

EMPLOYMENT (W124) COURSE OVERVIEW

COURSE OBJECTIVES

The cognitive employment life skills workbook is the latest in a series of evidence-based, cognitive restructuring workbooks designed to help offenders overcome self-defeating thoughts and behaviors. This course is designed to help individuals identify and change the root causes of their employment issues. If we never change problem thinking, we can never change the problem behavior.

COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - Your beginnings don't have to be your endings.

UNIT 2: *EMPLOYMENT FORMULA* - $T = (F+E) = (V+A) = B = C$

UNIT 3: *GROWTH vs. DECAY* - We can choose growth, stagnation, or decay.

UNIT 4: *SOCIAL SKILLS* - Can elevate you or keep you in decay.

UNIT 5: *EMPLOYMENT* - There are many opportunities, even in a down economy.

UNIT 6: *EMPOWERMENT* - No one can change you, except you.

UNIT 7: *SELF-ASSESSMENT* - You are more capable than you think you are.

UNIT 8: *OVERCOMING OBSTACLES* - There is no trial that we can't overcome.

COURSE COMMENTS

The Employment Workbook is 44 pages and takes approximately 15 hours to complete. This is a home study workbook designed to be completed at home with a coach of the student's choosing, usually a friend or relative. It is a cognitive restructuring approach written at the 6 to 7 grade level that intervenes into the common thinking errors that keep people from moving forward. It uses the cognitive domain to challenge faulty thinking errors and the affective domain to build self esteem and offer hope.

One of the main messages in the workbook is that you are many times more capable and talented than you think you are. If you are not successful it is your fault; your restrictions to gainful employment are self-imposed. The workbook follows the lives of two cousins, Chad and Jesse, as they break out of their loser mentality and discover that even in a down economy, there are many opportunities to make money.

COURSE CRIMINOGENIC NEEDS MET

(1) Employment (2) Antisocial cognition (3) Antisocial personalities (4) Antisocial relationships.

COURSE REVIEW QUESTIONS

- What is the main reason for unemployment and underemployment?
- How did Chad and Jesse overcome their self-defeating thoughts and behaviors?
- What does the employment formula stand for?
- Besides determination, what are three other things that determine success?
- In the "6 Steps to Change," what is the first step?
- What is the formula that can change our behavior?
- If growth is the highest level, what is the lowest?

EMPLOYMENT LIFESKILLS COURSE - W 124

EXIT TEST

1.
 O
 doesn't know right from wrong.
 O
2.
 O
 O
 seek out other \$2.00 people.
3.
 O
 O
 Both of the above..
4.
 O
 O
 has more power than the untruth.
5.
 O
 O
 made correct choices.
6.
 O
 Monica
 O
7.
 O
 Hernando
 O
8.
 O
 O
 \$200
9.
 O
 feel validated and secure.
 O
10.
 a place between growth and decay.
 O
 O
11.
 O
 3
 O
12.
 Tommy
 O
13.
 O
 O
 a Miller.
14.
 O
 live in the box.
 O
15.
 O
 O
 a personal zone of hostility.
16.
 O
 Ted
 O
17.
 1600
 O
 O
18.
 O
 O
 \$880
19.
 O
 going against what you know is right.
 O
20.
 O
 O
 Awareness