

GO FOR YOURS

UNIVERSITY



Leadership
Development
for the next
generation!

Go For Yours

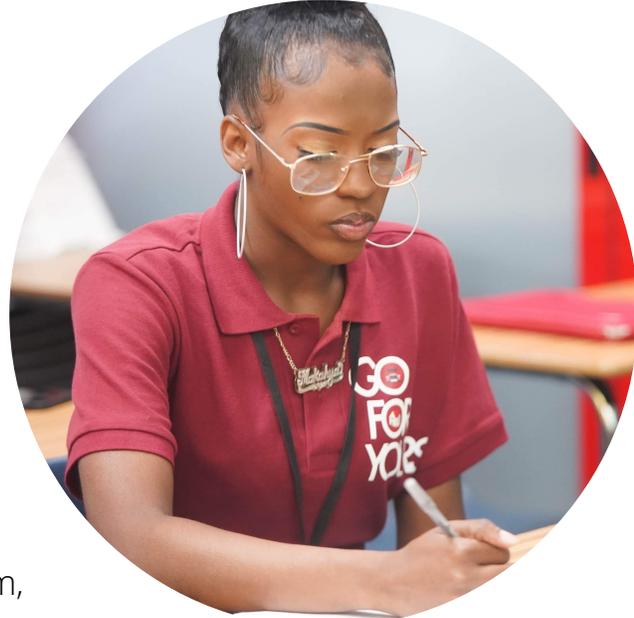
OVERVIEW OF PROGRAM

Go for Yours University (GFYU) is an 8-week leadership development program for students (ages 13-21). This curriculum inspires, educates, and provides participants with the resources needed to grow academically, personally, and professionally. GFYU's workshops and activities are composed of practical and engaging tools that teach students how to achieve their goals effectively.

LEARNING OBJECTIVES

Upon completion of the Go for Yours Leadership Program, participants will be able to:

- Identify key qualities of a leader in this current generation
- Identify talents and abilities that will help them achieve their goals
- Define short-term and long-term goals and understand the difference between the two
- Learn time-management skills
- Identify applicable resources to help them achieve their goals
- Identify any obstacles preventing the achievement of their goals
- Understand the importance of practical decision-making skills
- Understand the dynamics of conflict and feel equipped with the skills to respond confidently.
- Demonstrate critical thinking and problem-solving skills
- Understand what it means to "go for yours" and take accountability for your actions
- Model a greater commitment and appreciation towards educational goals



WORKSHOP DESCRIPTIONS

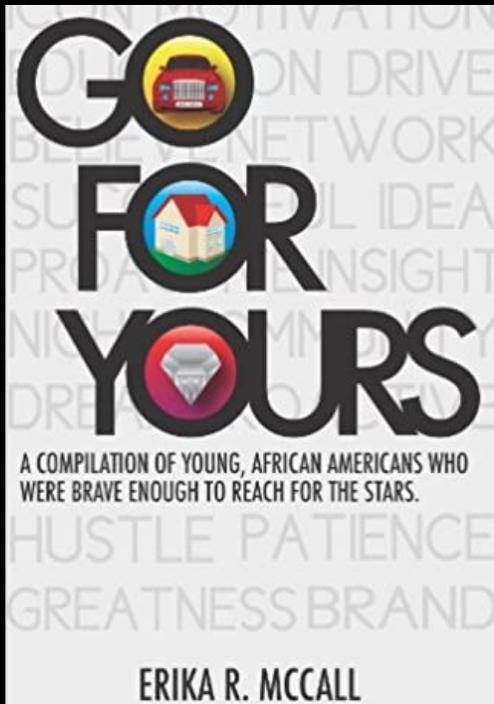
TITLE	WORKSHOP FOCUS & ACTIVITIES	LEARNING OBJECTIVE(S)
GO FOR YOURS	<p>In this workshop, students are introduced to <i>Go for Yours</i>. They will explore the messages to identify their dreams, goals, and desires. This workshop sets the tone for goal setting, time management, and leadership development activities. The first workshop is what gets the students excited about the entire program.</p> <p>Assignment: Write a short essay about what it means to Go for Yours.</p>	<ul style="list-style-type: none"> • Understand what it means to “go for yours” and take accountability for your actions
NEXT GENERATION LEADERSHIP	<p>The Go for Yours, Next Generation Leadership workshop is an interactive workshop for Generation Z. Students identify key characteristics of an effective leader as they continue to focus on their dreams, goals, and aspirations.</p> <p>Activity Are you a leader or a follower?</p>	<ul style="list-style-type: none"> • Understand their role as a leader in the next generation • Understand how previous generations play a role in leadership today
#GOALS	<p>Students explore their wildest dreams, discuss the meaning behind them, and create goals to achieve them.</p> <p>This workshop consists of two components: Part 1 & Part II. Part I explains what constitutes a short-term vs. long-term goal.</p> <p>Activity: #GOALS</p>	<ul style="list-style-type: none"> • Define short-term and long-term goals
WHAT'S BEEF? Conflict Resolution	<p>Students are taught practical conflict resolution skills that will help reduce the occurrence of negative conflict.</p> <p>Activity: Relationship goals</p>	<ul style="list-style-type: none"> • Understand the dynamics of conflict and feel equipped with the skills to respond confidently.
OVERCOMING OBSTACLES	<p>Students participate in a discussion about what they deem as their obstacles. They will outline 3-4 obstacles and identify strategies that will help them overcome them. The second part of this workshop will focus on identifying resources to help</p>	<ul style="list-style-type: none"> • Identify any obstacles preventing the achievement of their goals

