



# The Youth Work Methods

are powerful strategies for working with young people, bringing together over fifty years of experience and the latest research in positive youth development. These interactive and hands-on courses provide participants with practical skills that are geared to improve the quality of interactions with youth.

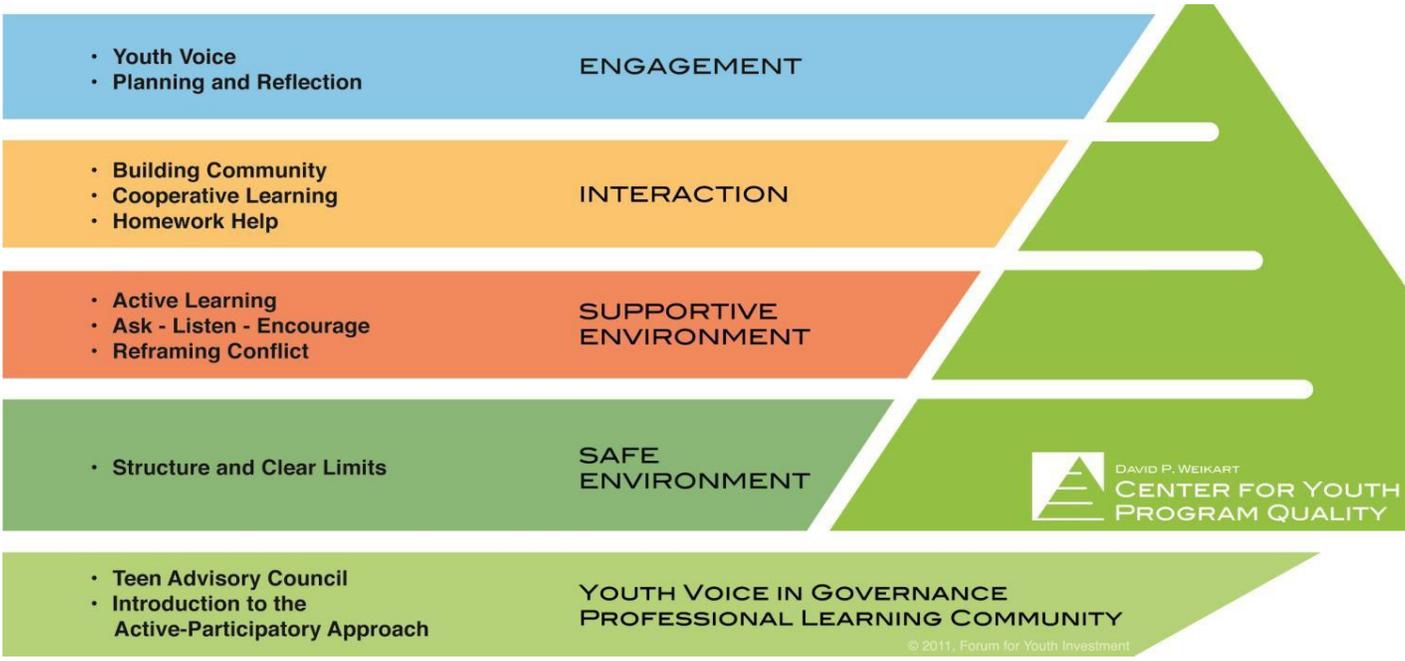
The Methods are a **key part of the Youth Program Quality Intervention (YPQI)**, a comprehensive system for integrating assessment and training. After gathering data from a Youth Program Quality Assessment (PQA) and creating a plan for improvement through participation in a Planning with Data training, program managers can choose to offer trainings to program staff that are aligned to their improvement plan.

The workshops in the Youth Work Methods series are aligned with the Youth PQA. After gathering data from a program self-assessment and creating a plan for improvement, program managers can choose to offer trainings to program staff that are aligned to their improvement plan. Descriptions of each course appear on the reverse side of this sheet.

Live trainings are the best way to experience the Methods. Live workshops are typically two to three hours in length and are delivered by regional trainers who have completed the Weikart Center's Youth Work Methods Training of Trainers course. To sign up for our next Training of Trainers, visit [www.cypq.org/events](http://www.cypq.org/events).

If you cannot attend a live training, the guidebooks are an excellent resource for self-guided learning. The books are full of explanations, case studies, research, extensions, applications for your program, and activities you can use immediately. Guidebooks can be purchased through our [online store](#).

Interactive, self-paced online courses are available and provide you with another way to experience the Methods. The online courses are not intended to replace live training, but rather to provide a blended delivery method for live training participants. The online courses could also be used to extend introduction of this content to a much larger audience of afterschool practitioners. Take one today!





DAVID P. WEIKART

CENTER FOR YOUTH  
PROGRAM QUALITY

YOUTH WORK  
METHODS SERIES

## Introduction To The Active-Participatory Approach

Youth programs can be optimized for youth needs, motivation, and engagement. The Active-Participatory Approach to youth work was designed to address these goals. This youth-centered approach is the foundation for the Youth Work Methods Series.

## Active Learning

Do you know the difference between active learning and “hands-on” learning? Giving youth materials is just the beginning. This interactive workshop introduces strategies for incorporating active learning, and helps participants create more powerful learning opportunities for youth.

Session Flow | Active Engagement | Skill-Building

## Ask-Listen-Encourage

Do you communicate with youth in a way that makes them feel supported and heard? This workshop introduces communication techniques that help you build more supportive, youth-centered relationships. Participants learn how to ask effective questions, to listen actively to youth, and offer youth encouragement rather than praise.

Encouragement | Interaction with Adults | Adult Partners

## Building Community

Do you know what it takes to build an emotionally and physically safe space for youth? Building an emotionally safe community of peers and adults is essential for youth to learn and develop as individuals. This interactive workshop will introduce participants to a variety of activities designed to support the community building process.

Emotional Safety | Warm Welcome | Belonging

## Cooperative Learning

Do the youth in your program have opportunities to work together in groups, teaching and learning from each other? Cooperative learning is an excellent way to nurture youth leadership, build community, and keep things fun. This interactive workshop will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering.

Collaboration | Belonging | Leadership

## Homework Help

This course focuses on making homework help time effective by helping youth get organized, by providing an atmosphere that helps youth focus on their work, and by building a supportive relationship with youth. These elements help participants reconsider Homework Help as an opportunity to build relationships and nurture positive growth, beyond getting the work done.

## Planning And Reflection

Are you engaging youth in the critical life skills of planning and reflection? Are you ready to be more intentional about including planning and reflection strategies into your daily activities but not sure where to start? This workshop introduces participants to powerful and easy to use methods that promote youth engagement in planning, implementing, and evaluating activities and projects.

Planning | Reflection

## Reframing Conflict

What role do you play in conflict situations in your program? Do you know how to turn a conflict situation into an opportunity for growth? This interactive workshop introduces participants to a step-by-step model for reframing conflict as well as general principles of conflict resolution.

Reframing Conflict | Managing Feelings

## Structure And Clear Limits

How do you prevent chaos in a youth environment without stifling the positive energy of youth? Youth need structure and clear limits in order to feel safe. This interactive workshop helps participants analyze the level of structure in their programs and practice identifying and maintaining clear limits.

Safe Environment Domain | Session Flow | Child-Centered Space

## Youth Voice

Are you providing young people with authentic, meaningful choices throughout your program? Does your program reflect the input of the youth involved? Research shows that quality programs incorporate youth input at both activity and organizational levels. This workshop will emphasize the importance of offering real choices and meaningful participation to youth, and nurturing youth leadership.

Choice | Leadership | Adult Partners | Responsibility