

Chapter 4

Lesson 10

Support – Stay the Course

Theme: Make a plan that shows who I am, where I'm going and how I'm going to get there and how I will keep it together

Lesson Objective:

Students will produce a plan to start immediately and one to start when released. Students will predict risky situations that could interfere with the plans' goals (get out, stay out). Students will devise "risk management" plan including the use of MRG and contingency "Emergency MRG" actions. (See matrix for Arizona Academic/Adult Standards).

Steps to Follow:

"What would life be if we had no courage to attempt anything?"

--Vincent Van Gogh

- Introduce lesson with the self talk litany. Ask how the Big Ideas fit with this lesson.
 - If the student has been incarcerated before and transitioned back into the community, have him/her review Lesson 1 *I'll Be Different EN1*. This activity may be useful for all students.
1. Tell: Look at your PDS (Personal Data Sheet, completed in Lesson 1 and filed into your MRG). Look at your MRG. Highlight the areas where you don't have information, but should.
 2. Tell: Show this to your instructor. How can you fill in the blanks? If you can't now, what's your plan to do this in the future? You may want to use this plan for Part 2 of this lesson.
 3. Look at the Emergency MRG Card. Tell: This is the "safety net." The writing on this card is the first thing you should think about when you're in an tough situation. Complete the *Emergency MRG Card S.1*
 4. Complete the *Goal Sheet S2*. The student fills in the "goal" as "get out and stay out." Complete *Reflection Sheet How Do I Keep It Together? Life Planning S3*
 5. Complete *Putting It Together/Keeping It Together S4*.

6. Use Chapter 4 information to complete daily *Planning Calendar* S5 for the next 1-4 weeks. If the student will not be released within the next 1-4 weeks, have the student prepare two calendars, one that show the next 1-4 weeks and one that shows the first 4 weeks after release.
7. Complete *My Life Plan (Parts 1&2)* S6.

Materials:

From Lesson 1, *I'll Be Different* EN1

Work from previous lessons

Emergency MRG Card S1

Goal Sheet S2

Chapter 4 *Reflection Sheet How Do I Keep It Together? Life Planning* S3

Putting It Together/Keeping It Together S4

Planning Calendar S5

My Life Plan (Parts 1&2) S6

Evaluation:

Rubric.

Enrichment:

Document Checklist EN1. Have student identify areas where they need more information and place this in their MRG.

AFTER RELEASE EN2

After Release EN3

Been There Done That: The Real You EN4

This lesson lends itself to providing information to students about areas they may want or need to explore once released. This may follow along with what was developed in their MRG, or be the result of obtaining additional information from other students during their MRG presentations.

Guest speakers may be brought in to help students look at some of these areas.

Students may also assist newer students in beginning their MRG and serving as a resource to students who need additional support.

Emergency MRG Card

S1

First



**What are my Values, Goal
Can I live the Consequences**

I am responsible. I can run my own life

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Next

Who I will call if I don't know who to call:

Contact: Phone/address

Contact: Phone/address

If they aren't around, I'll call _____

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Next

What I'll do if I don't know what to do:

Action

Action

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Next

What I'll choose when I have no choice:

I'll choose

I'll choose



Goal Sheet

S2

Goal (something I want to do, be, get or accomplish):

My goal:

I'll reach it (circle one) Today This week This month This year

This goal **is important to me**, because

Rate how important: **Critical** **Very Important** **I hope it'll work out**

Rate how hard you're going to work at it: **Critical** **Very Important** **I hope**

Steps I'll take _____

I'll **need** _____

Where I can get what I need _____

I **trust** _____ to help me.

Problems that could interfere

My plan to solve the problems

If things don't go well, I'll _____

I have written a Self-Contract

Yes

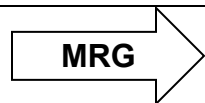
No

Reflection Sheet
How Do I Keep It All Together?
Life Planning

S3

Chapter 4 Lessons 1-10 *Merging Two Worlds*

A Place to Live (Lesson 1)	Managing My Money (Lesson 2)
Food (Lesson 3)	Medical Treatment (Lesson 4)
Transportation (Lesson 5)	Communication (Lesson 6)
Employment (Lesson 7)	Education! (Lesson 8)
Leisure Time (Lesson 9)	Stay the Course (Lesson 10)



Self Contract

S3

I, _____, have decided to try to achieve the goal
of _____.

The first step I will take to reach this goal will be to _____
_____ by _____.

Date _____ Signed _____

(Witnessed by) _____

I, _____, have decided to try to achieve the goal
of _____.

The first step I will take to reach this goal will be to _____
_____ by _____.

Date _____ Signed _____

(Witnessed by) _____

I, _____, have decided to try to achieve the goal
of _____.

