

## Their Hearts and Hopes Have to get to the Top too

By Katherine Larson Ph.D. and Magda Neil, M.S.  
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### **Educators as Dream Builders – The ALAS Way**

As with all of us, positive action requires intentions and intentions require imagining possibilities.

#### **Hopefulness is an Essential Prerequisite to School Success**

Every accomplishment, every invention, every achievement by humankind began with imagining a possibility. One cannot feel hopeless and still imagine life affirming possibilities. One cannot feel hopeless and also sidestep fears and limiting beliefs. One cannot feel hopeless and at the same time make transformational changes in their life's trajectory. Yet, we ask ... no, we require, our highest risk students to do just that. We ask them to make transformational changes in their lives and school achievement while paying little or no attention to their hopefulness and ability to envision and embrace such possibilities.

#### **Too Much Focus on What Schools Do ... Not Enough Focus on Who They Are**

School reform and dropout prevention efforts have essentially ignored or failed to understand that students must believe that success is possible for them as an individual in order to embrace the change required to succeed. Current minimal success in increasing graduation rates of high risk students reflects a narrow emphasis on WHAT we do in schools instead of HOW we do it and WHO we are. Unfortunately, we have over looked the connection between changing students' test scores and changing their hearts and minds.

#### **Help Students Dreams**

The ALAS intervention model assumes from the outset that as equally important as academic learning is helping each youth change his or her thinking patterns and life outlook to reflect optimism and a belief in their own ability to create and fulfill a positive life. In the ALAS model we believe that a student's personal transformation is a reflection of participating in a school setting where all individuals are supported and dedicated to living their own dreams and desires!



*Leading. Motivating. Empowering.*

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**Building Personal Assets and Self-Mastery is as Important as Building Knowledge**

To help students build dreams and motivation, the ALAS program dedicates special efforts and strategies that build a student's optimism and empowered belief in their own life's future. Achieving a great life requires highest-risk students to begin to imagine and internalize possibilities for themselves that are different from what they and even others around them might imagine now. Core to the ALAS model is building student resilience through our ALAS Resilience Builder© program which specifically develops a sense of personal empowerment by teaching personal asset skills such as persistence, optimism, social problem solving, anger management, self-control, long term goal setting and management of the subconscious mind. Thus, ALAS is a comprehensive intervention which works to reach the hearts of students as well as to instill new behavior patterns and build support within their contexts of influence: their family, school and community.