education lifeskills

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

What is Education Lifeskills?

Education Lifeskills is a part of ACCI, a nationally recognized evidence-based organization that develops cognitive lifeskills curriculum for justice-involved adults and youth. At the request of many customers who have previously taken ACCI courses, as well as educators familiar with our company and our work, ACCI has developed a cognitive restructuring curriculum specifically for middle- and high school-aged students.
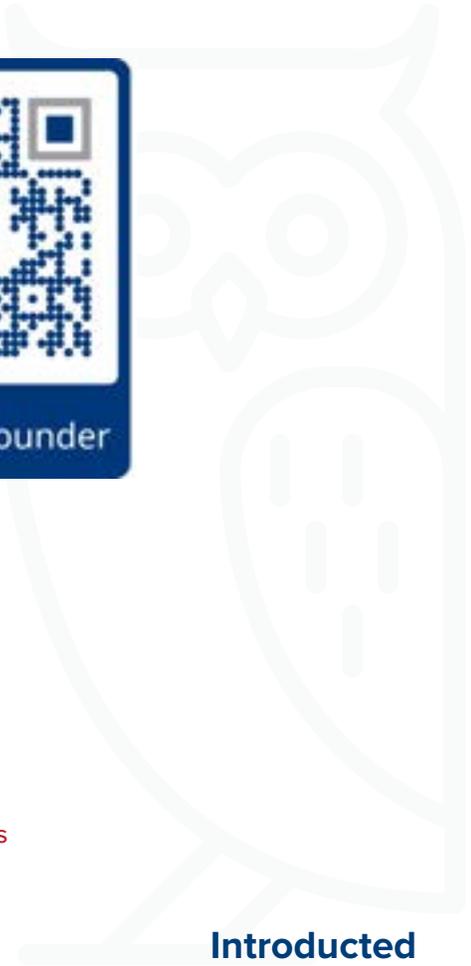
The Education Lifeskills cognitive-behavioral courses are utilized in schools across the United States. Approximately 1 million individuals complete one of our courses each year, and we are proud of the results that we have published demonstrating our effectiveness in reducing recidivism rates. Altogether, we currently have over 70 cognitive-behavioral lifeskills courses available in workbook or eLearning format.

As schools look to effectively address negative behavior, we offer a restorative, cognitive-behavioral approach that accounts for the whole student and produces lasting change. Our courses are fun, engaging, and are designed to encourage self-discovery for teens at the right time and right place in their lives.
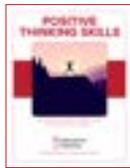
1988
Original Course Workbooks

1988
ACCI (American Community Corrections Institute)

1975
NTSI (National Traffic Safety Institute)

acclifeskills.com

1978
NCTI (National Corrections Training Institute)

Added Self-directed learning format
2000

Larry Lloyd, ACCI Founder

Meet The Founder

lifeskillslink™

**Launched
Lifeskills Link**

2011

**2017
ELS
Workbooks**

2017

**Added early
intervention /
prevention courses**

**education
lifeskills**

educationlifeskills.com

**Introduced
Brief Intervention
Courses**

2022

2014

**Added eLearning
format**

2017
New Layout
for Adult &
Juvenile
Courses

**Created
Lifeskills Link 2.0**

2021

2018

**Correction Lifeskills
Early Intervention**

correctionslifeskills.com

What is Cognitive-Behavioral Content?

At Education Lifeskills, we acknowledge that behaviors are rooted in the values, attitudes, and beliefs of an individual, forming the foundation of their subconscious programming. This programming begins from birth and is influenced by family, community, society, and personal experiences. Often, individuals are not consciously aware of their own subconscious programming, as it becomes an integral part of their identity; it is "just who they are." Our strategy for facilitating change involves initially addressing negative beliefs and mindset (cognitive) in order to tackle negative behavior (behavioral), hence our use of the term "Cognitive-Behavioral."