The first step I will take to reach this goal will be to _____
_____ by _____.

Date _____ Signed _____

(Witnessed by) _____

Putting It Together/Keeping it Together

S4

It's said that the best way to learn something is to teach it to someone else. You will be sharing your insights about your PDS and MRG with others in your group or with your instructor. To gather some thoughts about what you've accomplished in the packet, use your PDS, MRG and VGC to answer these questions:

1. My PDS and MRG are complete. Yes No

2. When I get out, I think the most useful information will be _____

3. High risk times for me to get into trouble are

4. My goal is to use My Resource Guide to help me through the risky times. Two ways I could do this:

When _____

I will _____

When _____

I will _____

5. Before I used this packet to look for resource and write them down, I thought

Now I think _____

6. Other information, ideas, and opinions I'd like to share in my presentation.

You're ready. Visuals are always helpful; show your MRG and PDS.

PLANNING Calendar for the month of _____

S5



MY LIFE PLAN (Part 1)

S6

Student: _____ Age: _____ Date: _____

If my present academic level in reading _____, math _____, and language _____ (test scores from TABE, WOJO, New Century, or other), and my career aspirations are _____ (based on recent assessment or work experience), what education and/or training do I need to achieve my career goal?

Continuum of Education

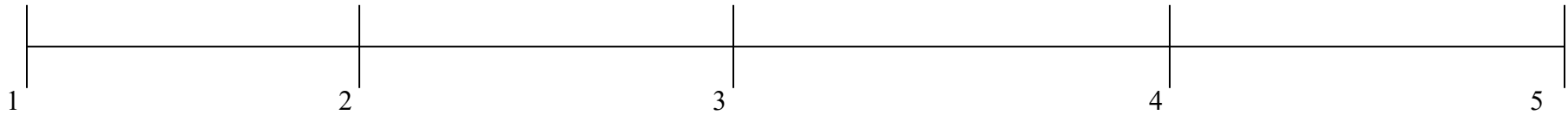
- 8th grade diploma/literacy (anticipated or completion date: _____)
- High School Diploma (current number of credits: _____, number required: _____, anticipated or completion date: _____)
- GED (anticipated or completion date: _____)
- Vocational/Trade School (area/subject: _____; cost \$ _____; anticipated or completion date: _____)
- Community College (2 year) (area/subject: _____; cost \$ _____; What barriers or challenges exist? How will I overcome them?)



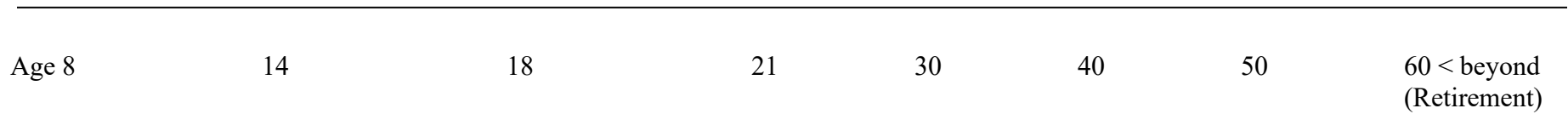
MY LIFE PLAN (Part 2)

S6

My 5 Year Career Plan Time Line



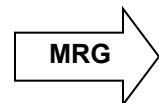
My Life Plan (Future Vision)



Planning ideas:

Financial:
Community:
Leisure:
Relationships:
Career/Learning:
Family:
Spiritual:
Health/Wellness:
Other:

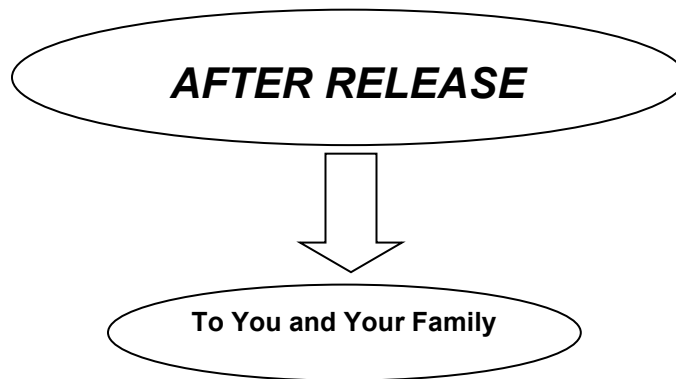
Thoughts and reflections:



Document Checklist

EN1

Name				
Document	On File	Need Replacement	Date Received	Notes
Schools or colleges				
Apprenticeship Programs				
Occupation Preferred				
Social Security Card				
Photo I.D.				
Birth Certificate				
Employment Eligibility Verification				
Certificates				
Programs/Classes				
Credentials				
High School /GED				
Occupational				
Other				
Driver's License				
Recommendations/References				
Resume				
Sample Application with critical information (PDS)				



