

## Go For It!

After more than 30 years of successfully increasing self-esteem and achievement in adults and older teenagers, The Pacific Institute has developed Go For It!, a programme specifically designed to help 14-16 year-olds become more successful in all areas of their lives - at school, at home, in sports - wherever they want to improve or do better.

There is now widespread recognition in the education community that raising self-esteem is one of the keys to increasing academic achievement.

At the same time, the pressure to raise academic standards makes it vital that the emotional intelligence and coping skills of pupils are developed alongside their scholastic achievement.

In order to do this, schools need to provide young people with techniques to help them think more effectively, recognise the value of setting goals and cope with the pressures they are under.

Go For It! provides a powerful toolkit to help young people deal with the issues they face. It helps them see that they have choices, and that they can take more control and can cause good things to happen in their lives if they want to.

Like Investment In Excellence, our adult programme (now being implemented in 33% of the UK's Local Education Authorities), Go For It! has gained widespread acclaim in the educational community for its ability to enhance performance and raise standards through improving attendance, behaviour and participation.

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As with all of The Pacific Institute's material, there is a strong link to the development of emotional intelligence. Go For It! helps young people realise more of their potential by working to increase emotional intelligence and life skills.

There are no exams. In a fun and easily accessible way it helps them to form positive self-images, increase motivation, and change the restrictive attitudes that have been holding them back.

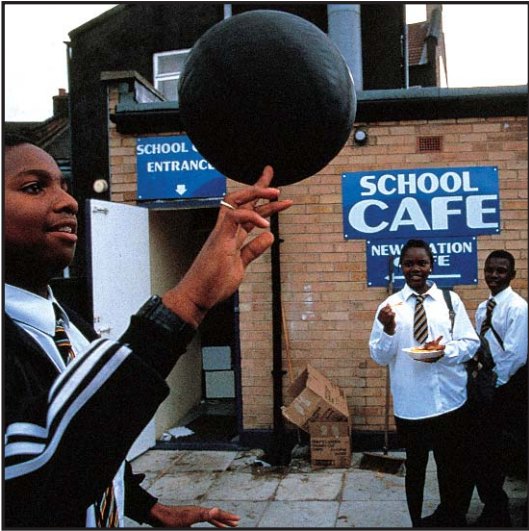
### Implementation

The programme can be implemented with total flexibility in a variety of formats. Some schools use it as a three-day induction course for year ten students, while others spread the learning out over a full term in weekly sessions. It has been used successfully with pupils of all abilities, from those with high aspirations to those who have given up on their education.

Go For It! is delivered by teachers and support staff who have already experienced Investment in Excellence, and is designed to impact strongly on classroom practice.

The curriculum has been adapted to the vocabulary and concerns of 14-16 year-olds, but the concepts in Go For It! match those of Investment in Excellence (for teachers) and STEPS (for parents).

Teachers who have implemented Go For It! see this practical, activity-based programme as a way to promote the creation of a shared understanding, vision and vocabulary for achieving the goals of both the school and the community.



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## Our clients' views:

"The biggest difference I am seeing is in pupils' attitudes to the staff. They are warmer and more open, which really affects the quality of the lessons. Another clear difference is in the pupils' expectations of themselves. They are setting much bigger goals than before."

*David Price, Deputy Head Teacher, St Benedict's School, Whitehaven*

"One of the biggest challenges for our school, and for education in this area, is that so many students have such low expectations and low aspirations for themselves. We have been doing a good job of delivering the knowledge, skills and understanding, which is about 80% of the job, but we feel we have only been getting 20% of the benefits. I believe Go For It! takes care of the other 20% of the work we haven't been getting to, on attitudes and expectations. Doing this will open up the other 80% of the benefits."

*Ian Boneham, Head Teacher, Thistley Hough High School, Stoke-on-Trent*

"The programme was a success, and we will be running it again. The pupils really enjoyed it and got a lot of benefit from it. The feedback from the evaluations has been overwhelmingly positive. I am convinced that there is a lot in it for staff as well. It gave the staff a common base to touch with the pupils, and they were better able to break down the pupils' blocks to achievement after the programme. Our objective is to improve results, and Go For It! has helped us to do that."

*Geoff Petengell, Senior Teacher, Haywood High School*

## Participants' opinions:

"Go For It! helps you build up your confidence and releases your potential. It is not just a school thing, it is something you can use outside of school, in college, or at work."

*Idress, year 11 participant*

"The programme has built my confidence and perspective. Go For It! helps you to identify your goals, and then gives you a lot of ways to go out and make them happen."

*Matt, Year 11 participant*

## Academic Evaluation:

"The Go For It! initiative is a positive experience which enhances confidence and self-esteem, and improves pupils' attitudes to learning, to teachers and to fellow students."

*Keele University Interim Report*



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