

## Reading Review – Facilitation

### 1. Briefly describe how Challenge Courses came into being?

During a meeting of challenge course professionals in 1988 at the North Carolina Outward Bound school, the first profession challenge course organization was created, later known as the Association for Challenge Course Technology (ACCT). They have also developed standards with inspection standards, ethical standards, and technical standards for challenge course operations. In 2003, the Professional Ropes Course Association (PRCA) was formed that created a manual of standards and provides professional services for challenge course professionals.

### 2. What is 'Full-Value Contract' and 'Challenge-by-Choice'? Why are they important in adventure-based programming?

*Full-Value Contract:* A tool and a technique that allows a group to be more self-directive and self-monitoring. It provides a developmental component to an activity rather than it be purely recreational. A full-value contract is usually what the group wants to get out of an activity, creating the nature and goals for the group.

*Challenge-by-Choice:* A tool that allows an individual choose their level of participation within an activity, in other words, how and the level of contribution that they involve themselves in an activity. Due to individuals' various emotional, psychological, and physical factors, it is important to regulate such characteristics. Such an idea allows for a chance of personal empowerment, which creates a positive environment for learning and growing overall.

### 3. Briefly describe each of the six Generations of Adventure Facilitation.

1. Letting the experience speak for itself – learning and doing
2. Speaking for the experience – learning by telling
3. Debriefing frontloading the experience – learning through reflection
4. Directly frontloading the experience – direction with reflection
5. Framing the experience – reinforcement with reflection
6. Indirectly frontloading the experience – redirection before reflection

### 4. In what ways do the goals of an adventure program influence the style of facilitation?

Since there are unique goals a client would want to get out of by going through an adventure program, it is important to tailor your program in the right direction based on the style of facilitation used. The following describes four different styles of adventure program that can be done:

- *Recreational:* More focused on having fun, learning a new skill, and being entertaining.
- *Educational:* More focused on understanding new concepts, enriching the knowledge of old concepts, and creating an awareness of a need for change.
- *Developmental:* More focused in improving functional behavior and training new and different behaviors.
- *Therapeutic:* More focused in reducing dysfunctional behavior and conditioning clients to use less negative behaviors.