

What is Discovery?

Discovery is a nine-week, skills-based program that creates positive change in students. It is divided into six units with a written test at the end of each unit and role plays and activities to practice skills throughout. Students are expected to practice and use Discovery skills at all times in the Discovery class and in other classes at PREP. Units are as follows:

- Week One: Effective Group Skills
 - General Team Skills
 - Positive Mental Attitude
 - Rules of Group Work in the Class
 - Respectful Listening Skills
- Week Two: Anger Management
 - Anger Scale
 - Anger Sequence Model
 - How the Brain Functions
- Week Three: Effective Communication Skills
 - Communicating in Adult Mode
 - Freud's Theories
- Week Four: Assertiveness Training
 - Assertive Behavior
 - "I" Messages
 - Front-Loading
 - Planning
- Week Five: Problem-Solving
 - Five Steps to Effective Problem-Solving
- Week Six: Conflict Resolution
 - Seven Steps to Effective Conflict Resolution
 - Techniques to Address People who are Sabotaging Effective Communication

Program guidelines are rigid, and no student can pass without following them. A partial list of requirements is below:

- **Complete a quilt square to put on the class quilt**
- **Pass the final exam with a minimum score of 70%**
- **Pass the final role play with a minimum score of 70%**
- **Pass every test with a minimum score of 70%**
- **Complete the autobiography**
- **Maintain a positive mental attitude and behavior**
- **Demonstrate growth in the use of Discovery skills once they are learned**
- **Maximum of 3 absences**
- **Final grade of 70% or better**