Our courses are designed to challenge self-defeating thoughts and behaviors, using vicarious stories, "You" statements, and introspective questions to foster new ways of thinking. Through the content and learning activities, students become aware of their own values, attitudes, and beliefs. The following are excerpts from some of our most utilized courses.

Thoughtful introduction of cognitive concepts
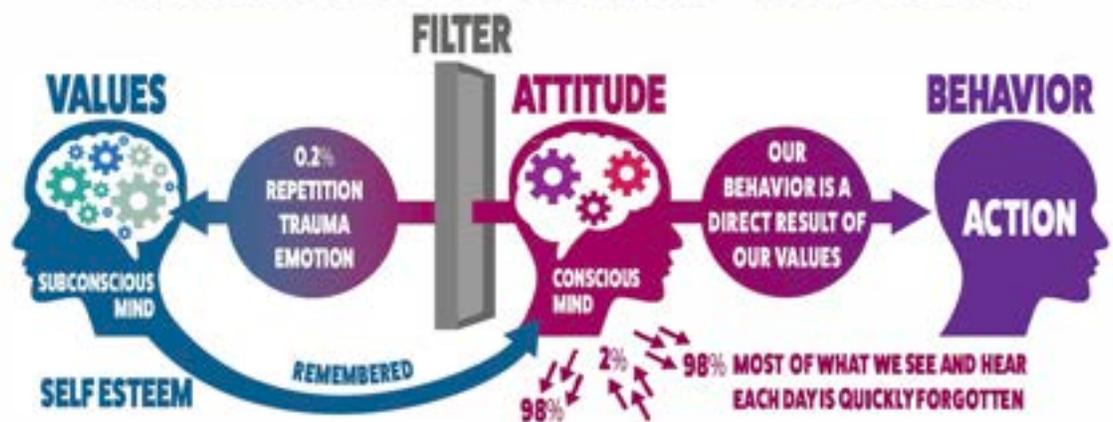
Subconscious Programming

To understand who we are is to understand our subconscious mind.

The subconscious mind is like a blank canvas at birth. It is soon filled with negative and positive experiences. Repeated experiences program our subconscious. In turn, our subconscious largely determines our values, attitudes, and beliefs, resulting in our behaviors.

The subconscious mind does not know right from wrong; it only knows what has been programmed into it. If we want to improve ourselves, we need to understand our subconscious mind and how it is programmed.

THE SUBCONSCIOUS MIND - VAB CHART

FILTER

VALUES — SUBCONSCIOUS MIND — SELF ESTEEM

0.2% REPETITION TRAUMA EMOTION

ATTITUDE — CONSCIOUS MIND

REMEMBERED

OUR BEHAVIOR IS A DIRECT RESULT OF OUR VALUES

BEHAVIOR — ACTION

2% 98%

98% MOST OF WHAT WE SEE AND HEAR EACH DAY IS QUICKLY FORGOTTEN

Introspective questions that encourage students to engage with content

1. Do you think a person is **born** "good" or "bad"? _____
   → _____

2. Where do a person's **values** come from? _____
   → _____

MARIA

Maria tried out for her High School's basketball team and made it. She lived in a small town which meant that most people who tried out for the team made it. *Cool, I'm an athlete now*, she thought. *Practice is going to be a breeze.*

On the first day of practice, it quickly became apparent that Maria didn't know as much about basketball as everyone else did. The other girls were better at dribbling, making layups, and shooting. Her frustration with her lack of skills turned into anxiety, and then anger, and began to build throughout practice. When the team ran through a drill, and she finished last, Maria couldn't take it anymore, and she stormed off.

7. What is **Maria's** approach toward **difficult** things? _____
→ _____

8. How did Maria respond when she **compared** her skills to those of her **peers**? _____
→ _____

JAMIE

Jamie struggled in school. Despite his efforts, he found it difficult to keep up especially in math. *Maybe I just need to do things differently*, he decided.

