



DoV Club Curriculum

DoV's ACADEMICS



DoV's Academic Achievement is to EMPOWERHER by enhancing their academic development through student performance in the classroom, home life routines, study skills, expectation of transitional grade levels, and tutoring services. Also High School Participants will begin to navigate the college process.

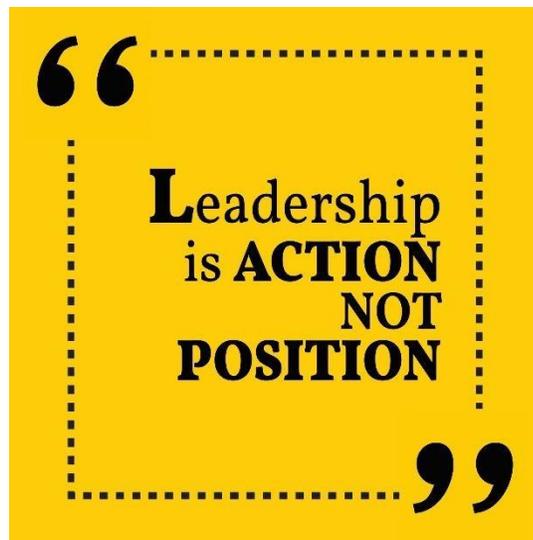
- How to be a Scholar Student in the classroom and at home
- Staying organized and on task
- Next Level transitioning to a new grade
- What's in a club and extracurricular activities?
- The School Life Around Me
- I graduate high school... What's next?

Learning Objectives:

1. Participants will learn how to perform in the classroom in academic learning, behavior, and staying on tasks.
2. Participants will learn how to stay organized with study habits, homework, completing assignments, notebook and backpack organization, and assistance in tutoring to enhance subject skills.
3. Participants will learn the transition of grade levels and the expectations of each grade level.

4. Participants will learn how clubs and extracurricular activities will empower community service skills, enhance social skills, and to grow in leadership skills.
5. Participants will identify the school life around them concerning academic performance, peer pressure, healthy habits, schedules and routines, and family life.
6. Participants in high school will devise a plan for their options after high school

LEADERSHIP TO EMPOWERHER VALUES



Leadership is the Empowerment to lead, **motivate** others to “**win**”, and to be a participant as well as a leader. An **effective** leader has to make decisions to be **affective** in leading, by learning **passive** vs **assertive**, and learn how to use **management skills** to lead in a positive direction.

Participants will experience their limitations through gaining leadership skills however, the goal is to **keep trying** and **not to give up**. **Seek Wisdom** and “Questions” of people around you, and have the **confidence** to solve challenges. As a leader participant will **encourage** team members, and learn how to keep

a **positive attitude** during adversity. The leadership process will assist participants to **collaborate** with a team and build thought provoking **communication skills**.

Learning Objectives:

1. Participants will demonstrate leadership values in DoV Projects
2. Participants will identify leadership qualities in adverse situations and reflect on those qualities.
3. Participants will understand the importance of demonstrating leadership in the classroom, club activities, and other peer social settings.

Responsible Social Media Usage

SOCIAL MEDIA - FLUID LOGO SET



Social Media is the platform to share thoughts, ideas, and to network with others. The many networks have extended the base of communication with others in different parts of the world. The impact of social media has pros and cons based on the usage of others.

1. Participants will learn the various types of social media and responsible usage.
2. Participants will learn the positives and negatives regarding social media.
3. Participants will reflect their experiences on social media and how to handle conflicts on social media.

Etiquette



The proper Etiquette reflects a positive behavior in society, and a code of ethics of respect. Good manners can mean the difference between success and failure in many aspects of life. Society influences the norm for expectations of behavior. Participants will learn how to navigate the proper foundational Etiquette skills to respect themselves and not to disrespect others.

1. **How To BE:** Participants will learn the proper Etiquette skills that represents self
-respect in social settings i.e. dining in a restaurant, formal introductions, non-verbal questions and body language, “what not to wear,” for formal and informal settings.
2. **How To SAY IT:** Participants will learn the appropriate communication skills in various social settings, and to think wisely before speaking. Participants will build vocabulary words and or skills to enhance their language.
3. **How To DO IT:** Participants will demonstrate the proper “ACTIONS” to navigate Etiquette Skills in social settings.

Community Service



Engaging in **Community Service** provides students with the opportunity to become active members of their **community**. Serving others has a lasting positive impact on society at large. **Community Service** or **Volunteerism** enables students to acquire life skills, knowledge, and provide a **service** to those who need it most.

