

Pathways to Excellence®

Growing up is full of challenges, contradictions and pressures. It has always been this way, but these days, everything seems to be on a much larger scale. The entertainment industry fills our minds with who we should aspire to be and what we should be doing with our lives. Advertisers tell us what to wear, how to look, how to act, and what music to listen to. Career choices are no longer simple. Traditional industries are disappearing, while new ones arrive demanding greater skills from employees. Immediate employment out of college is no longer a "done deal." While all of this is exciting, for the teen making the transition from adolescent to adult, it can be confusing and intimidating. To give our youth the tools to make this transition easier, and set them on the path to a purposeful life, The Pacific Institute has created *Pathways to Excellence*®.

About the Program

Formulated from the same concepts that anchor the *Imagine 21 ~ Fast Track to Change*™ adult program, *Pathways to Excellence* teaches young people to recognize that they have choices in life. By understanding how the mind works, our youth learn how they can take control of the way they think to change the way they live their lives. They come to understand that the future is theirs to create.

Using humor and practical examples, world-renowned educator Lou Tice keys his teaching to the primary concerns of growing up, while participants learn to:

- Build their self-esteem
- Create a strong self-image
- Motivate themselves
- Recognize new opportunities
- Make effective life decisions

Course Delivery

While flexible in its implementation, *Pathways to Excellence's* 12 video units can be taught in as little as two days. Groups of young people gather to learn the key concepts from Lou on video, facilitated by Institute-certified facilitators. Throughout each unit, there are lively discussions and activities, which help participants examine and absorb the ideas. This allows each participant to see the applications to themselves, family members, friends and the wider community.

In addition to the cognitive information that is so vital to improving the thought processes of young adults, each facilitator is provided with unit-specific applications to address such issues as:

- Student Leadership and Personal Accountability
- Academic Achievement and Motivation
- Athletics - Taking It to the Next Level
- Substance Abuse Prevention and Intervention
- Career Aspirations and Planning



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Learning Units

- Unit 1 You Are Bright, Smart & Capable** – Sometimes you can look right at something and not see it. Discover how to see things you've never seen before.
- Unit 2 Searching for the Truth** – You have a great deal of control over how your life goes – more than you think.
- Unit 3 We Are What We Think** – How we think affects what we see. Change the way we think, and the whole world opens up before us!
- Unit 4 Look Inside Your Mind** – Your mind makes sure you act like the person you know yourself to be – whether it is helpful to you or not.
- Unit 5 Change Your Attitude!** – You can change the habits and attitudes that are not helping you, into habits and attitudes that do.
- Unit 6 Talking to Yourself** – Self-talk, the constant conversation you have with yourself, is vital to help you become the person you want to be.
- Unit 7 You're Worth It!** – There is a direct link between how good you feel about yourself, how well you do and how well your life goes.
- Unit 8 Stretching Your Comfort Zones** – If you are to grow and develop your potential, it is important to stretch your comfort zones.
- Unit 9 How to be Successful** – It is important to think about what you want in life, because we move toward and become like that which we think about.
- Unit 10 Setting Goals** – Affirmations, a formalized process for setting goals, are the keys to future success.
- Unit 11 Imagine Your Future** – Unique to human beings is the ability to use our imaginations to create the future.
- Unit 12 Motivating Yourself** – Put your life on a “want-to, choose-to, like-it, love-it” basis, and nothing will stop you from winning!