With the help of his teacher, Jamie came up with a game plan. He would spend just 10 minutes every day to practice his basic math skills. "Come on Jamie," he said to himself. "You deserve your best."

And so Jamie committed to the Math Game Plan. He stuck to it, day after day, *even when it seemed hard or boring.* "You deserve your best," he repeated to himself. His hard work paid off when he aced the final math test and received a B+ in the class.

9. What is **Jamie's** approach toward **difficult** things? _____
→ _____

10. Why do you think Jamie kept trying, **over and over** again? _____
→ _____

11. What did Jamie do to be **successful** at math? _____
→ _____

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.

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

Initiative
Putting life in forward takes ambition and overcoming obstacles.

Balance [COMING SOON]
Staying on point, by managing stress and avoiding anxiety and depressive thoughts.

Positive Thinking Skills
Foundational cognitive lifeskills course for students and teenagers.

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

Distracted Driver
Managing distractions will determine your fate.

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

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

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

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

Boundaries
Dating Violence Prevention
Boundary breakers get short-term satisfaction and long-term consequences.

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

Bullying Prevention
What you do to others, you do to yourself.
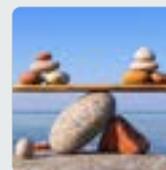
Balance
Staying on point, by managing stress and avoiding anxiety and depressive thoughts.
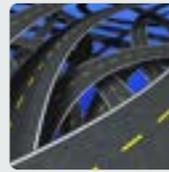
Initiative
Putting life in forward takes ambition and overcoming obstacles.

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

Driver Responsibility
Once committed, momentum and gravity will determine your fate.

Theft/Shoplifting
It's not our beginnings but our endings that determine success

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

Self Awareness
Discover your bright possibilities

Youth/Parent
It is always in the context of healthy and enduring relationships were true sustainable change can take place.

Substance Abuse
Avoid addictions that can program the human mind for failure.

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

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

Stealing
Once committed, momentum and gravity will determine your fate.

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

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

Decision Making Skills
Discover your bright possibilities

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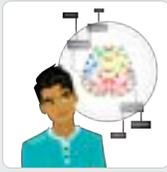Learn how to navigate mistakes and poor choices to make a successful transition in adulthood.

Marijuana Prevention
Avoid addictions that can program the human mind for failure.

Showing Up
Avoid addictions that can program the human mind for failure.

Thoughts = Consequences
[COMING SOON]
It is always in the context of healthy and enduring relationships were true sustainable change can take place.

Understanding Anger
[COMING SOON]
Learn how to navigate mistakes and poor choices to make a successful transition in adulthood.

Restorative Practices Professional Development for Educators

As part of our comprehensive approach to discipline in education, we offer Restorative Practices Professional Development workshops for staff. Like so many educators, we recognize the limitations of punitive discipline, and its potential to exacerbate rather than alleviate negative behavior. A restorative approach to discipline focuses on repairing harm, rebuilding relationships, and restoring trust between the individual and their (school) community. Our workshops are designed to give educators a comprehensive understanding of Restorative Practices, implementation strategies, and helpful skills and tools to increase intervention capacity.

