COURSE OVERVIEW

corrections lifeskills

Youth Driver Responsibility

✓ Available in workbook
✓ Available in eLearning

ITEM # W 140

COURSE DESCRIPTION

This course on cognitive driving skills was designed for all drivers, regardless of age, who have exhibited a lack of proper driving values, attitudes, and behaviors.

This is perhaps the only traffic workbook in the nation that combines cognitive restructuring with traditional traffic curriculum. Notice that the workbook spends a lot of time and effort in the cognitive domain to challenge driver's faulty thinking, and less in the affective domain. Highlights in the workbook include Unit 5, which covers emotional factors, and Unit 6, which covers physical factors. Each unit sets the stage for the next unit and focuses on the ACCI motto:

If we keep on thinking the way we have been thinking, we will keep on getting what we have been getting. If we want to change what we have been getting, we will have to change what we have been thinking.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Personal responsibility
- Avoiding distractions while driving
- Overcoming negative thoughts, attitudes and behaviors while driving
- Positive driver attitudes, values, and behaviors
- Driving with skill and sense

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 800 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 111
Workbook Pages: 64
Course Length: ~10 hours

COURSE CONTENT

UNIT 1: DRIVER VALUES
The reason for most driver problems is driver values.

UNIT 2: DRIVER RESPONSIBILITY
If you are not responsible for your actions, who is?

UNIT 3: LAWS & CONSEQUENCES
A society without laws is not a society.

UNIT 4: ANGER AVOIDANCE
Angry drivers drive with a full anger flask.

UNIT 5: EMOTIONAL FACTORS
Strong emotions impede driving ability.

UNIT 6: DRIVING WITH SKILL
Thirteen factors that cause accidents.

UNIT 7: DRIVING UNDER THE INFLUENCE
A recipe for disaster.

UNIT 8: HOW TO CHANGE
Driver awareness is the first step to change.

CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial personalities
3. Education

LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling
- Knowledge check

COURSE OVERVIEW

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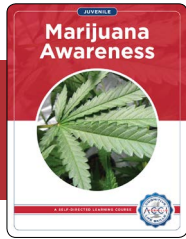
Marijuana Awareness

✔ Available in workbook
✔ Available in eLearning

ITEM # W 142

COURSE DESCRIPTION

This course presents the possible negative effects of using marijuana, allowing individuals to make a more informed decision on whether to use or not.

The marijuana awareness course is presented in a story format. It follows the lives of several people who use marijuana and the results of their usage. Its focus is to offer cognitive thinking skills that will allow the person to make correct decisions concerning their usage. It avoids contention and allows the individual to make their own decisions.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Risk of marijuana abuse
- Personal responsibility
- Self-awareness
- Positive subconscious thoughts
- Pro-social values

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction

CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships
5. Addictions

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 168 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 115
Workbook Pages: 24
Course Length: 6–8 hours

COURSE CONTENT

UNIT 1: TRISTAN
Follows the life of Tristan as he struggles with marijuana and other drugs.

UNIT 2: MARIJUANA
Discusses the mental and physical effects of using marijuana.

UNIT 3: COLTON
Fictional account of people struggling with their addictions.

UNIT 4: FREEDOM VS CAPTIVITY
Consequences of choosing to use illegal drugs.

UNIT 5: RECOVERY
Discusses recovery from drug addiction in a story format.

UNIT 6: COGNITIVE THOUGHTS
Demonstrates how thoughts precede behaviors.

UNIT 7: MANAGING LIFE
Responsibility and pro-activity.

PURCHASE OPTIONS

1. License to reprint
2. Individual courses
3. Customized eLearning platform
4. Parent enrollment
5. School referral

eLEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling

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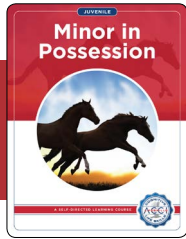
COURSE OVERVIEW

Minor in Possession

✓ Available in workbook
✓ Available in eLearning

ITEM # W 141

COURSE DESCRIPTION

The course intervenes in the faulty thinking processes that allows minors in possession to possess and use illegal substances.

Most people don't become fully cognizant until age 25. This lack of self-awareness and proper thinking is a major contributor to minors in possession and their problems. Unlawful use of drugs and alcohol are just symptoms of deeper faulty thinking errors. The goal of this course is to help minors get through this stage in their life and become responsible adults. If we never change faulty thinking, we can never change faulty behavior.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Self-awareness
- Decision-making skills
- Identify and overcome rationalization
- Drug and alcohol education

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—Combination of self-directed and group instruction
- **Blended Learning**—Combination of online & offline curriculum

CRIMINOGENIC NEEDS MET

1. Antisocial cognition
2. Antisocial companions
3. Relationships
4. Substance abuse

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 168 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 125
Workbook Pages: 24
Course Length: 6–8 hours

COURSE CONTENT

UNIT 1: BRENDA
Life is a space of time to make correct choices.

