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iShine

i live
i dream
i soar

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Overview

Over the course of the five module program, the iShine Team will engage with young women in culturally relevant, leadership development, highly interactive activities and group discussions. The iShine Team will provide access to high resource professionals, educators, professionals, that serve as role models and mentors.

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is an innovative, strengths-based program that empowers young women with information, motivation, and application skills to overcome the unique challenges that they, as young women face and to excel and shine in everyday life.

Our Core Themes are.....

Strength, arising from their rich and diverse experiences as Latina females, their cultural inheritance and inherent resiliency.

Health, based on healthy minds, bodies and relationships through the development of appropriate coping and communication skills.

Identity, anchored in the freedom of overcoming personal barriers, making empowered choices in the present, and cultivating a vision for their future.

Network, of supportive relationships with peers, high resource adults and mentors across the country.

Education, as a vehicle to achieving their goals and improving their lives as well as the communities to which they belong through servant-leadership.

Program Participants will receive the following:

- iShine Journal
- iShine Workbook with activities
- Portfolio to present during Graduation Ceremony
- Butterfly Charm
- A Certificate of Completion or Participation



Participant Guide

NAME _____



PROGRAM HIGHLIGHTS:

- **iShine** helps meet **Title I**, part **C** statutory requirements for sections 1304(c)(6); 1306(b).
- **iShine** is an educationally related activity provided to students to help them succeed both inside and outside of the classroom.
- **iShine** is an evidence based research program that has shown improvement in LEP scores, attrition, grades, and interest in college.
- **iShine** can be implemented as a Saturday or vacation program, after school program, or a summer program.
- **iShine** helps address the following:
 - Closing the achievement gap
 - Cultural and language barriers
 - Increase graduation, and college-going, rates
 - Leadership skills
 - Communication skills
 - Dropout prevention
 - Successful transition to a postsecondary education
- **iShine** is successful because:
 - We fully engage each, and every, participant.
 - We ask the questions that most schools are unable to get answers to such as:
 - Why are you struggling in school?
 - What kind of problems are you facing outside of the classroom?
 - Why are you behaving the way you are?
 - Do you thoroughly understand the consequences of failing out of high school?
 - Where do you see yourself 5 years from now?
 - What else are you doing that is bringing stress to your life?
 - Our participants feel safe, and comfortable enough to share their stories, struggles, and dreams with us.
 - Our program is fast paced, and full of interactive, hands-on, learning activities.

The Experience...

The program is designed for young women by women, with the purpose of:

- Increasing academic excellence through student engagement in a risk free environment.
- Providing young women with the purpose, tools and direction necessary to achieve personal and academic success.
- Producing active female student leaders who will serve their families, schools and communities with distinction and encourage other students to do the same.
- Instituting leadership, pride and education as important keys to success.
- Becoming a Servant Leader and encouraging others to do the same.

Additionally the program can be customized to act as an intervention program focusing on requested, school-specific issues that may include but are not limited to:

- Teen Pregnancy
- Relationships
- Depression/Suicide
- Body Image/Eating Disorders
- Self Esteem
- Forgiveness/Healing
- Confidence & Self Defense
- Stress Management

- Diversity/Inclusion
- Multiculturalism
- Bullying
- Gang Prevention
- Drug Awareness
- Motivation/Performance
- Importance of Education
- Global Awareness

Other Session Topics available upon request.

Participants responded **YES** in high percentages to the following questions at the conclusion of the program.

