YMCA OF SNOHOMISH COUNTY
MY ACHIEVERS PROGRAM
MY ACHIEVERS PROGRAM (MAP)

“I believe in myself. I didn’t think I was able to get a scholarship or go to college and I’m going.”
– MAP Participant

PROGRAM OVERVIEW
The My Achievers Program (MAP) started in September 2001 serving 25 youth and has grown to 10 sites serving more than 400 youth throughout the course of a school year. The program was developed as an effort to eliminate the achievement gap for students who face daily challenges due to racial/ethnic barriers, immigration status, and socio-economic factors. MAP is unique among the Y’s program offerings in that academic success and college readiness are the main focus for the program, along with developing leadership skills, empathy, social consciousness, and service to others. MAP has traditionally run as an after school program for middle school and high school youth. The program is designed to meet twice a week during the course of a school year, with additional field trips and college tours on Fridays. In addition, we hold summer programming for MAP youth that focuses on Identity Development, Social Justice, College Readiness and Science, Technology, Engineering, and Mathematics (STEM).

MISSION: To motivate and support students of color and immigrant students to achieve higher educational and career goals.

ADDITIONAL PROGRAM COMPONENTS

PARENT SUPPORT AND INVOLVEMENT
MAP is committed to building strong partnerships with our parents and community to ensure the youth receive the maximum supports possible. The Y:

- Strives to increase communication between parents, students, and school districts ensuring a comprehensive approach to all we do.
- Provides access to community and educational resources.
- Encourages parents to become more involved as parent advocates and within their child’s educational experiences.

SCHOLARSHIP OPPORTUNITIES
Through generous donations, the Y provides more than $4,000 in scholarships for our graduating seniors annually. In addition, we work closely with all of our youth to identify scholarship opportunities and support them in filling out applications and researching financial aid options. We work with the local colleges to come and speak to our students to talk about the financial aid process, and as part of the curriculum we focus a component on financial literacy.

ADULT/YOUTH MENTORS
The Y believes it is essential for all young people to have a connected and trusting relationship with an adult in addition to family support. Through the program we:

- Connect our MAP participants to college students, business owners, and other adult professionals who reflect the cultural backgrounds in which our students identify with.
- Mentors assist with homework help, supporting parent engagement and exploring opportunities for youth to be exposed to various worlds of work and other resources to enhance the program.

MAP GOALS
Nurture the development of pride regarding one’s identity
- Name and embrace multiple aspects of their identity
- Examine personal and societal beliefs and its influence on past and future choices
- Identify and express feelings
- Analyze and interpret historical and present constructs of social identity

Meet middle school requirements and successfully transition into high school
- Identify all necessary requirements and expectations to be successful in all classes and graduate on time
- Apply new skills, routines, and habits for student success
- Identify personal, academic, and career goals as well as the steps to achieve them

Meet high school requirements and successfully transition into college/university
- Identify all necessary requirements and expectations to be successful in all classes and graduate on time
- Apply new skills, routines, and habits for student success
- Identify personal, academic, and career goals as well as the steps to achieve them
- Plan and take action for life after high school (college and career readiness)

Strengthen abilities to work towards solidarity amongst their peers and communities and become civically engaged
- Articulate feelings of being part of something meaningful and productive
- Practice building solidarity amongst their peers and within their communities
- Engage in service learning in their communities
- Demonstrate the capacity to change personal, community, and social conditions
**HOW MAP IS AN ASSET TO YOUR SCHOOL**

“MAP has really raised my self-esteem and makes me want to try harder in school. MAP helps a lot with homework and really motivates me. Morgan, a MAP staff, really expects me to try harder in school.”

Through the Search Institute, studies of more than 4 million young people continue to demonstrate the more assets they have, the more likely they are to thrive and significantly decrease the likelihood of engaging in a wide range of high-risk behaviors. The more assets nurtured and developed in young people, the more likely they are to achieve academic success, be civically engaged, and value diversity. The Search Institute has identified 40 developmental assets young people need to thrive. MAP highly supports 28 of the 40 assets.

### EXTERNAL ASSETS

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<th>SUPPORT</th>
<th>EMPOWERMENT</th>
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| • Other adult relationships  
  • Caring school climate  
  • Parent involvement in schooling | • Community values youth  
  • Youth as resources  
  • Service to others  
  • Safety |
| MAP builds a strong support network for every student by providing caring adults, encouraging collaboration between schools and the YMCA, and parental involvement. | MAP provides a safe place for all young people to be fully expressed and take healthy risks. Youth have the opportunity to become active leaders in their community through civic engagement and social responsibility. |

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<th>BOUNDARIES &amp; EXPECTATIONS</th>
<th>CONSTRUCTIVE USE OF TIME</th>
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| • Adult positive role models  
  • Positive peer influence  
  • High expectations | • Creative activities  
  • Youth programs |
| Y Staff see every young person with the potential for great success. The program provides a rigorous structure, expecting all students to commit to the full program cycle, demonstrate responsible behavior and commit to their personal best, and be a champion for their peers. | MAP provides an enriching curriculum designed to engage youth in creative and meaningful ways that enhances academic success and personal development. |

### INTERNAL ASSETS

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<th>COMMITMENT TO LEARNING</th>
<th>POSITIVE VALUES</th>
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| • Achievement motivation  
  • School engagement  
  • Homework | • Caring  
  • Equality & social justice  
  • Integrity  
  • Honesty  
  • Responsibility |
| MAP provides an environment where all youth are actively engaged in learning through program activities, field trips, and specialty programming. Each MAP session dedicates a portion of time to homework assistance and completion. | MAP is designed using a Social Justice Youth Development framework, whereby our program approaches and strategies focus on: making identity central; youth being able to analyze power within social relationships; promoting change in their communities; encouraging collective action; and embracing adolescent and youth culture as a cornerstone for program impact and advancement. |

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<th>SOCIAL COMPETENCIES</th>
<th>POSITIVE IDENTITY</th>
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| • Planning & decision making  
  • Interpersonal competence  
  • Cultural competence  
  • Resistance skills | • Personal power  
  • Self-esteem  
  • Sense of purpose  
  • Positive view of personal future |
| Many of the program activities emphasize making healthy choices and planning for your future. There is ongoing peer-to-peer relationship building, an exploration of culture and social identity, and creating a space for youth voice in planning, decision making and team work. | One of the core components of MAP is making identity central, developing in youth a strong sense of self and a positive outlook for their future. Our youth learn to take pride in who they are and connect to their personal greatness. |
VOICES OF OUR YOUTH

“I would like MAP to be a class at Mariner, to help more students believe in themselves and increase opportunities to succeed.”

“I would recommend MAP because it has been really helpful and it helps you to actually think and figure yourself out and discuss society problems so you can have a voice.”

“MAP helped my grades improve throughout the year and helped me sustain it!”

“The YMCA My Achievers Program is a wonderful way to spend after school time. It’s fun and interesting. Everyone here is super nice and it’s like a second home to most kids. But it’s not just about the fun. At the Y we are offered homework help, which is very useful, and we can go to field trips and volunteering opportunities. It’s awesome and everyone should have this opportunity.”