

RESILIENCY COACH TRAINING

Volunteer Practicum Guidelines

PARAMETERS FOR PARTICIPANTS

DO'S

- ✓ The Resiliency Coach online training is completed prior to the 4-hour volunteer practicum.
- ✓ The participant must engage with students and practice using the Resiliency Characteristics learned during the online Resiliency Coach training.
- ✓ The participant finishes the 4-hour volunteer practicum within thirty days of starting the Resiliency Coach online training.
- ✓ Practicum hours must be completed with elementary, middle and/or high school level students.

DON'TS

- ✗ The participant may not satisfy the 4-hour volunteer practicum with clerical or organizational activities (ex.-making copies, shelving books, etc.).
- ✗ Volunteer hours completed prior to the online training may not be counted towards the 4-hour volunteer practicum requirement.

PARAMETERS FOR DISTRICTS AND SCHOOLS

EXAMPLE ACTIVITIES

Participants must complete the four-hour volunteer practicum requirement through activities with students.

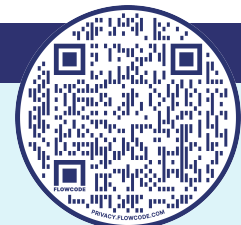
- ✓ Engaging with students in the media center;
- ✓ During school or district athletic or fine arts practices or events;
- ✓ Tutoring;
- ✓ Mentoring;
- ✓ Reading buddies;
- ✓ Supporting students during a college and career fair; and
- ✓ Civics, Math or Family Literacy nights.

- ★ Each school should make it easy for new Resiliency Coaches to practice what they have learned about Resiliency with students!
- ★ The District's Volunteer Coordinator is the point of contact to confirm the 4-hour volunteer practicum has been completed.
- ★ The District's Volunteer Coordinator should ensure that new volunteers starting the 4-hour volunteer practicum are introduced to the School's Volunteer Coordinator.
- ★ District Volunteer Coordinators will be expected to nominate an outstanding Resiliency Coach at the end of the semester to recognize their contributions to the students they have coached.

COACH DEBRIEF

The School's Volunteer Coordinator should debrief with the Resiliency Coach after the completion of the hours. Sample questions to ask during the debrief are:

- ❓ What Resiliency Characteristics were you able to support during your 4-hour volunteer practicum?
- ❓ How did the student(s) respond?
- ❓ What ideas do you have to support students during your next volunteer experience as a Resiliency Coach?



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