



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVERS CREATE A
ROAD MAP FOR THE FUTURE

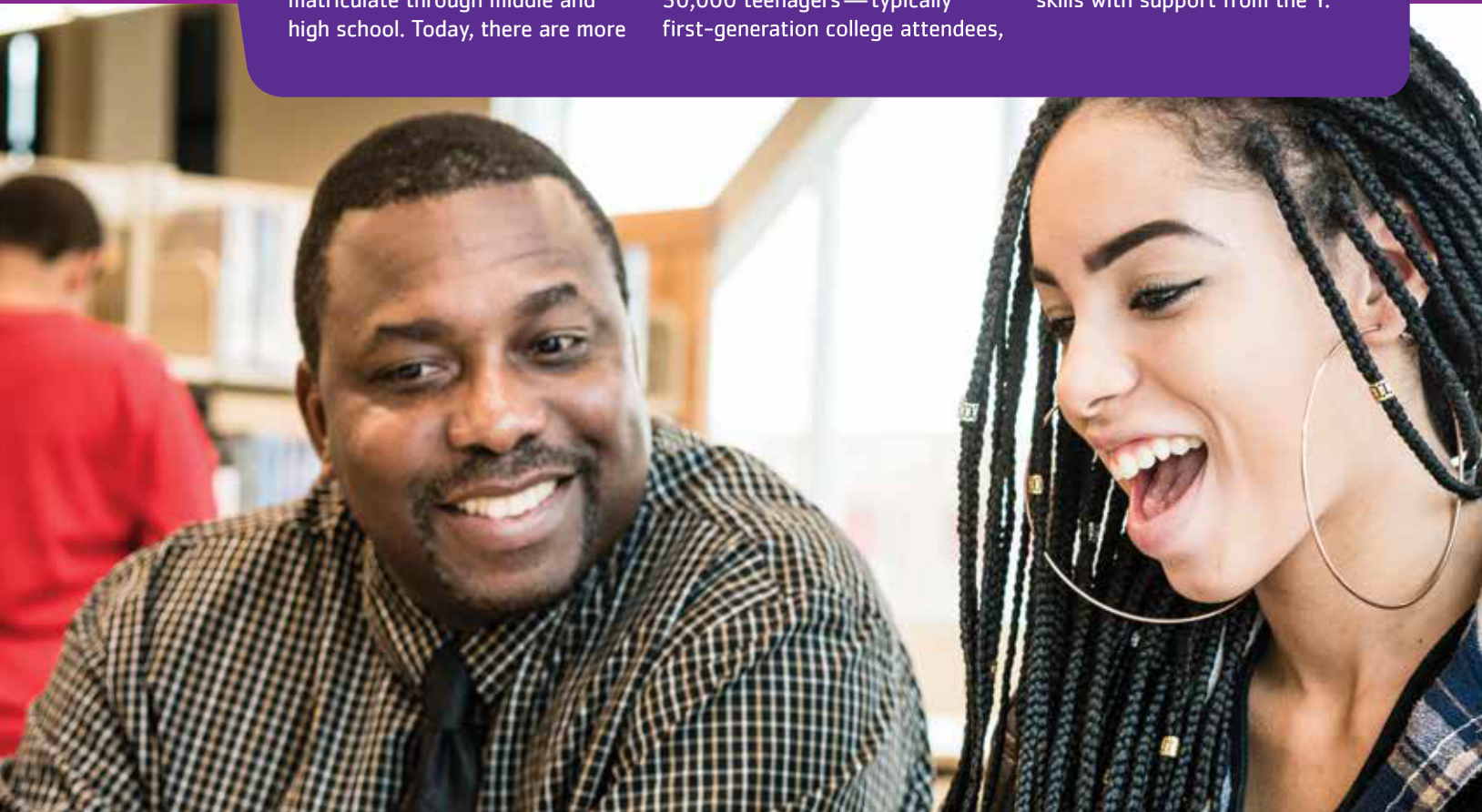
ACHIEVERS PROGRAM

WE CULTIVATE SUCCESS Achievers is a national college and career readiness program, delivered by the Y, which supports students in setting and reaching higher education and career goals.