1. Participants will choose charity organizations to volunteer their services to build the community.
2. Participants will learn the impact of community service, and how volunteering their time will provide others with helpful donations to improve quality of life.
3. Participants will learn the knowledge of different populations to serve, and how community service builds characteristics of giving.
4. Participants will learn through Community Service how to create projects, of various ways to donate to a charity, navigate the process, and commit to a project management deadline.

DoV's Extended Curriculum Components

Sisterhood



DoV's Sisterhood will connect and support one another to form a bond. Participants will learn the motto, "I AM MY SISTER'S KEEPER", and be accountable for each other demonstrating care and concern. Through various workshops participants will discuss the negative stereo- types and behaviors of young women. Participants will strategize ways to dismiss negative stereotypes of young women, to positive attributes of young women. Peer groups will be designed to

reinforce courage, and not fear or judge others to share thoughts within their peer group.

Learning Objectives:

1. Participants will demonstrate conflict prevention and resolution in various scenarios.
2. Participants will identify key components of friendships, and conclude what makes a good friend.
3. Participants will be empowered to support one another through positive words and actions.

REAL TALK

(Reaching Educating Achieving Learning)

(HEALTH & HYGIENE with MENTAL HEALTH AWARENESS)



Participants will learn the importance of having a positive attitude towards a healthy lifestyle. Workshops will focus on an awareness of how to keep their physical and emotional health well and consistent.

Participants will be educated on the essential factors of feminine hygiene physically and emotionally.

1. Participants will learn the important factors of a healthy diet and exercise.

2. Participants will understand the key components of Emotional Well-being, Emotional-

Intelligence, and discuss the breakdown of emotional wellness.

3. Participants will read the curriculum “The Care and Keeping of You,” by Dr. Cara Natterson. The curriculum will give participants an understanding of the importance to self-care and self-love.

WOMEN HISTORY

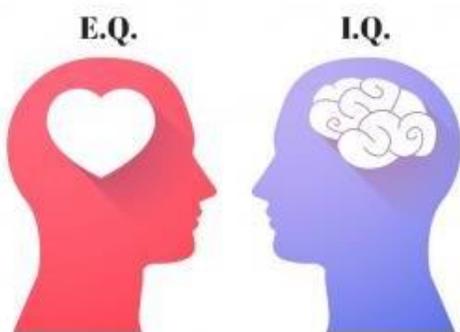
Women History plays a vital part in our past and present day. Participants will learn and recognize the contributions of various women in our history past and present day. Participants will learn the success of The Women Equal Rights Movement, and how it empowered many women past and present. Recognizing the dignity and accomplishments of **women** in our own families and those from other backgrounds leads to higher self-esteem among girls.

Women's History Month



1. Participants will recognize important women in their own daily lives and how she makes a positive impact in her life.
2. Participants will celebrate Women's History Month and acknowledge how this recognition of various women inspires them to become successful.
3. Participants will be inspired through Women History to make an impact, to future generations through their challenges, and success of their own personal journey.

Emotional Intelligence



Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your

feelings, turn intention into action, and make informed decisions about what matters most to you.

Emotional intelligence is commonly defined by four attributes:

1. Self-management – You're able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.

2. Self-awareness – You recognize your own emotions and how they affect your thoughts and behavior. You know your strengths and weaknesses and have self-confidence.
3. Social awareness – You have empathy. You can understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.
4. Relationship management – You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

Emotional intelligence affects:

Your performance at school or work. High emotional intelligence can help you navigate the social complexities of the workplace, lead and motivate others, and excel in your career.

Your physical health. If you're unable to manage your emotions, you are probably not managing your stress either. This can lead to serious health problems.

Your mental health. Uncontrolled emotions and stress can also impact your mental health, making you vulnerable to anxiety and depression.

Your social intelligence. Being in tune with your emotions serves a social purpose, connecting you to other people and the world around you. Social intelligence enables you to recognize friend from foe, measure another person's interest in you, reduce stress, balance your nervous system through social communication, and feel loved and happy.



The logo for Diversity Club features the words "Diversity Club" in a large, stylized, cursive font. The letters are filled with a gradient of colors, transitioning from purple on the left to pink on the right. Below "Diversity Club" is the tagline "Learn Lead Love" in a smaller, simpler cursive font, also featuring the same purple-to-pink color gradient.