

We help students **THINK SUCCESSFULLY** in the classroom and in life.



# What is Education Lifeskills?

Education Lifeskills' parent company, ACCI, is a nationally recognized evidence-based organization founded in 1975 that develops cognitive lifeskills curriculum for adult and juvenile offenders. At the request of thousands who have completed ACCI's courses and said that they wished they had had this program in school, ACCI has developed a cognitive restructuring curriculum specifically for middle and high school aged students.

ACCI's cognitive-behavioral courses are being used in every state in the US and in several other countries. Approximately 1 million individuals complete one of our courses each year, and we are proud of the results that we have published demonstrating our effectiveness for reducing recidivism rates. Altogether, we currently have over 50 cognitive-behavioral lifeskills courses available in a variety of formats.

Now our curriculum has found its way into the education system as more and more schools are looking for effective and efficient solutions for addressing a wide range of self-defeating thoughts and behaviors that keep students from progressing and graduating. This is a fun, engaging, and timely catalog of courses of self-discovery for teens at the right time and right place in their lives.



Change  
thinking

# Your Learning Objectives



## What would be most beneficial to your school district? Do you want to ...

- Increase test scores?
- Increase attendance?
- Decrease drop outs?
- Reduce bullying?
- Reduce substance abuse?
- Reduce anger and contention?
- Reduce negative peer pressure?
- Create a safer school environment?
- Build self-esteem and self-reliance?
- Implement positive thinking skills?
- Turn complacency into pro-activity?
- Reduce student fear and anxiety?
- Produce happier, more productive students? Increase staff morale and productivity?
- Reduce costs? Help parents and community? Reduce juvenile crime?
- Do all the above for minimal cost?

Change  
behavior

# Solutions



## **Eliminate the School to Prison Pipeline**

The United States of America locks up more people per capita than any other country in the world. The school to prison pipeline crisis has been well documented, but the solutions pale in comparison. One of the major factors that leads towards criminal activity is thinking errors. Take a proactive role in helping students avoid this crisis by utilizing our cognitive lifeskills courses.



## **Social & Emotional Learning**

Education Lifeskills courses are built on ACCI's evidence-based model of cognitive restructuring that has been refined for over 40 years. Our cognitive-behavioral courses help students make improvements in the 5 categories of Social and Emotional Learning as set forth by the Collaborative for Academic, Social, and Emotional Learning (CASEL).



## **Enhance Grit & Resilience**

The process for helping students develop Grit and Resilience must always start with a consideration of the students' subconscious programming. Students who are not able to successfully face adversity and challenges also have self-defeating thoughts about themselves. It is these thoughts, rooted in the subconscious mind, that determine a students ability to display true grit in the face of adversity.



## **Emotional Hierarchy of Needs**

Many of the self-defeating thoughts and behaviors of today's junior high and high school students can be traced back to a lack of emotional hierarchy of needs being met. Through our unique style of story telling and the self-directed learning approach, together with a pro-social adult caregiver or school staff, our curriculum and program does more than educate the student on the importance of getting their emotional hierarchy of needs met; it actually provides understanding, affirmation, and validation!



## **Cognitive Behavioral Lifeskills Curriculum**

It is estimated that the average person or teen has approximately 3,000 thoughts a day. It is these thoughts, whether right or wrong, which drive feelings and emotions, which result in behaviors and consequences. These thoughts are all-powerful in shaping the success or failure of students, including academic performance. No matter how much we try, if we never change student thinking, we can never change student behavior.



## **Restorative Practices**

Around 2005 the criminal justice system started to accept that fact that discipline only doesn't work. Collectively, there was a general acceptance that we can't keep locking individuals up without providing treatment or programming. Likewise, schools and districts are waking up to the same realization that discipline alone will not help students overcome their self-defeating thoughts and behaviors. The Education Lifeskills curriculum and program options are an ideal fit for students who need a cognitive-behavioral intervention.

# Restorative Practices |

Professional Development Workshops



## Rooted in Restorative Practice

This 4-hour workshop will describe the relational model and mindset that needs to be built and the philosophical underpinnings that accompany a successful Restorative Practice Framework. Rationale for a school-wide implementation will be discussed along with the interpersonal skills that need to be cultivated in each educator. Each participant will leave with skill-based tools to grow their emotional capacity and positive influence with students and peers.



## Growing Restorative Culture

This four-hour workshop focuses on growing the Restorative culture of the campus at large. Participants will come away with a deeper understanding of cultural responsiveness, implicit bias, growth mindset, and emotional hierarchy of needs. Educators will discuss how to educate the whole child, how to engage families, and how to employ effective prevention and intervention strategies that actually work.



