

Learn24 is an initiative led by the Bowser Administration to ensure children and youth in the District have access to quality educational and enrichment activities beyond the school day.

The Institute for Youth Development (The Institute), at the University of the District of Columbia, organizes and supports technical assistance, program quality improvement processes and professional development work for the Learn24 network. The Institute builds the skills of adults who work with children and youth through workshops and conferences. The Institute also supports the program quality improvement process through observation, self-assessment, and coaching to improve the program design and implementation.

Workshops may be scheduled by email at least six weeks in advance by  
Emailing [Learn24@dc.gov](mailto:Learn24@dc.gov) or complete the online form at [learn24.dc.gov](http://learn24.dc.gov).

## Youth Development Series

The Youth Development Training Series is a series of two-hour courses that are foundational for anyone working with youth. The series highlights the need for youth workers to use an asset-based approach when working with youth and focus on the goals of preparation and development rather than prevention, deterrence and deficit reduction. These interactive and hands-on courses provide participants with practical skills that are geared towards improving the quality of interactions with youth.

### Introduction to Youth Development

Learn about the principles and concepts of youth development. This training is the foundation of the series and a prerequisite for all other trainings in the youth development series. This course is a prerequisite that must be taken prior to taking any other course in this series.

### Developmental Youth Outcomes

Youth need positive developmental experiences. Participants will learn how to integrate a specific focus on developmental outcomes into the programs and organization and be able to articulate the implications of defining youth outcomes using the developmental approach.

### Services, Opportunities and Supports (SOS)

Youth workers provide opportunities, supports, and services to children and youth to reach developmental outcomes. Learn the differences between these and methods to create positive environments that encourage youth development.

### Best Practices of Youth Work

Participants will identify and assess best practices that reflect exemplary youth work and the understanding of youth engagement. Participants will develop strategies for increasing youth participation that fosters the youth's growth in emotional, spiritual, empathy, compassion and sense of community.

### Core Competencies of Youth Workers

Core Competencies are the knowledge, skills, and personal attributes youth workers need to work effectively with young people. Participants will examine the core competencies needed in quality youth development programs.

### Cultural Assumptions from Adulthood to Caring

Participants will be able to identify common cultural assumptions about young people and how these assumptions play out in practice. Participants will be able to identify five forms of adulthood that affect young people on a daily basis and identify alternative "caring" behaviors to counteract adulthood.

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## Youth Work Methods Series

The David P. Weikart Center for Youth Program Quality Youth Work Methods Training Series is part of the Youth Program Quality Intervention (YPQI). The series of two-hour workshops offers powerful strategies for working with young people, bringing together over fifty years of experience and the latest research in positive youth development. These interactive and hands-on courses provide participants with practical skills that are geared to improve the quality of interactions with youth.

### **Introduction to the Active-Participatory Approach**

Youth programs can be optimized for youth needs, motivation, and engagement through an Active-Participatory Approach. The Youth Work series was designed to address these goals in a youth-centered approach.

### **Active Learning**

Giving youth materials is just the beginning; participants are introduced to strategies for incorporating active learning that helps create more powerful learning opportunities for youth.

### **Ask-Listen-Encourage**

This workshop introduces communication techniques that help you build more supportive, youth-centered relationships. Participants learn how to ask effective questions, to listen actively to youth, and offer youth encouragement rather than praise.

### **Building Community**

Building an emotionally safe community of peers and adults is essential for youth to learn and develop as individuals. This interactive workshop will introduce participants to a variety of activities designed to support the community building process.

### **Cooperative Learning**

Cooperative learning is an excellent way to nurture youth leadership, build community, and keep things fun. This interactive workshop will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering.

### **Homework Help**

Make homework help time effective by helping youth get organized; by providing an atmosphere that helps youth focus on their work; and by building a supportive relationship with youth.

### **Planning and Reflection**

Participants learn a powerful and easy method that promotes youth engagement in planning, implementing, and evaluating activities and projects.

### **Reframing Conflict**

Participants are introduced to a step-by-step model for reframing conflict as well as general principles for conflict resolution.

### **Structure and Clear Limits**

Youth need structure and clear limits in order to feel safe. Participants analyze the level of structure in their programs and practice identifying and maintaining clear limits.

### **Youth Voice**

Research shows that quality programs incorporate youth input at both activity and organizational levels. This workshop will emphasize the importance of offering real choices and meaningful participation to youth, and nurturing youth leadership