



education  
lifeskills

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

[educationlifeskills.com](http://educationlifeskills.com)



# What is Education Lifeskills?

Education Lifeskills' parent company, ACCI, is a nationally recognized evidence-based organization founded in 1975 that develops cognitive lifeskills curriculum for adult and juvenile offenders. At the request of thousands who have completed ACCI's courses and said that they wished they had had this program in school, ACCI has developed a cognitive restructuring curriculum specifically for middle and high school aged students.

ACCI's cognitive-behavioral courses are being used in every state in the US and in several other countries. 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 for reducing recidivism rates. Altogether, we currently have over 50 cognitive-behavioral lifeskills courses available in a variety of formats.

Now our curriculum has found its way into the education system as more and more schools are looking for effective and efficient solutions for addressing a wide range of self-defeating thoughts and behaviors that keep students from progressing and graduating. This is a fun, engaging, and timely catalog of courses of self-discovery for teens at the right time and right place in their lives.



Change  
thinking

# Your Learning Objectives



## What would be most beneficial to your school district? Do you want to ...

- Increase test scores?
- Increase attendance?
- Decrease drop outs?
- Reduce bullying?
- Reduce substance abuse?
- Reduce anger and contention?
- Reduce negative peer pressure?
- Create a safer school environment?
- Build self-esteem and self-reliance?
- Implement positive thinking skills?
- Turn complacency into pro-activity?
- Reduce student fear and anxiety?
- Produce happier, more productive students? Increase staff morale and productivity?
- Reduce costs? Help parents and community? Reduce juvenile crime?
- Do all the above for minimal cost?

Change  
behavior

# Solutions



## **Eliminate the School to Prison Pipeline**

The United States of America locks up more people per capita than any other country in the world. The school to prison pipeline crisis has been well documented, but the solutions pale in comparison. One of the major factors that leads towards criminal activity is thinking errors. Take a proactive role in helping students avoid this crisis by utilizing our cognitive lifeskills courses.



## **Social & Emotional Learning**

Education Lifeskills courses are built on ACCI's evidence-based model of cognitive restructuring that has been refined for over 40 years. Our cognitive-behavioral courses help students make improvements in the 5 categories of Social and Emotional Learning as set forth by the Collaborative for Academic, Social, and Emotional Learning (CASEL).



## **Enhance Grit & Resilience**

The process for helping students develop Grit and Resilience must always start with a consideration of the students' subconscious programming. Students who are not able to successfully face adversity and challenges also have self-defeating thoughts about themselves. It is these thoughts, rooted in the subconscious mind, that determine a students ability to display true grit in the face of adversity.



## **Emotional Hierarchy of Needs**

Many of the self-defeating thoughts and behaviors of today's junior high and high school students can be traced back to a lack of emotional hierarchy of needs being met. Through our unique style of story telling and the self-directed learning approach, together with a pro-social adult caregiver or school staff, our curriculum and program does more than educate the student on the importance of getting their emotional hierarchy of needs met; it actually provides understanding, affirmation, and validation!



## **Cognitive Behavioral Lifeskills Curriculum**

It is estimated that the average person or teen has approximately 3,000 thoughts a day. It is these thoughts, whether right or wrong, which drive feelings and emotions, which result in behaviors and consequences. These thoughts are all-powerful in shaping the success or failure of students, including academic performance. No matter how much we try, if we never change student thinking, we can never change student behavior.



## **Restorative Practices**

Around 2005 the criminal justice system started to accept that fact that discipline only doesn't work. Collectively, there was a general acceptance that we can't keep locking individuals up without providing treatment or programming. Likewise, schools and districts are waking up to the same realization that discipline alone will not help students overcome their self-defeating thoughts and behaviors. The Education Lifeskills curriculum and program options are an ideal fit for students who need a cognitive-behavioral intervention.



## Positive Thinking Skills

Foundational cognitive lifeskills course for students and teenagers.



## Serendipity

### Cognitive Sexual Awareness

This course for teens is not sex education; rather, a cognitive awareness course of natural human sexuality.



## Captivity

### 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.



## Leadership

Every student has leadership potential. Learn how to follow the principles of successful leadership and influence.



## Tobacco Awareness

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



## Infinity

### Media Awareness

Cognitive media awareness course for teens that demonstrates the warnings and dangers of the internet.



## Elevation

### Cognitive Employment for Teenagers

Focuses on interpersonal and employment thinking skills that can be used for a lifetime.



## Boundaries

### Dating Violence Prevention

Boundary breakers get short-term satisfaction and long-term consequences.



## Marijuana Awareness

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



## Bullying Prevention

What you do to others, you do to yourself.



## Distracted Driver

Once committed, momentum and gravity will determine your fate.

