



RESEARCH FINDINGS

Two scientific researches were already done in 2012 and 2014 at the University of Louisiana, Monroe, USA by Dr. Lijo Thomas. Both qualitative and quantitative analysis reports showed that there were significant improvements in the Self-Esteem, Self-Mastery, Motivation and Locus of Control, Life Orientation and Engagement, Academic Achievements, Personal and Interpersonal Behavior of the participants.



NEED OF VOLUNTEERS

DREAMS, a community based voluntary initiative, offers an excellent opportunity to give back to your own community by helping our younger generation in their process of development and success. It's a great platform for sharing your expertise and success values to the next generation.



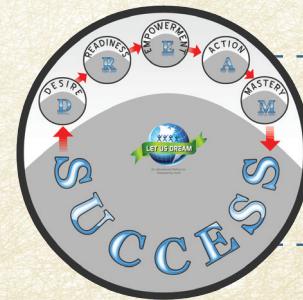
FOR MORE INFORMATION

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An International Platform for Empowering Youth

DREAMS
A SUCCESS INTERVENTION MODEL FOR THE YOUTH



SUCCESS BELONGS TO
THOSE WHO WORK HARD
TO REACH THEIR DREAMS

DREAMS

DREAMS is an intervention model designed for the holistic development and success of the students. The core theories behind this model are the theories on motivation, goal setting, future orientation, social cognition, self-esteem and self-determination.

The initial stage of the model is termed Desire, which leads to identifying the passion/s inborn in the young person, namely, the tangible reason for one's goals in life. Then Readiness, which helps to internalize these deep extrinsic, drives toward the intrinsic motivational dynamics. This stage prompts the person to work harder on the specific steps and set aside possible distractions to accomplish the goal.



After firmly setting the goals, the young person needs to prepare and Empower oneself to approach the goal which is the third stage in the success ladder. The holistic preparation and development operates through the a) Personal, b) Social, c) Leadership aspects of the participant. The next rung on the ladder of success is Action, which encourages the initial attempts. Once they act persistently by burning an extra percent of their effort, they get into a level of excellence or Mastery, which is the final step towards Success. Once a goal is achieved, there springs up another higher one. The cycle thus keeps evolving. Thus we aim at the holistic development of children by specifically focusing on their psycho-social and leadership aspects to form a group of socially responsible, mature and successful teens in three years.

PLAN OF ACTION:

The DREAMS program is implemented mainly through a five-day summer camp, quarterly one-day follow-up programs, and monthly DREAMS Club meetings. These include life skills training, motivational sessions with activities and skits, community service projects, concerts, workshops that address a wide variety of topics, and interactions with successful persons who persevered through hardships in their childhood to reach their goals. Group games and tailor-made songs based on the themes are also used as instructional materials.

This three-year course of DREAMS is designed in such a way that it encompasses the holistic development of a student/teenager. The initial year of the program concentrates on the personal (Self-Concept, Attitude, Values, and Skills) development. The second year focuses on the interpersonal aspects (Family-Friends-Peers, Team work, and Morality-based social commitment). And in the final year the participants receive training in building their leadership skills such as Decision making, Effective Communication, Time and energy management, Perseverance and value leadership and so on.



EVALUATION

The outcome evaluation will be done both qualitatively and quantitatively throughout the year longitudinally. Participants' personal, interpersonal, leadership, academic and behavioral improvements are evaluated mainly through reports of the mentors, teachers and parents. Systematic analysis of the Data is done to gain accurate values.

OBJECTIVES

- ~ To help teenagers learn and practice psychosocial and interpersonal skills through a supportive community of peers, senior mentors, and trainers
- ~ To help teenagers set their life, academic, and professional goals
- ~ To identify ones own talents in order to develop their potential to the fullest
- ~ Instill responsibility and leadership qualities to make them better committed citizens
- ~ Inculcate social and personal values for better performance in school, community and in life.

