

# The SEE: Survival Etiquette Essentials The Diamonds in the Rough 2012 Core Curriculum

### 1. Appearance & Dress

- <u>Importance</u> Quite often trends overshadow dress etiquette knowing what to wear, when to
  wear it and how to wear it. There are distinct rules in regard to personal grooming, dressing for
  the occasion and looking your best. Our outward appearance is a statement of our attitude,
  personality, style and credibility.
- <u>Highlights</u> Personal Care And Grooming; Basics Of Appearance; Style Versus Function And Substance; What Am I Supposed To Wear To What; Before You Put Anything On; And The Big Picture.

### 2. Character & Ethics

- <u>Importance</u> Everyday we make choices that define who we are, and who we are going to become. The choices we make matter, not only to ourselves, but to others and society at large.
- <u>Highlights</u>- Defining Character; The Choices We Make; Codes Of Conduct; High Road/Low Road; What Would You Do; Dealing With Peer Pressure; Taking A Leadership Role/Lead Like Jesus; You Can Make A Difference; Courtesy Challenge.

#### 3. Communication Skills

- <u>Importance</u> The rapport we develop and share with others is a result of good communication.
   What we say and how we say it, what we hear and how we listen, can either close or open doors of opportunity.
- <u>Highlights</u> Think Before You Do; Listening 101; Non-verbal and Verbal Communication; The
  Art of Conversation; Telephone, Email, Cell & Texting Etiquette; "The Art of Thank You" -The
  Power Of The Pen; Interview Basics

### 4. Dining Etiquette & Table Manner

- <u>Importance</u> Dining is almost universally associated with sense and civility. It is a ritual of sharing our well-being and extending respect and courtesy toward others. Dining etiquette demonstrates our social skills and our hospitality, among other things. Improper table etiquette can have a negative impact on one's reputation and chances for success in both social and business situation.
- <u>Highlights</u> Why Is It So Important; Rules Of The Table; Silverware Savvy; Home, Guest & Restaurant

### 5. Healthy Temple

- Importance When we are healthy, we are at our best physically and emotionally. Maintaining
  our health, both physically and mentally is vital. A healthy mind and body increases life
  expectancy, energy level, and self esteem. What we do to and what we don't do for our
  emotional and physical health impacts what we can achieve.
- Highlights Classical Stretch; Why Do We Need Vitamins; Pregnancy Prevention Education

### 6. Social Skills & First Impressions

- <u>Importance</u> —People form an impression of us in the first 30 seconds of meeting us. That impression locks in within two to four minutes. It may take six to eight additional meetings to change a bad impression. Impressions are made first by our appearance and then by our communication (verbal and non-verbal). How you carry ourselves, approach and react to others can open or shut the doors of opportunity.
- <u>Highlights</u> Putting It Together Appearance And Communication; Knowing Your Environment; The Energy You Give Off

### 7. What Did Jesus Say About That

- <u>Importance</u> We must not perish. Our goal is to get to heaven and the only way there is through Jesus. We have to know what Jesus said to know how to get to Heaven. We must apply His word, which is given to us through the Bible. It is a guide for every aspect of our lives.
- <u>Highlights</u> Faith; Sin; The Word of God; Freedom and Obedience; Prayer; Money; Following Him; Relating to Others; Life Hereafter; and much more.

<sup>\*</sup>We are constantly reevaluating, updating and adding curriculum to meet the program vision as well as our Debutantes' needs. For more information, please speak with Sis. Sandy Bradley-Claybrooks.

# The SEE: Survival Etiquette Essentials The Diamonds in the Rough 2012 Activities, Events, Etc.

The following types of activities, programs and events that we hope to embark on with our Debutantes. While all items listed may not take place during this first session, we are striving to ensure that as the program matures, all anticipated activities will come to pass and that additional opportunities present themselves.

### 1. Giving

- Oakland to Liberia A Shoes Box Christmas (sponsor: Acts Full Gospel Church)
  - Fill an empty shoe box with a variety of gifts (for boy or girl in a selected age group).
- Save Africa's Children (sponsor: Bishop & Mrs. Charles Blake)
  - Donate new shoes to the children of Africa
- Volunteering
  - Reading to Children
  - Hospital and Convalescent Visits

#### 2. Culture

- Moad Museum of the African Diaspora
- Ballet Performance
- Multicultural Museum Visits

### 3. Motivation, Success & Reward

- A Contract for Living Authentically: The Creed by Dr. Cindy Trimm
- · A Day Especially for You: Shopping and Pampering
- The 50 Best Careers
- The Ten Commandments of Wealth and Happiness
- The Ten Golden Rules of Saving on Everything Money Talks
- What is the Difference Between Observation and Interpretation
- How to Hear Your Inner Voice
- How to Hear God
- How to Make Your Resume Stand Out
- College Degrees that Employers Love

## 4. Internships/Employment/Higher Learning

- Community College Courses
- Working for Experience

### 5. Program Achievements and Recognition

- Breakfast
- Award Ceremony
  - \*\*\* Red and White Ribbon "Secret" Award Challenge
- Social Dance
  - Waltz; Foxtrot; Group and Line Dance

## **ACTS FULL GOSPEL YOUTH DEPARTMENT**

Bishop Bob Jackson, Pastor

# (SEE) Survival Etiquette Essentials The Diamonds in the Rough 2012

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