



The You Can Do It! Program is embedded in all we do across the school to build the social and emotional capabilities that all young people need to reach their academic potential in school, to experience wellbeing and to create positive relationships with others including making contributions to others and the community (good citizenship).

There are five keys to success in the You Can Do It! program

The 5 Keys of YCDI! Education

- ❖ Confidence (academic, social)
- ❖ Persistence
- ❖ Organisation
- ❖ Getting Along, and
- ❖ Resilience.

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

- ❖ Accepting Myself
- ❖ Taking Risks
- ❖ Being Independent
- ❖ I Can Do It
- ❖ Giving Effort
- ❖ Working Tough
- ❖ Setting Goals
- ❖ Planning My Time
- ❖ Being Tolerant of Others
- ❖ Thinking First
- ❖ Playing by the Rules, and
- ❖ Social Responsibility

This last point includes the values of Caring, Doing Your Best, Freedom, Honesty, Integrity, Respect, Responsibility, Understanding, Tolerance, and Inclusion.

Included in the core purpose is the elimination of social and emotional difficulties and disabilities (“Blockers”) that constitute barriers to young people’s learning and well-being, including:

- ❖ Feeling Very Worried
- ❖ Feeling Very Down
- ❖ Procrastination
- ❖ Not Paying Attention or Disturbing Others, and
- ❖ Feeling Very Angry or Misbehaving.

YCDI is deliberate in restructuring negative Habits of the Mind that give rise to these Blockers and in the explicit teaching of alternative positive Habits of the Mind.

This approach includes positive, caring relationships with young people.

However, for this program to be really successful it is vital that our staff and parents work together and share these understandings so that the responsibility for supporting and educating, including quality social and emotional learning experiences and caring relationships, is shared throughout the community.