... has helped me plan for my future. **100%**

... has taught me how to relax when I am stressed. **97%**

... has made me feel happier. **97%**

... has made me feel more confident joining clubs at school. **100%**

... has helped me feel proud of my culture. **100%**

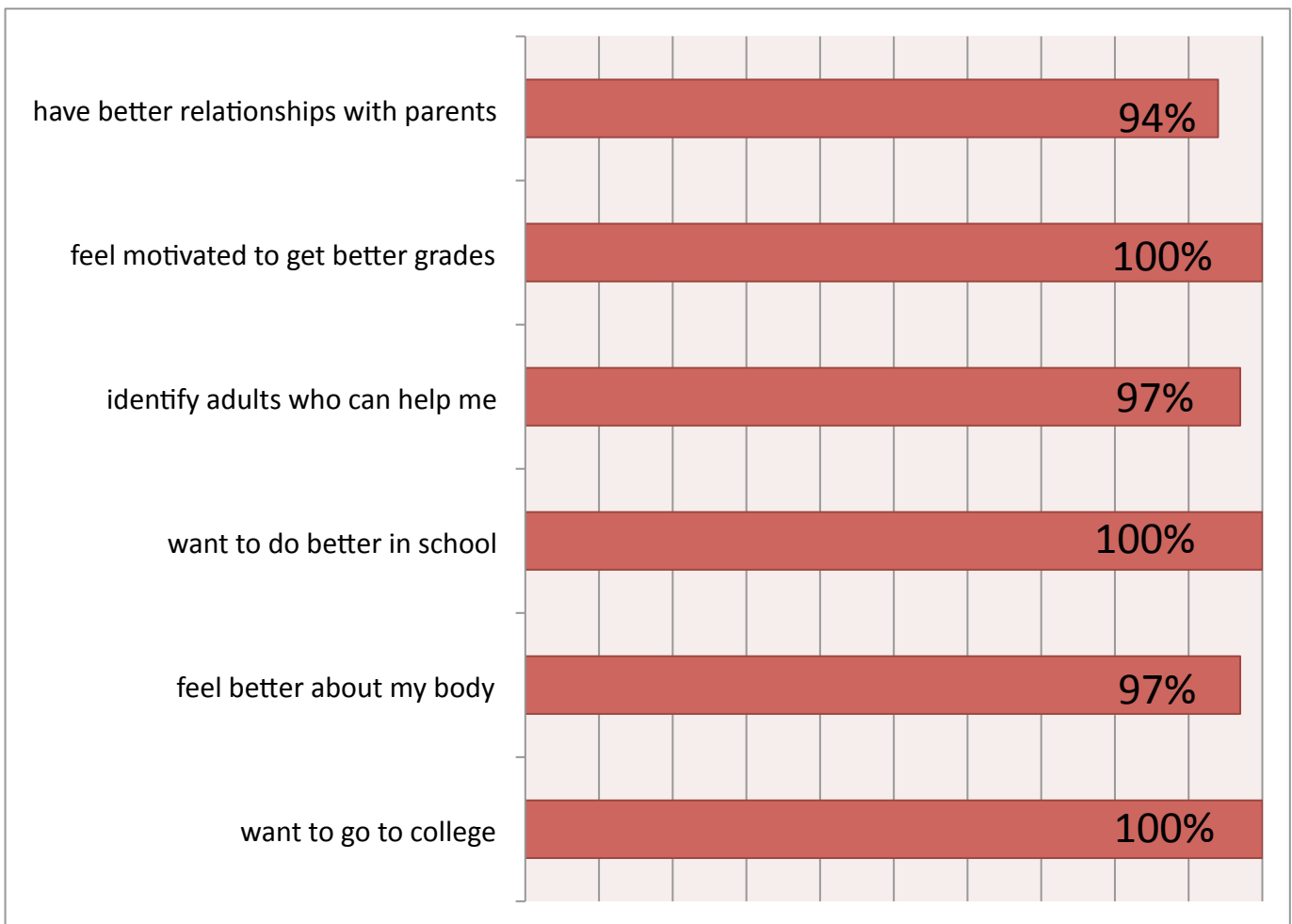
... has helped me see myself as a leader. **100%**

