

Life Skills Training Curriculum

Leadership - This is a five hour training that is designed for Crew Supervisors who assume a leadership role within their crew. During this training they learn to create lesson plans to help facilitate the curriculum of Corpsmember training throughout the season. They learn how to make decisions with confidence and conviction. The Training Department uses the Leadership Compass to help Supervisors discover their individual leadership styles across a spectrum, including the extremes of dictatorship to a fully collaborative. Corpsmembers also assume leadership roles when they are asked to lead PT in the morning and on the job during project work. Conflict resolution is an essential part of leadership. The Training Department teach alternative styles of conflict resolution that can be utilized when inevitable conflicts arise among the cultural diversity of the Corpsmembers we engage.



Communication - Effective and frequent communication is the foundation for a successful Corpsmember experience and for completing projects in a timely manner with the quality our partners have come to expect. Communication skills are taught throughout the season and in a specific training session. The Training Department uses the “feedback sandwich” method to teach communication skills. The feedback sandwich is a three part method for communicating. It minimizes the likelihood of conflict and maximizes the opportunity for constructive criticism and providing positive feedback.

Diversity & Inclusion - RMYC provides this training in partnership with Community Against Violence (CAV), a local nonprofit organization that supports the community with public health services and direct services for women and children. Staff from RMYC and CAV co-facilitate this training with an emphasis on the causes and consequences of violence in society. They discuss issues of sexuality, tolerance and acceptance of gender and cultural diversity. They utilize different activities to help Corpsmembers understand their position in society as it relates to privilege and prejudice. Corpsmembers complete the Myers Briggs Personality Survey to understand the diversity in personalities among Corpsmembers and how it influences their behavior. All Corpsmembers sign an anti-bullying and anti-discrimination contract during this training. Furthermore some crews volunteer at Los Ensuenos (“Dreams”), a local community center for disabled residents. Corpsmembers participate in PT and in art activities with members of Los Ensuenos in order to expose them to the variety of challenges for people with disabilities.

Substance Abuse Prevention - Corpsmembers learn about state and national substance abuse issues and policies. They participate in a group-led activity provided by a state licenced Office of Substance Abuse and Prevention preventionist. This training covers local community initiatives around substance use and abuse along with prevention strategies for preventing substance use, driving under the influence, underage drinking, and government policies that are designed to reduce substance abuse.

Financial Management - This training is provided by a trained facilitator with NUSENDA Credit Union, a New Mexico based financial institution. This training covers a variety of financial management topics including personal and household budgeting, managing bank accounts, interest rates, banking institutions, savings, etc. Each Corpsmember learns basic and fundamental financial management as they navigate personal finances.





Work Keys & Job Search - This training is a series of written assessments to help Corpsmembers determine the best fit for future careers based on their individual interests, education, and experiences. Corpsmembers learn what qualifications they need to develop a specific career. The training is conducted with the office of Workforce Solutions who offer job search resources, resume writing, and other career development services. The Training Department facilitates a mock job interview to teach Corpsmembers how to anticipate interview questions and how to promote their qualifications during an interview. Corpsmembers also learn how to search for federal jobs USA Jobs and other websites.

Post Secondary Options - This course is designed to teach life skills related to personal and professional skills, certifications, and goal setting. A series of trainings support positive youth development and leading a healthy lifestyle. Focus will be placed on successful transition to college or career. Corpsmembers receive computer literacy training so they can search for employment opportunities and submit applications online. Because many of our Corpsmembers are first generation college students, Corpsmembers visit college campuses to connect with tutoring, counseling, and other support services. Corpsmembers who have already received their high school diploma or college degree and are not planning to return to school meet with representatives from private businesses to discuss job openings and internships that might be available.

Public Speaking and Presentation Skills - Corpsmembers practice public speaking in a variety of different settings. They practice answering daily “check in” questions with staff and other Corpsmembers. They also provide a monthly meeting presentation to discuss the challenges and experiences with projects and their individual and group accomplishments. At the end of the season, each Corpsmember gives a 5-minute Presentation of Learning (POL) in front of RMYC staff, community members, project partners, and peers.