## Sustaining Restorative Capacity

This four-hour workshop guides educators through skills that will decrease burnout and allow educators to cultivate deeper compassion for themselves. Participants will be given psychoeducation on the impact of trauma on the brain and nervous system, how to track your inner experience in the classroom and campus, and how to skillfully guide yourself to your resiliency zone. This course will include lecture, discussion, and most importantly, the opportunity to practice skills that will lead educators beyond resiliency and into growth.

Elevate  
students

# SEL + CBT

Students can rise no higher than the thoughts they have about themselves. Education Lifeskills courses are built on ACCI's evidence-based model of cognitive restructuring that has been refined for over 40 years. Our cognitive-behavioral courses help students make improvements in all of the 5 major categories of social and emotional learning by challenging their subconscious minds with an inside-out approach.



## Self-Management

Our curriculum challenges underlying thinking errors, and the self-directed learning approach ensures that each student develops pro-social thinking skills, reflected in improved default responses to their surroundings.

## Relationship Skills

All of our courses invite the student to complete a course with a parent or mentor. Instead of teaching a student about relationship skills, we help them use, build, and experience relationship skills as they complete a course.



## Social Awareness

Social-awareness starts with empathy. Our curriculum gives students the opportunity to determine their level of empathy and identify ways to improve through self-evaluation, gamification, and other learning activities.

## Responsible Decisions

One of the main concepts found in each of our courses is that regardless of each student's past, they are responsible for how their choices influence and impact others. Our beginnings don't have to be our endings.



## Self-Awareness

We address the emotional hierarchy of needs and use well-written vicarious stories to disarm and challenge students to see themselves in new and more positive ways. Self-improvement begins with self-awareness.

Rise  
higher



## Positive Thinking Skills

Foundational cognitive lifeskills course for students and teenagers.



## Leadership

Every student has leadership potential. Learn how to follow the principles of successful leadership and influence.



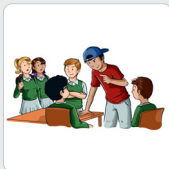
## Infinity: Media Awareness

Cognitive media awareness course for teens that demonstrates the warnings and dangers of the internet.



## Distracted Driver

Managing distractions will determine your fate.



## Bullying Prevention

What you do to others, you do to yourself.



## Elevation

### Cognitive Employment for Teenagers

Focuses on interpersonal and employment thinking skills that can be used for a lifetime.



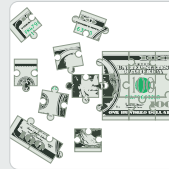
## Balance

Staying on point, by managing stress and avoiding anxiety and depressive thoughts.



## Initiative

Putting life in forward takes ambition and overcoming obstacles.



## Financial Intelligence

Discover your relationship to money, and how to become a financial winner.





## Positive Thinking Skills

Foundational cognitive lifeskills course for students and teenagers.



## Captivity: Substance Abuse Prevention

We have a choice: we can become slaves to addictive chemicals, or we can choose to be free.



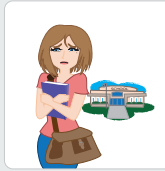
## Marijuana Prevention

Be careful, the decisions you make now can last a lifetime.



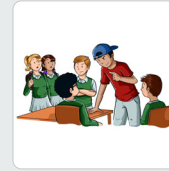
## Infinity Media Awareness

Cognitive media awareness course that demonstrates the warnings and dangers of the internet.



## Truancy Prevention

You can never run away from yourself. Life is full of bright possibilities.



## Bullying Prevention

What you do to others, you do to yourself.



## Distracted Driver

Managing distractions will determine your fate.



## Vaping Awareness

If you don't start, you never have to quit.



## Balance

Staying on point, by managing stress and avoiding anxiety and depressive thoughts.



## Anger Avoidance

Focus on the root causes of anger and teach cognitive skills that can help youths avoid anger before it takes control.



## Boundaries Dating Violence Prevention

Boundary breakers get short-term satisfaction and long-term consequences.



## Initiative

Putting life in forward takes ambition and overcoming obstacles.



## Anger Avoidance

Focus on the root causes of anger and teach cognitive skills that can help youths avoid anger before it takes control.



## Theft/Shoplifting

It's not our beginnings but our endings that determine success



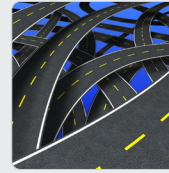
## Self Awareness

Discover your bright possibilities



## Substance Abuse

Avoid addictions that can program the human mind for failure.



## Driver Responsibility

Once committed, momentum and gravity will determine your fate.



## Marijuana Awareness

Be careful, the decisions you make now can last a lifetime.



