

UNCLES R US – YOUTH DEVELOPMENT PROGRAM

Spring Session • Toledo, OH

Program Length: 8 Weeks

Day of the week: Monday

Hours: 2 hours per week

Program Start: June 2026

Ages: 10–17

Program Focus: Mentorship • Life Skills • Leadership • Wellness • Character Building

PROGRAM SYLLABUS

Week 1 — Orientation, Expectations & Goal Setting

Objectives:

- Introduce program mission, mentors, and expectations
- Build a positive group culture
- Support youth in identifying personal goals

Topics Covered:

- Program overview
- Rules, values & behavior expectations
- Team-building activities
- Distribution of journals

Assignments:

- Complete goal-setting worksheet
- Journal prompt: “What do I want to accomplish in 8 weeks?”

Week 2 — Self-Identity, Confidence & Positive Mindset

Objectives:

- Help youth explore identity and self-worth
- Strengthen confidence and communication

Topics Covered:

- Understanding identity (culture, interests, values)
- Positive affirmations
- Creating personal vision boards
- Healthy self-talk

Assignments:

- Vision board project
- Journal prompt: "What makes me unique?"

Week 3 — Health, Fitness & Mental Wellness**Objectives:**

- Promote physical health and mental well-being
- Teach youth stress management tools

Topics Covered:

- Nutrition basics
- Fitness activity or group workout
- Mindfulness & breathing techniques
- Understanding mental health

Assignments:

- Create a simple weekly wellness plan
- Journal prompt: "How do I take care of my body and mind?"

Week 4 — Careers, Skills & Entrepreneurship**Objectives:**

- Expose youth to career options
- Teach basic entrepreneurial thinking

Topics Covered:

- Career interest assessment
- Introductions to trade careers, college, entrepreneurship
- Guest speaker panel

- Mini business planning activity

Assignments:

- Build a career interest one-pager
- Journal prompt: “What skills do I want to develop?”

Week 5 — Community, Leadership & Service

Objectives:

- Teach youth the value of giving back
- Strengthen leadership and teamwork

Topics Covered:

- Leadership skills
- Communication and conflict resolution
- Community service project
- Public speaking mini challenge

Assignments:

- Participating in community service activity
- Journal prompt: “How can I be a leader in my community?”

Week 6 — Social Skills, Manners & Real-Life Etiquette

Objectives:

- Build social confidence and emotional intelligence
- Teach respectful behavior and responsible digital habits

Topics Covered:

- Etiquette (greetings, dining, professional behavior)
- Online safety and social media awareness
- Peer pressure, boundaries, and healthy relationships

Assignments:

- Practice etiquette skills at home
- Journal prompt: “What does respect look like?”

Week 7 — Life Skills: Money, Choices & Responsibility

Objectives:

- Introduce financial literacy basics
- Improve decision-making skills

Topics Covered:

- Wants vs. needs
- Simple budgeting
- Banking basics
- Decision-making role-play scenarios

Assignments:

- Create a simple weekly budget
- Journal prompt: "What money habits will help me in the future?"

Week 8 — Reflection, Celebration & Achievement Ceremony

Objectives:

- Celebrating progress and accomplishments
- Reinforce long-term growth

Topics Covered:

- Review individual goals and progress
- Showcase projects (vision boards, career worksheets, etc.)
- Awards & certificates ceremony
- Family celebration

Assignments:

- Final reflection: "What did I learn? What's my next step?"
- Submit completed journal for feedback (optional)

PROGRAM MATERIALS PROVIDED

- Youth journal
- Weekly worksheets

- Certificate of Completion
- Vision board supplies
- Career interest packet

PROGRAM EXPECTATIONS

- Attend weekly sessions
- Participate respectfully
- Complete assignments and journal prompts
- Treat peers and mentors with kindness
- Represent Uncles R Us values