	<p>reach goals and overcome various obstacles.</p> <p>Activity: Replace an obstacle with an opportunity.</p>	<ul style="list-style-type: none"> • Identify applicable resources to help them achieve their goals
<p>AM I MAKING THE RIGHT DECISIONS?</p>	<p>This workshop focuses on the importance of making decisions that are beneficial to your growth and success.</p> <p>Activity: Decisions, decisions, decisions</p>	<ul style="list-style-type: none"> • Demonstrate critical thinking and problem-solving skills.
<p>TIME IS MONEY</p>	<p>This class focuses on the importance of time management. Students will be provided with material that helps them manage their time effectively while completing tasks.</p> <p>Activity: Where did the time go?</p>	<ul style="list-style-type: none"> • Learn time-management skills
<p>DON'T WAIT CREATE</p>	<p>This workshop talks about not waiting on an opportunity you have the power to create. Now that the students have completed the leadership development workshops and have a greater understanding of their long-term goals, they will be provided with some tips on creating opportunities to explore their talents and grow.</p> <p>Students who completed at least 80% of the workshops will receive a certificate of completion.</p> <p>Activity: Certificates & acknowledgements</p>	<ul style="list-style-type: none"> • Model a greater commitment and appreciation towards educational goals

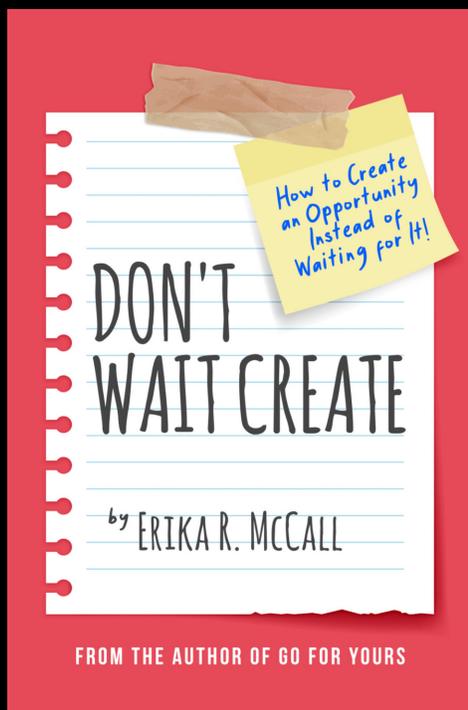
*Other topics are available upon request including: Entrepreneurship and Diversity & Inclusion.

PROGRAM MATERIALS

*Other workshop materials will be included in addition to the books



Go for Yours is a compilation of stories about young people brave enough to follow their dreams. Readers are introduced to people like Jerome Boykin who at the age of 23 starting his own parking lot cleaning business at the age of 23 after losing all of his belongings in Hurricane Katrina and Kari Miller who lost the use of her limbs in a horrific car accident and ended up competing in the Olympics for sitting volleyball.



Don't Wait Create is all about creating an opportunity instead of waiting for it. Erika shares her story of living in her grandmother's basement in Chicago to thriving in her career in Los Angeles. Readers are introduced to the Don't Wait Create model, a formula that will help you carry out an idea from start to finish while crushing goals and managing time properly.



BIO — ERIKA R. MCCALL

Erika R. McCall is an author, entrepreneur, and founder of the Go for Yours Foundation. Her debut book, *Go for Yours* led Erika to speaking engagements for thousands of youth across the country. She encountered many talented young people but noticed a difference between students with resources to help them develop and the ones without. Both equally talented, but only one group would make it so far because of the opportunities available to them.

After meeting a young lady who had dreams of going to the Olympics but couldn't afford the expensive courses, Erika started the Go for Yours Foundation. The foundation is a direct response to the opportunity gap amongst youth in the United States. Since its incorporation, the foundation has sent over 500 students for a private screening of Black Panther in Atlanta, Chicago, and Los Angeles. They donated over \$5,000 through the Go for Yours Fund. In 2019, the foundation brought 23 students from across the country to Los Angeles for the Go for Yours Dream Experience. This one-week fellowship focuses on leadership development and civic engagement. The foundation has partnered with multiple celebrity nonprofits, including Usher's New Look Foundation and Tina's Angels and Richard's Warriors (WACO Theater Center).

Erika's work has been featured in multiple media outlets, including Forbes Magazine Online, Rolling Out, WGN Chicago, ABC News, Fox Soul, and the Drew Barrymore Show. She is the author of three books and the CEO of Don't Wait Create LLC, an independent publishing company and consulting firm. Erika's greatest passion is motivating and encouraging people to become the best person they were created to be.

Erika has a Bachelor's Degree in Community Health Education from Illinois State University and a Master's Degree in Adult & Higher Education from Northern Illinois University. She is the former Executive Director of Hill Harper's Manifest Your Destiny Foundation.

Go For Yours



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FOR MORE INFORMATION

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