Rooted in Restorative Practice

This 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 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.
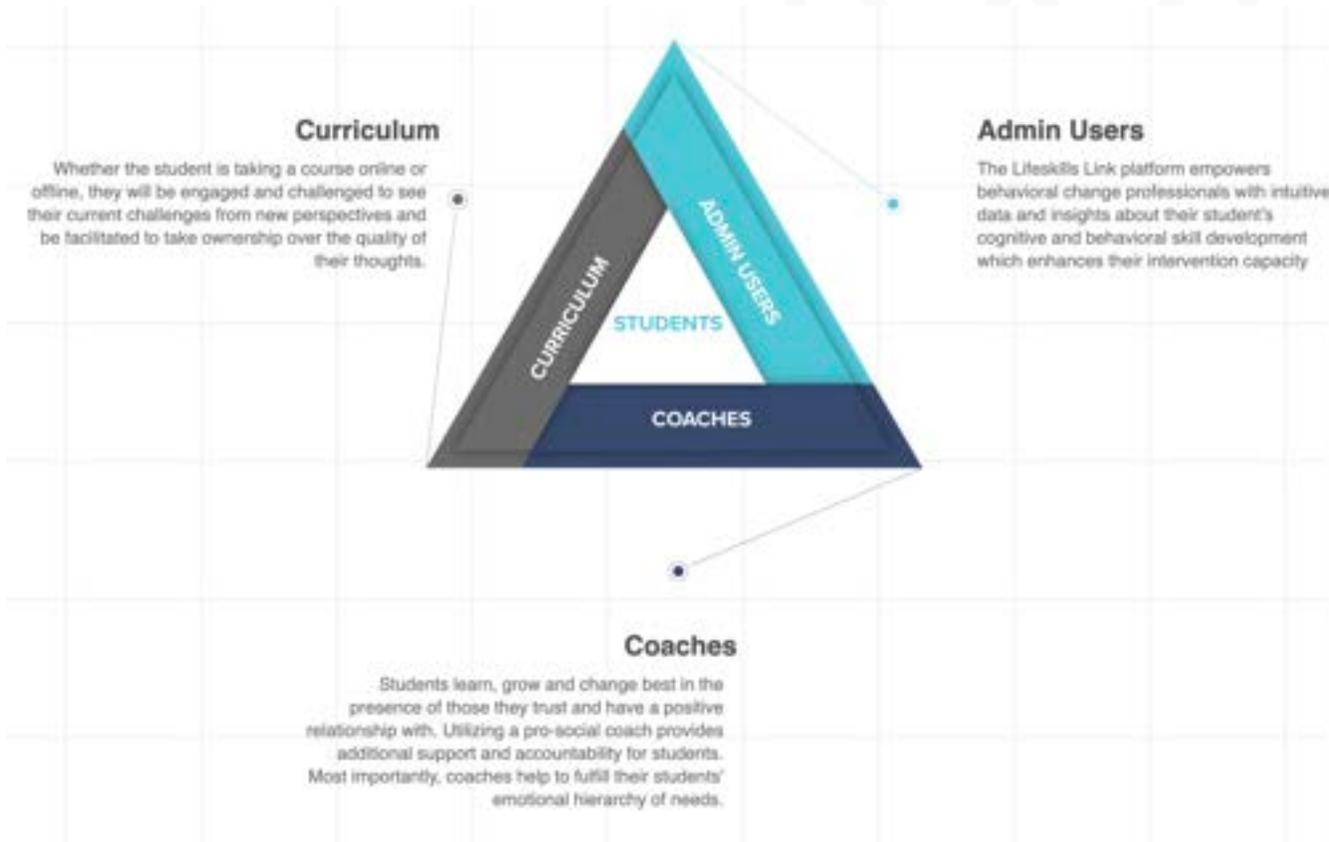
Sustaining Restorative Capacity

This workshop guides educators through skills to address burnout and increase restorative capacity, allowing 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.

"The fundamental hypothesis of restorative practices is that human beings are happier, more cooperative and productive, and more likely to make positive changes in their behavior when those in positions of authority do things with them, rather than to them or for them."

—International Institute for Restorative Practices, 2016

lifeskillslink™
making connections

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

Curriculum

Whether the student is taking a course online or offline, they will be engaged and challenged to see their current challenges from new perspectives and be facilitated to take ownership over the quality of their thoughts.

Admin Users

The Lifeskills Link platform empowers behavioral change professionals with intuitive data and insights about their student's cognitive and behavioral skill development which enhances their intervention capacity

Coaches

Students learn, grow and change best in the presence of those they trust and have a positive relationship with. Utilizing a pro-social coach provides additional support and accountability for students. Most importantly, coaches help to fulfill their students' emotional hierarchy of needs.