SINCE 1967, the Achievers program has played a pivotal role in ensuring that youth successfully matriculate through middle and high school. Today, there are more

than 300 Achievers sites operating at Ys across the country. Through this national program, nearly 30,000 teenagers—typically first-generation college attendees,

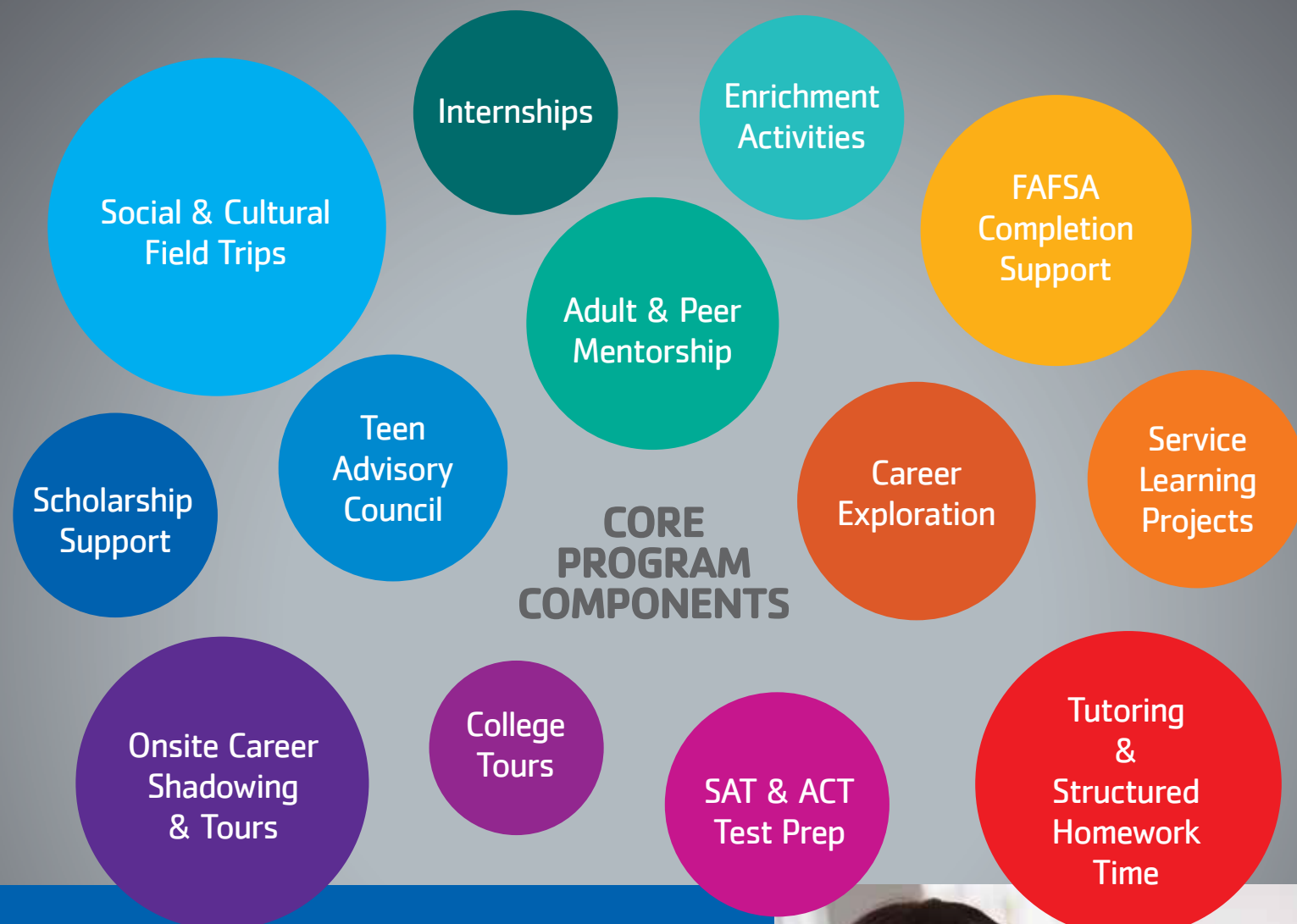
students of color, and/or youth from lower income backgrounds—are developing critical 21st century skills with support from the Y.