## Youth/Parent

It is always in the context of healthy and enduring relationships where true sustainable change can take place.



## Minor in Possession

Learn how to navigate mistakes and poor choices to make a successful transition in adulthood.



Lifeskills Link is Education Lifeskills' built-in LMS system that comes as companion software when you purchase a site-license or eLearning course or when you refer a student.



### **Our eLearning courses include the following elements:**

- ✓ Audio storytelling
- ✓ Audio narration
- ✓ Post unit quiz
- ✓ Custom illustrations
- ✓ Animated videos
- ✓ Cognitive thoughts
- ✓ Self assessments
- ✓ Drag and drop
- ✓ Advance interactions
- ✓ Short answers and long answers

### **Lifeskills Link Benefits:**

- ✓ Cognitive Behavioral LMS
- ✓ Admin and case manager access
- ✓ Real-time data
- ✓ Engaging dashboards with insights into student course interactions
- ✓ Rapid email and text message notifications for students, coaches, and school staff



# Site Licenses

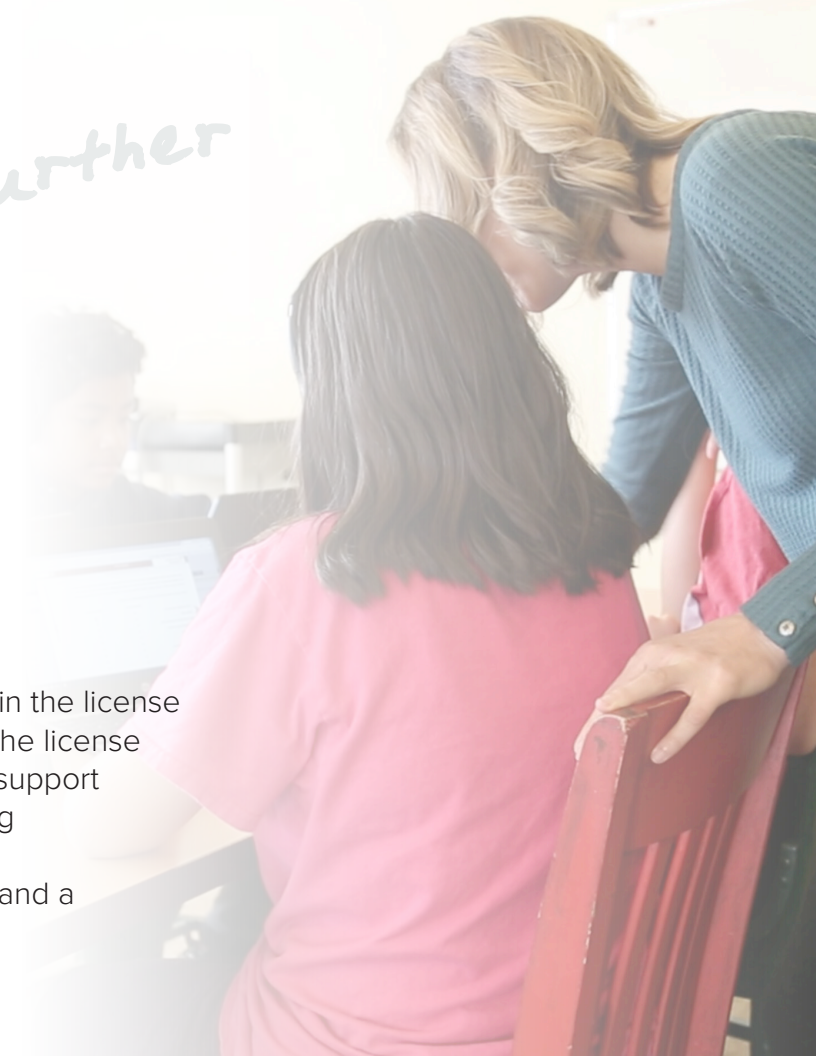
Go further



## Participating schools will receive:

- ✓ Unlimited use of eLearning courses included in the license
- ✓ Unlimited printing of the courses included in the license
- ✓ Program Guides, initial training, and ongoing support
- ✓ Web-based tracking system—good for printing completion certificates