The Lifeskills Link platform provides intelligent insights into each student's experience. Educators and Administrators can readily identify how the student is responding to the cognitive-behavioral intervention and be better prepared to have meaningful restorative conversations.

eLearning Progress

100%

Application and Skill Building

Application and Skill Building

| UNIT 1 | UNIT 2 | UNIT 3 | UNIT 4 | UNIT 5 |

Unit 4 – Recovery

List two things you will do this week to ensure that you will not end up in stagnation.
do things that will propel me forward and be around people who will support me

education lifeskills | 9

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making connections

Here's what you can expect:

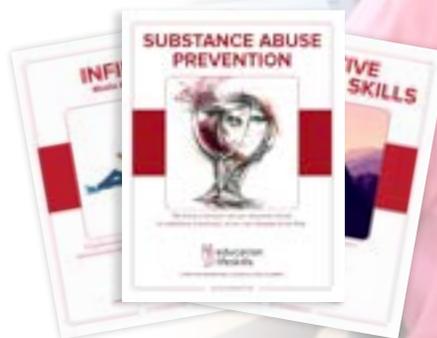|					
User-Friendly System	Mobile-Friendly System	Email Reminders	Text Notifications	Course Comments	Smart Dashboard
Audio Narration	Text-to-Speech in English and Spanish	Analytics	Single Sign On	Autosave	Self Assessments

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

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.

SUBSTANCE ABUSE PREVENTION

What Our Customers Are Saying

"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

"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."
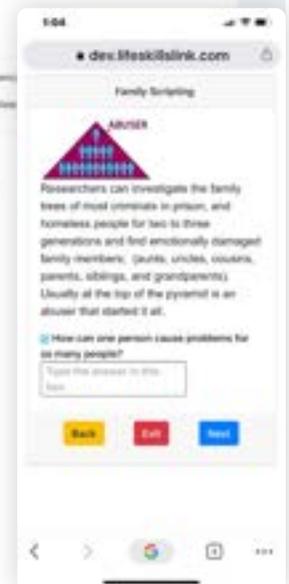**Keith, Principal**
Nekoosa High School, Nekoosa, WI
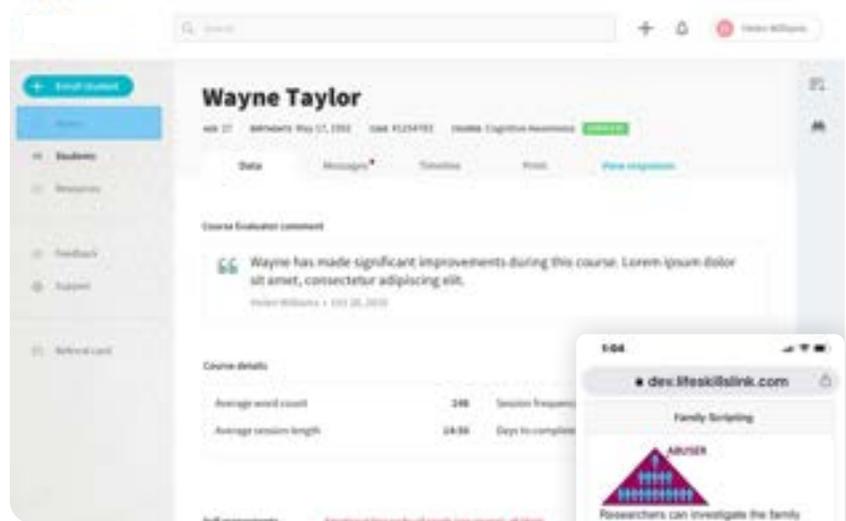
Once you log in, it is easy to enroll a student, track their progress, run reports, access our support content, and view personalized data.

And it all works just as easily on your mobile device!

Available in the App Store and Google Play Store

IT ALL BEGINS WITH A THOUGHT

"Students can rise no higher than the thoughts they have about themselves."

—Larry Lloyd, ACCI Founder

eLearning Demo

Workbook Sample

Sign up for a Demo or Sample

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