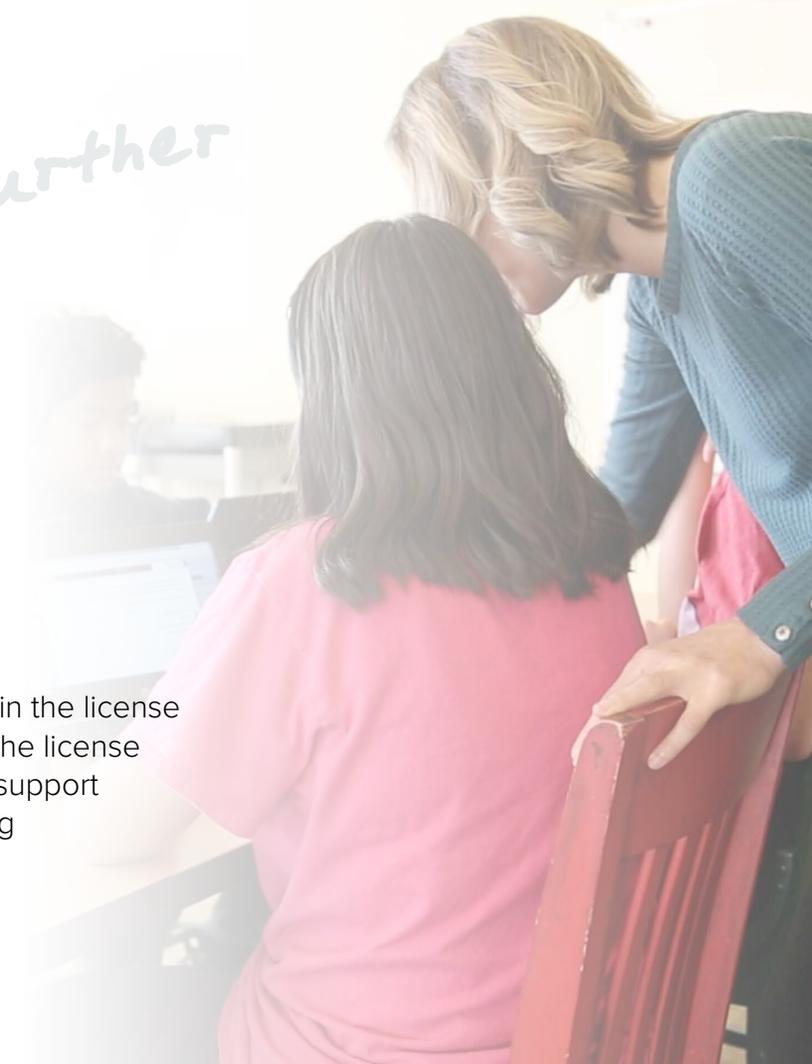
# Site Licenses

Go further



## Participating schools will receive:

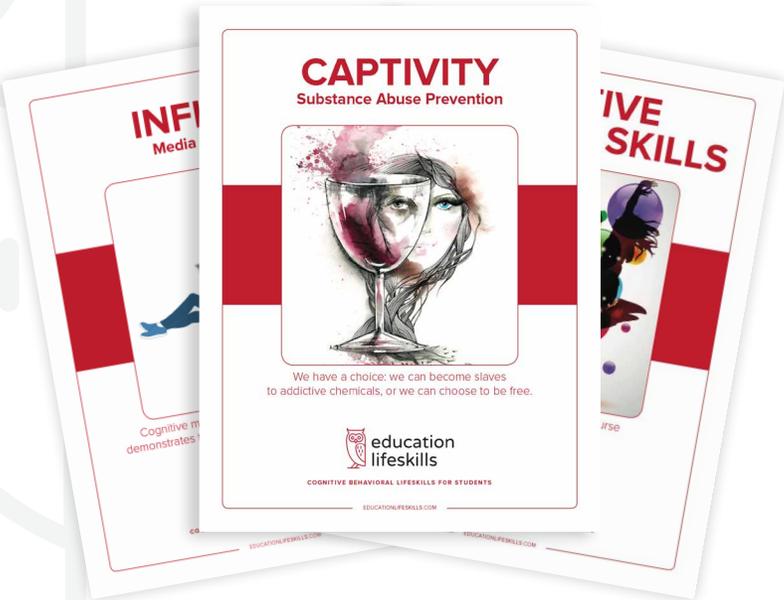
- ✓ Unlimited use of eLearning courses included in the license
- ✓ Unlimited printing of the courses included in the license
- ✓ Program Guides, initial training, and ongoing support
- ✓ Web-based tracking system—good for printing completion certificates



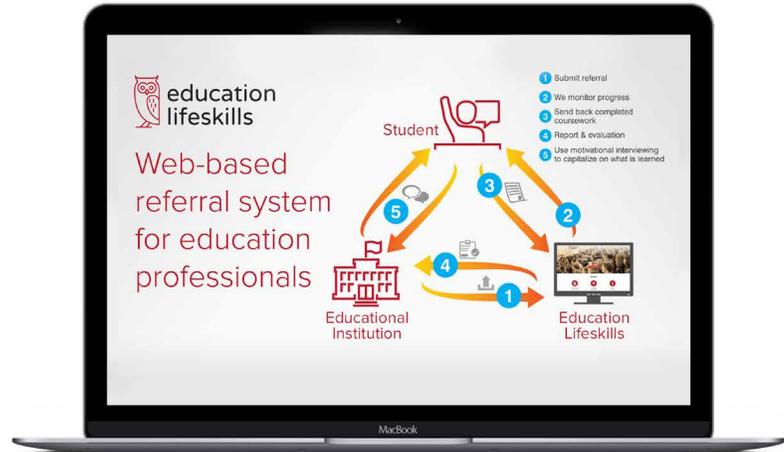
# Purchase Courses



Purchase any combination of individual courses for specific applications. Volume-based discounts apply.