NOTE: We offer both an intervention site license and a school-wide site license

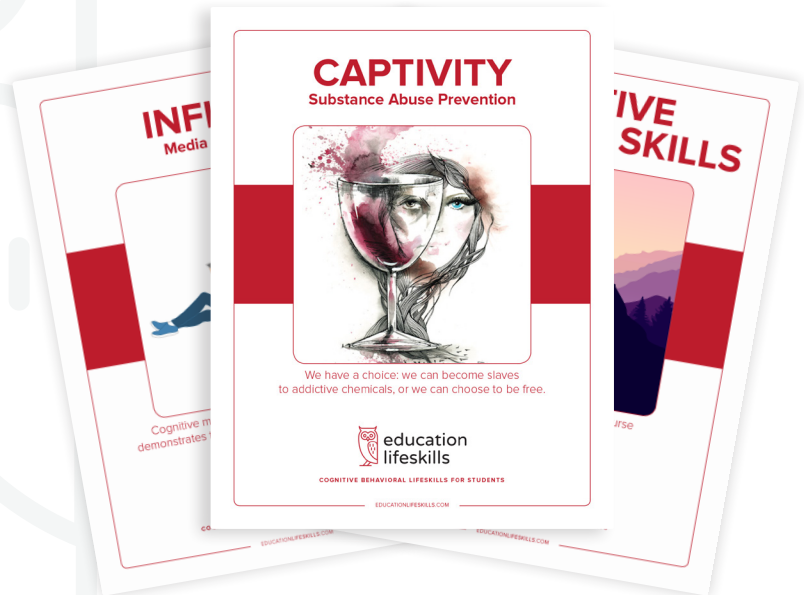


# Purchase Courses



Purchase any combination of individual courses for specific applications. Volume-based discounts apply.

Schools can also use the Lifeskills Link system to refer students out to us to take and complete a course.



# What Our Customers Are Saying



“The administration side of Lifeskills Link is incredibly user-friendly and straightforward. For someone like myself who has multiple spinning plates at once, it’s very helpful to be able to quickly sort and review the students’ responses and issue course completion certificates.”

**Adriana Gomez, Executive Assistant; Student Services  
San Mateo School District,  
San Mateo, CA**

“I was able to participate in the Positive Thinking Skills Course with my son. I found it to be very relative in today’s society. I appreciate the message of people being responsible for their own actions regardless of their upbringing. I wish this program was available when I was a kid. I support this program for all schools.”

**Kyle, Parent  
Mesa, AZ**

“My experience: The curriculum was so helpful to my students, because Education Lifeskills gives them opportunities to be real in real situations. This has helped them be successful in applying the skills, and also figuring out what their peers are going through. I am thankful that I was able to use it.”

**Veronica Bustillos, Gang Prevention Coordinator  
Murray High School,  
Murray, UT**

“The Positive Thinking Skills class has been great for the students of Dixie High School and I hope we continue to offer it in the future.”

**Shayne Bat, At-risk student teacher  
Dixie High School, St. George, UT**

“Our staff said that was the best training we have ever held at our school!”

**Andrea Damore  
Beacon Academy of Nevada, Las Vegas, NV**

“We have implemented the Positive Thinking Skills course into our alternative high school, and the conversations we are having with our students about their own thinking errors and the choices they are making on a daily basis have been incredible! The students relate to the material in a very tangible way, and their takeaways have been profound. Additionally, we have used Education Lifeskills as an intervention during our discipline proceedings with students and have had great feedback from parents and students alike as we have provided an intervention instead of just suspending or using other forms of punitive discipline.”

**Keith, Principal  
Nekoosa High School, Nekoosa, WI**

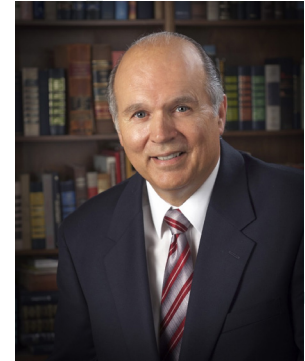
# About the Author

*Begins with  
a thought*

Larry Lloyd founded Education Lifeskills' parent company, American Community Corrections Institute (ACCI) in 1985, and before that he founded and developed NCTI (National Corrections Training Institute) in 1978. Larry is a pioneer in developing CBT self-directed learning courses for justice-involved individuals. He dedicated his life to bettering the lives of those so often overlooked.

“My desire is to create a best-practice cognitive lifeskills curriculum that goes beyond the status quo. Best-practice means going to the next level and incorporating new and validated systems that can significantly help students overcome self-defeating thoughts and behaviors and experience greater success in school and in life.

I am grateful for the many counselors and experts in their fields that, over the past 4 decades, have shared their expertise. My son, Trevor Lloyd, is taking ACCI into an automated and digital system to increase efficiency and accessibility. We are focused on meeting new challenges in helping schools. I invite you to consider our curriculum when making decisions on which provider to use. We would love to help your students, their families, and your community.”



1943–2018

**“Students can go no further in life than the thoughts they have about themselves.”**

—Larry Lloyd

If we never change negative thinking, we will never change negative behavior.



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