UNIT 2: SE'MION
Casual use can lead to addiction.

UNIT 3: CAPTIVITY VS FREEDOM
Growth or decay is a choice!

UNIT 4: DRIVING
A recipe for disaster.

UNIT 5: COGNITIVE THOUGHTS
Be careful what you think; you could be wrong!

UNIT 6: SKILLS FOR LIFE
Ten life skills to improve the quality of life.
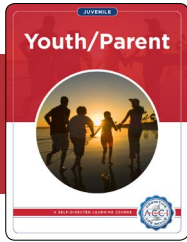
UNIT 7: LEADING & MANAGING LIFE
Proactive vs. reactive.

PURCHASE OPTIONS

1. License to reprint
2. Individual courses
3. Customized eLearning platform
4. Parent enrollment
5. School referral

eLEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling

COURSE OVERVIEW

Youth/Parent

✓ **Available in workbook**
✓ **Available in Spanish**
✓ **Available in eLearning**

ITEM # W 134

COURSE DESCRIPTION

This course helps you change what you have been doing so you can change what you have been getting. It is a personal development self-awareness guide for youth on how to achieve success in life.

The main focus of this program is to have youth and parent(s) work together to increase the quality of their relationships. This cognitive restructuring curriculum is designed to help youth and parents overcome self-defeating thoughts and behaviors. The goal is to have parents take a larger role and achieve greater understanding about their children's lives.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Pro-social relationships
- Positive parenting
- Meeting the emotional hierarchy of needs
- Positive thinking skills
- Decision-making skills

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—Combination of self-directed learning and group instruction
- **Blended Learning**—Combination of online & offline curriculum

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 168 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 134
Workbook Pages: 24
Course Length: 6–8 hours

COURSE CONTENT

UNIT 1: RIGHT VS WRONG
Doing right or wrong is a choice.

UNIT 2: VALUES AND BEHAVIOR
What you think is what you become.

UNIT 3: CRIME AND LAWS
Bad decisions now can limit your adult life.

UNIT 4: HUMAN NEEDS
Life is better when our emotional needs are met.

UNIT 5: ANGER AVOIDANCE
Angry people see people as objects.

UNIT 6: SKILLS FOR LIFE
Sincere praise chases away the darkness.

UNIT 7: SUBSTANCE ABUSE
Denial won't stop the drug monster.

UNIT 8: MANAGING LIFE
It is a choice; live in the swamp or on the mountain.

CRIMINOGENIC NEEDS MET

1. Antisocial cognition
2. Antisocial companions
3. Antisocial personalities
4. Family relationships
5. Substance abuse

LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling

COURSE OVERVIEW

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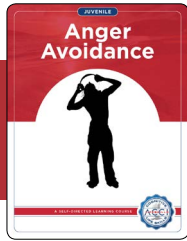
Anger Avoidance

✓ **Available in workbook**
✓ **Available in eLearning**

ITEM # W 136

COURSE DESCRIPTION

The objective of this course is to focus on the root causes of anger and to teach cognitive skills that can help youths avoid anger before it takes control.

Some people have free-floating anger and erupt like a volcano without notice. Their anger is fueled by the four root causes—negative primary emotions. These emotions can be expressed as secondary emotions, which can result in negative behaviors. Anger is a natural emotion. People who live in growth have less of it, and people who live in decay have more of it. When you don't let anger in, it has no control over you.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Develop a strong locus of control
- Generational cycles of anger
- Positive thinking skills
- Positive influence skills

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 500 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 136
Workbook Pages: 48
Course Length: ~8 hours

COURSE CONTENT

UNIT 1: BEGINNINGS
Our beginnings don't have to be our endings.

UNIT 2: VALUES
We receive most of our values at home.

UNIT 3: GROWTH VS DECAY
Growth, stagnation, or decay is a choice.

UNIT 4: LIFE
If we are not happy, it is our fault.

UNIT 5: AVOIDING ANGER
Arguing never works; everyone loses.

UNIT 6: SKILLS
People with good people skills go further in life.

UNIT 7: LEADERSHIP
If we go with the flow, we could end up in decay.

CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships

LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling

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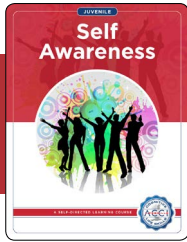
COURSE OVERVIEW

Self Awareness

✓ Available in workbook
✓ Available in eLearning

ITEM # W 137

COURSE DESCRIPTION

The objective of this course is to present to teens a different way of thinking, allowing them to reach their true potential by overcoming erroneous subconscious beliefs about themselves.