COLLEGE READINESS — A CRITICAL ON-RAMP

Post-secondary education is increasingly the primary route to upward mobility. That's why college readiness programs like Achievers are critically important to help youth reach their full potential.

OUR APPROACH Through a multifaceted approach, Achievers at the Y incorporates the engagement framework of **Core Program Components**, **The Five Pillars**, and the **6to16™ Curriculum** to deliver a high-quality college and career readiness program with measurable outcomes.



CONSIDER THIS:

A COLLEGE DEGREE MAKES SOMEONE

5 TIMES MORE LIKELY TO ESCAPE POVERTY.

- Yet, only **63 percent** of 2015 high school graduates from lower income communities enrolled in college immediately after high school. By comparison, enrollment was **82 percent** for students from the highest income bracket.

- By 2020, 65 percent of U.S. jobs will require some form of post-secondary education, yet as of 2012 only 39 percent of U.S. working-age adults hold a post-secondary credential.

Programs like Achievers ensure **all youth**, regardless of their race, household income, or family education history, have the proper tools to access college, receive post-secondary credentials, and succeed in the workforce.

SOURCE: The National Center for Education Statistics



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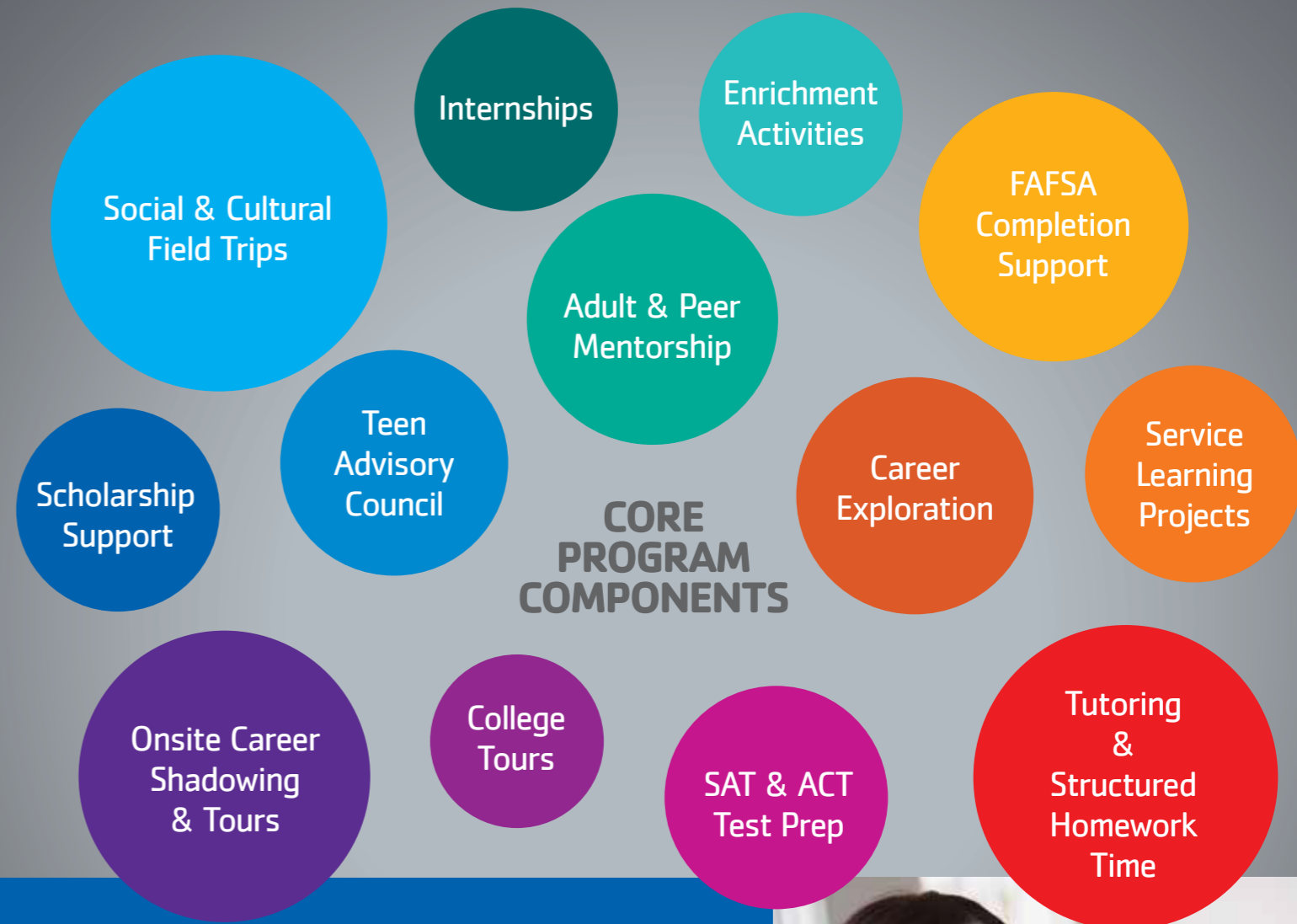
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THE FIVE PILLARS

When integrated, the Five Pillars collectively prepare youth for life beyond high school. They reset expectations by moving kids from a belief that college or career attainment is inaccessible to a belief that they have what it takes to go further in life.

PILLAR I ACADEMICS

For a variety of complex reasons, some youth have trouble attaining the academic and social competencies required for successful participation in school and society.¹ Academic preparedness, school engagement, tutoring, and other program elements are essential for personal success. And research shows that well-designed out-of-school academic programs increase achievement.²

SOURCES [1] Pathways to College Network. (2004). A Shared Agenda: A leadership challenge to improve college access and success. [2] "Forum Focus, The Forum for Youth Investment. (2004). High School: The next frontier for after-school advocates?" Retrieved from: www.forumforyouthinvestment.org/focus/focusv2i1feb04.pdf.

PILLAR II COLLEGE KNOWLEDGE

Possessing the knowledge necessary to prepare for and apply to college is essential to college matriculation. Yet, accessing information and advice about college prep and financial aid is particularly difficult for many first-generation college prospects, teens of color, or students from lower income backgrounds.³

SOURCE [3] Chen, X. (2005). National Center for Educational Statistics. First Generation Students in Postsecondary Education: A look at their college transcripts.

PILLAR III POSITIVE RELATIONSHIPS

Research proves that caring adult relationships are a critical component for youth to thrive.⁴ Healthy relationships with adults help to facilitate all other elements of the Achievers program's five pillars.

SOURCE [4] Bruce, M. and Bridgeland, J. (2014). The Mentoring Effect: Young people's perspectives on the outcomes and availability of mentoring. Washington, D.C.: Civic enterprises with Hart Research Associates for MENTOR: The national mentoring partnership. Retrieved from: www.civicenterprises.net/Education.

PILLAR IV LIFE SKILLS

Students need to develop strong 21st-century skills that will serve them well in a globally competitive, information-based society. Transferrable skills such as problem-solving, critical-thinking, creativity, communication and collaboration are essential for students to succeed in the academic and ever-changing work environment.⁵

SOURCE [5] Up to the Challenge The Role of Career and Technical Education and 21st Century Skills in College and Career Readiness 2010 Association for Career and Technical Education, National Association of State Directors of Career Technical Education Consortium and Partnership for 21st Century Skills.

