



2021-2022

## Life Coaching & Grief Counseling Program Results

After the life coaching and grief counseling program, students made the biggest gains in the following areas:

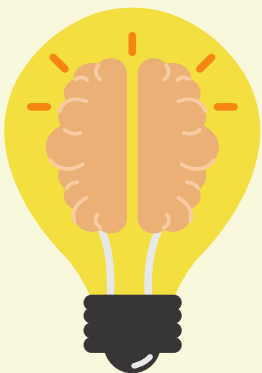
### 10-50%

- Decision-making
- Self-defeating behaviors
- Self-etiquette/social engagement
- Choosing a college

### Youth



#### Self-Discovery & Social Engagement & Etiquette



### 100%

- Enjoy helping people
- Courteous to others and follow classroom rules
- Compliment others

#### Friendship & Support/Employability



### 100%

- Value their friendships
- know how to dress appropriately for a job interview

#### Choosing a Major & Financial Literacy



### 100%

- Would not choose the same major as their friends
- Think it's important to save money for their education and future
- Think it is important to save money for things they really want to buy or have
- Do not spend money on things that aren't important to them because their friends are doing it

#### Ranking in Knowledge After Sessions

### College Students



### 14 - 22%

- Time Management: 22% increase in knowledge after session
- Accountability & Employability Skills: 14% increase in knowledge after session
- Recognizing Change: 20% increase in knowledge after session
- Financial Literacy: 14% increase in knowledge after session
- Acceptability: 18% increase in knowledge after session

Quotes from the SWM Collegiate Students:

"What I liked the most is what made me uncomfortable the most."  
"I loved hearing the pushing I needed."