educators to learn how to build stronger rapport with their own students through narrative sharing. Our motto for our PD workshops is: "When educators know their stories matter, so do their students." **This program has been brought to over 10 LAUSD middle and high schools because it supports many of the professional development goals set within individual principal's discretion of staff engagement and culture development.**

7) The final piece to our program puzzle is connecting with the parents. Our **Educators PLUS ME Engagement** workshop series immerses parents and guardians in our Storytellers PLUS ME curriculum providing them with tools, resources, and experiences that foster increased involvement and positive school relations. By educating these adults on the importance of personal narratives and supporting them with developing and articulating their own, parents gain a stronger sense of community and confidence within their voice. The safe space that is created at each school site through our facilitation allows parents to connect and bond over discovered shared experiences. Facilitated in English or Spanish, parents engage in our curriculum and identify ways they can implement their learning with their own children and families back home. At the completion of our program, they all have the opportunity to vulnerably own their story in front of their supportive community. When parents craft their own foundational narratives and feel they are granted the permission to share them, they leave inspired to make a change. Our program is designed to build parents up and provide them with the tools to own their stories in order to advocate, support, and inspire the communities they live in. **This program has been brought to over 10 LAUSD middle and high schools because it directly addresses the District's overarching parent engagement goals within the LCAP and District's strategic plan.**

Price Schedule

Program Rates - Individual Sessions

Service	Price Per Hour
Guest Speakers PLUS ME	\$175
Leaders PLUS ME	\$200
Storytellers PLUS ME	\$200
Writers PLUS ME	\$200
Achievers PLUS ME	\$200
Educators PLUS ME	\$250
Parents PLUS ME	\$250

Program Rates - Series

Service	Price Per Series
Leaders PLUS ME 5-Hour Series	\$800
Storytellers PLUS ME 5-Hour Series	\$800
Writers PLUS ME 5-Hour Series	\$800
Achievers PLUS ME 5-Hour Series	\$800
Educators PLUS ME 5-Hour Series	\$1,000
Parents PLUS ME 5-Hour Series	\$1,000

Product – My Story Matters Journals

Quantity	Price
Individual	\$14
Classroom Set (25+)	\$10
Grade Level Set (100+)	\$7