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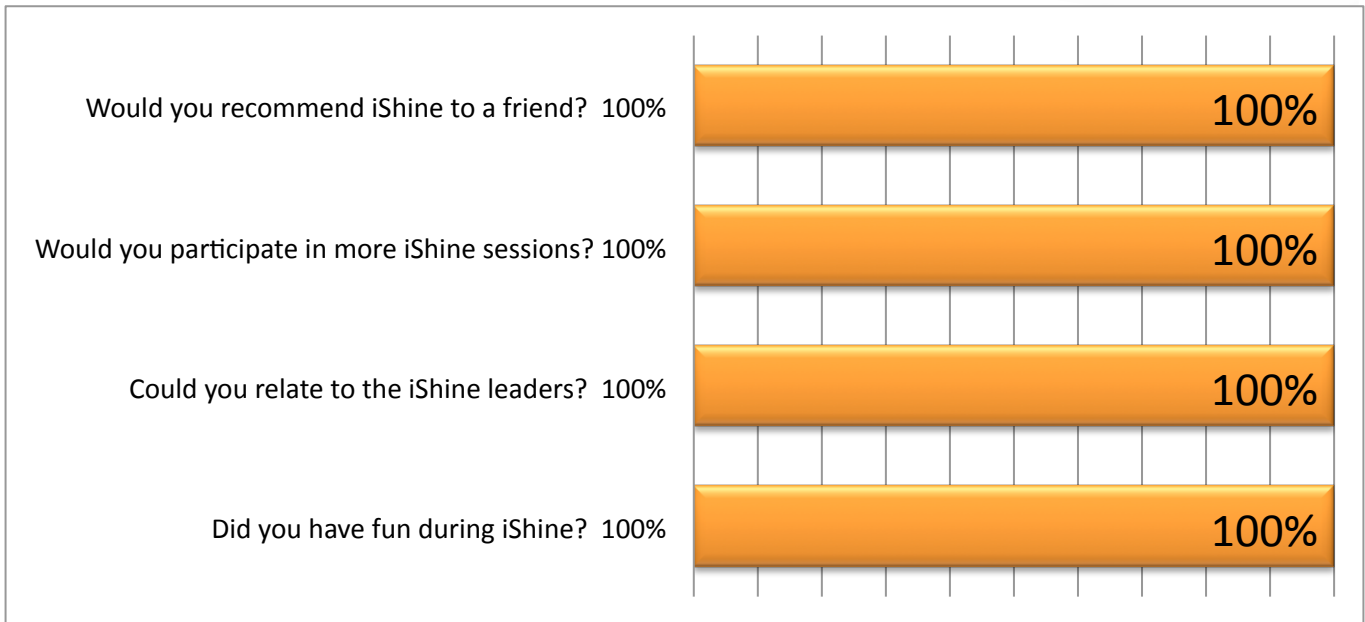
*The Statistics:
Post Survey Findings*



has made me.....



*The Statistics:
Post Survey Findings*



*What girls liked most about
iSHINE!!!*

- I enjoyed each of the ladies enthusiasm and I respect their struggles and how they gracefully overcame those struggles.
- Everything was absolutely perfect. This opportunity was excellent. Our instructors couldn't have been any better. They were the most high spirited people ever
- How the Latina sisters told us their stories and how they overcame obstacles. Everything was perfect.
- That they shared their stories. Thank you! I am so glad we did this.



ACTIVITY RATINGS

Latina Power and Wall of Commitment Exercise

97% of girls thought activity was Good/ Excellent

Media and Body Image

100% of girls thought activity was Good/Excellent

Dance and iShine Statement Activity

93% of girls thought activity was Good/Excellent

Healthy Relationship and Letter to Parent

100% of girls thought activity was Good/Excellent

Forgiveness and Healing Balloon Exercise

100% of girls thought activity was Good/Excellent

Servant Leadership

100% of girls thought activity was Good/Excellent

Higher Education and Letter to Self

100% of girls thought activity was Good/Excellent

iShine

Activities:

Testimonials

- Made me realize I need to talk to my mom and my dad more.
- Made me feel like a powerful Latina (Latina Power)
- It was fun to not think about what we were doing and to just have fun (dancing).
- The Forgiveness Balloon made me feel like stress was lifted off my shoulder.
- I think we should write letters more often!
- I really liked the Healthy Relationships and the Letter to Parent.
- Writing the letters.
- The balloon exercise. It was relieving.
- It was good to write positive remarks to yourself like setting goals.

PERSONAL GROWTH AND DEVELOPMENT:

- Made me notice I am pretty.
- Helped me not be shy.
- I have to be proud of being a Latina because I am not alone which makes me even more committed.
- Made me feel different about my body.
- I was getting to the point of stress because I gained weight, so I learned to be okay with my body
- Made me see how important it is to give back.
- I need to be strong no matter what happens and remind myself of how powerful I am.
- The program helped me realize a lot and helped me to get to know myself a lot more. I hope I get another opportunity like this program.
- I appreciated this! I thought I knew what it meant to be a leader and to be motivated as well as being an individual, but I learned how to love myself and others more and more! I will continue my dream and hope I can be an inspiration as much as this group of ladies were! I thank God for placing you ladies in y life. I definitely needed this after the week I pray that God continues to bless and work with you as you continue to overcome your battles.
- Amazingly great! It helps open our hearts.
- Makes my self-esteem grow.
- I am inspired to move forward and not turn back.