This cognitive restructuring course focuses on bright possibilities. It can help teens discover avenues of positive thinking of which they may have been unaware. It speaks to them in a different language, one they can use for a lifetime. It helps them empower themselves and become productive citizens. If students never change their thinking, they can never change their behavior.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Self-awareness
- Empathy
- Positive relationship building
- Decision-making skills

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction

CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 650 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 137
Workbook Pages: 48
Course Length: ~8 hours

COURSE CONTENT

UNIT 1: BRIGHT POSSIBILITIES
There are no dead-ends, just opportunities.

UNIT 2: THOUGHTS = CONSEQUENCES
Change your thoughts, change your life.

UNIT 3: GROWTH VS DECAY
It is your choice!

UNIT 4: FINDING SUCCESS
Success comes when we think more of others.

UNIT 5: AVOIDING ANGER
Anger is a secondary emotion that can be controlled.

UNIT 6: SKILLS FOR LIFE
Social skills can raise you up or put you down.

UNIT 7: MANAGING LIFE
Be grateful for what you have and quit complaining.

PURCHASE OPTIONS

1. License to reprint
2. Individual courses
3. Customized eLearning platform
4. Parent enrollment
5. School referral

LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling

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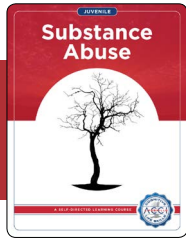
COURSE OVERVIEW

Substance Abuse

✔ Available in workbook
✔ Available in eLearning

ITEM # W 138

COURSE DESCRIPTION

The objective is to present to youth a wide range of practical and cognitive skills that can help them be chemically free.

The drug monster doesn't care who you are; it doesn't discriminate. Its main job is to get you addicted and ruin your life. Chemical addiction seeps into your body and hijacks your mind. It attacks your frontal lobe and other brain processes as well as organs in your body. Soon, your whole self is caught up in revolving processes that often don't find conclusion until death. The only way back to sobriety is through the inner self, accompanied by strong determination and support from others. Youth playing around with drugs is like playing Russian roulette—you never know when a bullet will fire.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Resisting addictive substances
- Positive subconscious thoughts
- Fulfilling the emotional hierarchy of needs
- Goal achievement
- Anger avoidance

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 650 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 138
Workbook Pages: 48
Course Length: ~8 hours

COURSE CONTENT

UNIT 1: BEGINNINGS
A teen doesn't become fully cognizant until age 25.

UNIT 2: VALUES AND BEHAVIOR
Home and society script our values.

UNIT 3: GROWTH VS DECAY
It is not all your fault.

UNIT 4: LIFE
Life is what we make of it.

UNIT 5: AVOIDING ANGER
Chemical dependency creates anger.

UNIT 6: SKILLS FOR LIFE
Nine powerful skills that can change your life.

UNIT 7: LEADING LIFE
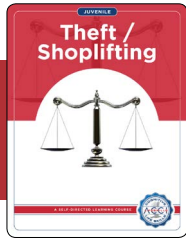If you don't control your life, it will control you.

CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Substance abuse

LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling

COURSE OVERVIEW

Theft/Shoplifting

✓ Available in workbook
✓ Available in eLearning

ITEM # W 139

COURSE DESCRIPTION

This cognitive restructuring course intervenes in the faulty thinking processes that allow crimes of moral turpitude to take place.

Teenagers keep pushing the boundaries to see how far they can go while still getting away with it. This course challenges the cognitive domain while offering solutions in the affective domain. Like all cognitive restructuring courses, this course was designed to create cognitive dissonance as students' criminal values clash with accepted society values. Shoplifting or theft is just a symptom of deeper issues.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Pro-social mindset
- Overcoming criminal justification
- Positive decision making
- Understanding and appreciation for societal laws

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction

COURSE INFORMATION

Course Format: eLearning and Printed Workbook
eLearning Length: 650 Slides
Scientific Model: Cognitive Restructuring
Author and Publisher: ACCI Lifeskills

Item Number: W 139
Workbook Pages: 48
Course Length: ~8 hours

COURSE CONTENT

UNIT 1: BEGINNINGS
Shoplifting starts in the beginning, not the middle.

UNIT 2: THEFT
There are no excuses, just consequences.

UNIT 3: THOUGHTS = CONSEQUENCES
Change your thoughts, change your life.

UNIT 4: GROWTH VS DECAY
One is nurturing, the other is vengeful.

UNIT 5: FINDING SUCCESS
Change yourself first, then influence others.

UNIT 6: AVOIDING ANGER
Either you control or you are controlled.

UNIT 7: SKILLS FOR LIFE
Life is a mirror; what you reflect out, you get back.

CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities

LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling