



## Essential Proteen, Student Journal: A Life Skills Program for Helping Teens Succeed

By Mia Sharon Adler

Research Press Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Essential Proteen, Student Journal: A Life Skills Program for Helping Teens Succeed, Mia Sharon Adler, For grades 9-12, the Essential Proteen program: Teaches the importance of understanding and applying the concepts of Goals, Motivation, Opportunity & Decision-Making, Knowing Yourself, and Managing & Facilitating Change. Develops the skills of students who are already self-aware and motivated, and for increasing knowledge and skills in students who are challenged in these areas. Provides students with fundamental tools to navigate and plan for their personal, academic and professional lives. Teaches students to learn to become better decision-makers, have ownership of their choices, and eventually feel confident and secure as they mature into adulthood. The Student Journal is an integral part of the program and a copy should be provided for each participant. It includes skill lessons, fill-in-the-blank exercises, key word definitions, discussion questions, and journal pages for personal reflection.



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