# Refer a Student



Lifeskills Link is a robust, user-friendly, and web-based referral system that allows educational professionals to assign individuals to complete one of our cognitive lifeskills courses. You can create an account now: [school.lifeskillslink.com](https://school.lifeskillslink.com)

Also, parents can self-enroll their child into our program by purchasing an online or hard-copy course: [school.registerlifeskills.com](https://school.registerlifeskills.com)

# Lifeskills Link



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



## Lifeskills Link Benefits:

- ✓ Cognitive Behavioral LMS
- ✓ Admin and case manager access
- ✓ Real-time data
- ✓ Engaging dashboards with insights into student course interactions
- ✓ Rapid email and text message notifications for students, coaches, and school staff

# Available in eLearning



ACCI is excited to make its unique cognitive restructuring curriculum available online through a medium referred to as eLearning. Our evidence-based content is now even more interactive and engaging with the additional curriculum design resources that eLearning affords. Plus, our courses can be delivered via a third-party LMS or on our Lifeskills Link platform making it easier than ever to get started!

## **Our eLearning courses include the following elements:**

- ✓ Audio storytelling
- ✓ Audio narration
- ✓ Post unit quiz
- ✓ Custom illustrations
- ✓ Gamification
- ✓ Animated videos
- ✓ Cognitive thoughts
- ✓ Self assessments
- ✓ Drag and drop
- ✓ Advance interactions
- ✓ Questions

Elevate  
students

# SEL + CBT

Students can rise no higher than the thoughts they have about themselves. Education Lifeskills courses are built on ACCI's evidence-based model of cognitive restructuring that has been refined for over 40 years. Our cognitive-behavioral courses help students make improvements in all of the 5 major categories of social and emotional learning by challenging their subconscious minds with an inside-out approach.



## Self-Management

Our curriculum challenges underlying thinking errors, and the self-directed learning approach ensures that each student develops pro-social thinking skills, reflected in improved default responses to their surroundings.

## Relationship Skills

All of our courses invite the student to complete a course with a parent or mentor. Instead of teaching a student about relationship skills, we help them use, build, and experience relationship skills as they complete a course.



## Social Awareness

Social-awareness starts with empathy. Our curriculum gives students the opportunity to determine their level of empathy and identify ways to improve through self-evaluation, gamification, and other learning activities.

## Responsible Decisions

One of the main concepts found in each of our courses is that regardless of each student's past, they are responsible for how their choices influence and impact others. Our beginnings don't have to be our endings.



## Self-Awareness

We address the emotional hierarchy of needs and use well-written vicarious stories to disarm and challenge students to see themselves in new and more positive ways. Self-improvement begins with self-awareness.

Rise  
higher

# A Smart Choice for Every Student



How much time and resources do the teachers in your school spend on managing negative behaviors versus how much time do they spend actually teaching the subject material? Education Lifeskills understands these and other issues that teachers and schools are facing. There is an ever increasing need to address the self-defeating thoughts and behaviors of both the students and their families.

We would like to discuss which program option best fits your class, school, or school district.

**Contact us today!**

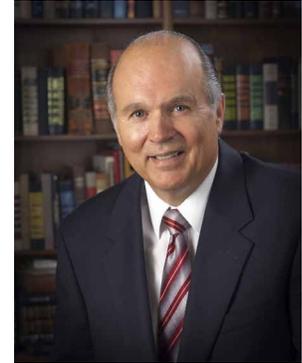
# About the Author

*Begins with  
a thought*

Larry Lloyd founded Education Lifeskills' parent company, American Community Corrections Institute (ACCI) in 1985, and before that he founded and developed NCTI (National Corrections Training Institute) in 1978. Larry is a pioneer in developing CBT self-directed learning courses for justice-involved individuals. He dedicated his life to bettering the lives of those so often overlooked.

“My desire is to create a best-practice cognitive lifeskills curriculum that goes beyond the status quo. Best-practice means going to the next level and incorporating new and validated systems that can significantly help students overcome self-defeating thoughts and behaviors and experience greater success in school and in life.

I am grateful for the many counselors and experts in their fields that, over the past 4 decades, have shared their expertise. My son, Trevor Lloyd, is taking ACCI into an automated and digital system to increase efficiency and accessibility. We are focused on meeting new challenges in helping schools. I invite you to consider our curriculum when making decisions on which provider to use. We would love to help your students, their families, and your community.”



1943–2018

**“Students can go no further in life than the thoughts they have about themselves.”**

—Larry Lloyd

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