PILLAR V POSITIVE IDENTITY

Positive identity development is important for youth as it helps to craft how they see themselves and how they feel the rest of the world perceives them. During the adolescent stage of identity development, youth experience a complex and extensive effort to understand their place in the world. For teens, the ability to see their future potential and positive outcomes is critically important for their long-term/personal development.⁶

SOURCE [6] Neal-Barnett, A., Stadulis, R., Singer, N., Murray, N., & Demmings, J. (2010). Assessing the effects of experiencing the acting white accusation. The Urban Review.

6to16™ CURRICULUM

6to16™ College & Career Readiness Curriculum, developed by UChicago Impact at the University of Chicago, consists of a college-readiness curriculum and a set of online learning experiences that give students the beliefs, knowledge, skills, and support to successfully complete high school and college. 6to16™ begins in the sixth grade and provides students the support to continue through middle school, high school, and four years of college (16th grade).

ACCESS TO CAREER DISCIPLINES

Y staff and volunteers engage students during semester-long workshops dedicated to specific areas of professional interest. Volunteers, who are experts in various professional disciplines, lead teens in the discovery of unlimited career paths and work

to make sure teens understand the academic path necessary to follow specific career plans.

Through each activity, Y staff and volunteers develop college-going attitudes among participants by helping select high school

courses that prepare them for future success.

Finally, professionals help establish summer job opportunities and/or internships related to teens' fields of interest that help acquaint them with the working world.

THE ACHIEVERS PROGRAM AND ITS VOLUNTEERS CONTINUE TO SHAPE MY LIFE, FOR THE BETTER.

The Y provided me with an outlet to cultivate leadership skills as a teenager. Now I have joined the ranks of mentors that strive to make a difference. And I am honored to be a Five Star Ambassador.

— KENDALL KEITH, ACHIEVERS ALUM

YOUTH OUTCOMES FROM MULTIFACETED APPROACH

INVESTING IN SOCIAL-EMOTIONAL LEARNING
Investing in social-emotional learning has been proven to contribute to long-term gains such as thriving, decreased risk-taking behaviors, and increased academics.

SELF-MANAGEMENT
Make choices, take positive risks and persist through life's challenges

SOCIAL SKILLS
Take others' perspectives into consideration, as well as express caring and empathy

CONTRIBUTION
Capacity to give energy and time to help their family, community and society

POSITIVE IDENTITY
Internal sense of positive self-worth and self-efficacy as they explore who they are

ACADEMIC SELF-EFFICACY
Motivation and confidence in their academic performance

GOAL ORIENTATION
Ability to set and attain reasonable and stretch goals

SOCIAL CAPITAL
Positive bonds with people who can provide advice, counsel and access to what they need to succeed

COLLEGE & FUTURE ORIENTATION
Knowledgeable about the post-high school and college going process as well as has aspirations for pursuing higher education and a career



REACHING HIGHER WITH ACHIEVERS

With the average U.S. school counselor having a caseload of 471 students it is often impossible for college counselors to provide the one-to-one help to support students during the college exploration and application process.



FORTUNATELY, recent research suggests that college access programs increase post-secondary enrollment by 12 percent on average. And enrollment in college access programs such as Achievers result in significant long-term gains, including improved social-emotional learning, reduced risky behaviors, and thriving into adulthood.

Our aim is to help youth:

- Develop and pursue educational and career goals
- Raise their academic standards
- Develop a positive sense of self
- Explore diverse college and career options
- Connect them to professionals that inspire them to reach their full potential



**I AM A 5-STAR AMBASSADOR.
I REPRESENT: MYSELF, MY FAMILY, MY COMMUNITY,
MY SCHOOL, AND MY RACE WITH DIGNITY AND
EXCELLENCE. I AM A TEEN ACHIEVER!**

— ACHIEVERS PLEDGE