- 1. Expect to be unsteady, confused, anxious and possibly depressed at first.**
- 2. Always share your feelings and thoughts: Communicate!**
- 3. You have always heard “ Patience is a virtue.” Practice this and be kind to yourself.**
- 4. Build new relationships, but base them on friendship and respect. You have changed while you were away and so has your family.**
- 5. Remember the time you took to set new goals? Now it is the time you begin working toward those goals. Keep it simple for the first couple of months. Never give up!!!**
- 6. Measure your growth daily. Take time to be proud of your successes and your family’s successes, no matter how large or small.**
- 7. If you run into problems you can't solve, get help. Do not be afraid to reach out.**
- 8. Always be open and listen to advice and supervision. If you remain open, you’ll grow. If you close up, you’ll go back.**
- 9. Do not try to play catch up on all the times you have lost. It cannot be done.**
- 10. No matter how hard it gets, you are still free and not behind razor wire.**

After Release

Especially For You – The Ex-Offender

1. **Leave hate, anger and self-pity behind you in prison. You have done your time and now you need to be full of energy and joy at life.**
2. **Do not allow fear to rule your life. Get out there and become a part of the world.**
3. **Always treat others as you would want to be treated.**
4. **Change, Change, Change!! You have changed and so has the world; time did not stand still while you were away. Be prepared for it.**
5. **You will experience rejection and disappointments. Do not expect any favors; the world doesn't work that way and life is never going to be fair.**
6. **If you are assigned to a halfway house or a pre-release center, you are not free yet. There are still many roadblocks ahead; be careful and use the mind you were given.**
7. **Always report to your parole agent on time and follow his/her instruction. Parole doesn't have to be hard and you can be successful. Once again, Keep It Simple.**
8. **Begin looking for employment immediately. The sooner you gain employment, the greater your chance of success. If all you can get when first leaving prison is minimum wage, be thankful. You can always go back to prison and work for free (or 95 cents a day).**

2. Second, learn conflict resolution skills. Why? Because...

- To live is to be in conflict, and if I loose it, I'll loose everything.

Remember how stuff happens?

- You arrive home after work and find another car in your designated parking space.
- You wake up in the morning after a bad night's sleep. You're late. You are putting on your shoes and break your shoelace. Your wife says, "good morning" and you want to slap her into next Tuesday.
- John is 13, your brother's eldest child. He is a real clown. As a little boy he could get everyone in the family laughing when he wanted to. But lately you've seen what you think are tell-tale signs that he's using and maybe selling drugs.
- You've been at home for 3 weeks. You and your lady have started to argue a lot. It's almost always over little stuff. But the arguments are getting more and more frequent. You're afraid it's turning into the bad old times all over again.
- Your 13-year-old daughter Alice brings up at dinner a problem she's been having with her best friend Pamela. Nearly every day at lunchtime, Pamela asks for part of Alice's lunch. Sometimes Pamela wants half of Alice's sandwich. Other times, she reaches over and takes one of Alice's cookies. Alice knows that some conflicts are not important enough to fight over or even bring up. But conflicts can grow if you just ignore them, and she doesn't want that to happen.

You need conflict resolution skills

3. Third, practice: Stop and Think. Use the brain God gave you.

4. Fourth, join AA or NA - only a fool convinces himself he's so tough that he doesn't need help. Guys who would laugh at you for joining are like turkeys, not eagles: there's more of them, they have wings but don't know flying; they eat what they're fed not what they hunt. Are you a turkey or an eagle?

5. Work your way into a leadership position. Leaders are people who do what's needed - it's no big deal. There are people out there who need your help. A law you can't break: what I give away comes back to me, so help people.
6. Get a reference, or at least a phone number from your supervisor. Mail the phone number and/or letter to yourself at home - it's precious.

Things you can do *after you leave prison*.

1. First, work your Parole Officer smart.
 - Ask, "What can I do to stay out?" Then give him your resume.
 - You need him on your side - he can do with a few phone calls what you'd take weeks to even know about.
 - You'll be different from all the other parolees - nobody asks that question!
 - Thank him a lot. Be sincere and give away the credit. Win the war, not the battle.
 - Be sincere. Even a little kid can spot a phony. So can a PO.
2. Know what your PO can do.
 - He's crucial to your job/career strategy.
 - He has access to housing, food stamps, and travel vouchers, even clothes to wear for job interviews.
 - Get him to help you join NA or AA again. Hey, you need all the help you can get!
 - Have him get you into volunteering. Community service isn't so bad. Give back to society. It's the right thing to do - there are people out there who need what you have to offer. Two hours at a soup kitchen, what'd you give for someone to help you when you were down? And there are no soup kitchens in heaven, guaranteed.