

## TYPICAL STUDENT FEEDBACK – ACCREDITED STRENGTHBANK® CLASS.

### WHEN ASKED AT THE END OF THE SEMESTER TO WRITE:

1. StrengthBank is a class that everyone should have the chance to take. The class helped me become a better person, persevere over my struggles and it brought up my grades in school. I liked this class very much because we had a lot of guest speakers [mentors] who came and talked to us about their StrengthBanks and the troubles in life that they overcame. This class helped me to find myself and who I really was and helped me care less of what other people thought and more about what was best for me. This class also helped me to see the positive things in life rather than the negative things. If I could I would recommend this class to all the students in our school. I just believe it could help them just as it helped me.
2. I think StrengthBank is a great class that should be a high school requirement. When I was first assigned to this class, I had never heard of it. And I didn't know what to think. I thought it was a physical Education class because "strength" was in the name. On the first day, I realized that it wasn't about physical strength. It's about mental strength. This class has truly helped me build a plan for my future, and prepare for the steps required to achieve my dreams and goals. StrengthBank has also helped me with my schoolwork. Before I came here I went to another school. I never took school seriously or thought about what I was going to do about my future. To tell you the truth I never really cared. But now that I realize the importance of doing what's right, and standing up for what you believe in, I am ready to "grab life by the horns." Because now, I have goals. And I have dreams. This class has definitely improved my way of thinking. And I want to thank the StrengthBank company for giving our school the opportunity for this course.
3. "StrengthBank is the plan created in each person for a life that will prosper you and not harm you, the plan to give you hope and a future. StrengthBank used as designed renders a life that lives to its' full potential." Before I was in StrengthBank, I didn't want to go to college. I didn't want to go to the Army nor the Navy. I didn't want to do anything. Now I've thought about it, it would be really dumb to just throw my life away like that. Ever since Ms Martin from Texas State came and spoke to our class, I decided that I want to go to Texas State College. She was very interesting. All the things she told us about the college and the things that happen on the campus. It sounds like a great college and that's what convinced me to want to go there to continue school. StrengthBank was a great class although I was very shy and I still am but it was very convincing and I wish to have this class next year.
4. StrengthBank is a class that will help you get more out of life by describing how to understand the basic course of reaching your full potential and so that you can prosper to your fullest. You learn about college, special forces, and other interesting jobs that the people that do that kind of work had to use their StrengthBank to achieve their goals to be able to work and prosper in their work environment and their family environment.
5. StrengthBank is a great class to take. It helps you in many different ways. It helps you build your confidence and in every day life. I wish I had this class next semester. It was a very fun class. We got to meet a lot of cool people because Coach B has the connection and he is the coolest teacher I've had in my high

school years. I would recommend anyone to take this class if you do not have any idea what college to go to.

6. This year was a great year because I got put in the greatest class in the world. StrengthBank was really fun and really informative. I learned a lot about what I can do to help me succeed through life and my career. I want to succeed in. this year StrengthBank showed me a lot of different job opportunities and way to make my life easier. I really appreciate this class a whole lot and I hope that this class is in every school in the country. Maybe I could go around every school in the nation and talk but StrengthBank to all the students to inform them to tell them how StrengthBank changed my life. So this is the way that StrengthBank has made me change my life to do good and reach my full potential.
7. I remember when I first walked into StrengthBank class. I was shocked at the way it was introduced. At fist, I didn't know what StrengthBank meant but then it was explained. I learned I could have an outrageously hyped up positive attitude. I changed a lot from this class because of what I learned from characterization to struggles, perseverance and hope. Just by talking to other people, you deal with different characters and personalities and you learn how to deal and cooperate with others. Being in StrengthBank has made me a better speaker, leader, more friendly, and understanding person. I also think everyone should take this class.
8. I never thought our school would approve of this class just because of the fact that it is so fun. I really thought StrengthBank was an awesome class (even though I missed a lot of school). It made me look at life a little differently and it made things look easier in certain ways. It helped me learn how to deal with some of my struggles and learn my character a little better. It helped me learn how to hand certain situations and not look at life as negatively like I did before. Before this class, I honestly didn't think I was going anywhere in life, but now, I feel more like "somebody" and more positive. I've also set myself more goals in life. One thing I always remembered was when a mentor said we should be happy about going to work everyday lie she is. It makes me really want to go into a career that I'd really have fun with instead of one where I'll make a lot of money. I think this was a great class with many benefits and I'd never take this class back and if I had the chance to do it all over again, definitely would. Even though I missed a lot, this class taught me a lot.
9. StrengthBank is more to me. It is a much more than a definition. It's getting to know who you really are as well as others. I learned a lot about all of my detailed characteristics and how I relate so much to the St. Bernard and Chimpanzee. How I can be outgoing yet still have self-control. I also thoroughly enjoyed all the speakers [mentors].
10. In the class called StrengthBank, I've learned on how not to let anybody "walk over" me. This class has had a lot of speakers [mentors]. I think that this class will change anybody around completely. This class should be a full year course and not just one semester. This class is very inspirational and although not may people know about it, everyone should try to take this class. IN this class it's taught me how to trust people more and also, now I can look straight into somebody in the eyes and actually talk to them and I'm no longer as shy as I were. If I could make it a main course, than I would make this class required class just as English, Science, Math and also social studies. I think that this class would help anybody. I've seen a complete change in myself and also in others in this class.

11. What I liked best...the [StrengthBank®] Animals! That was very creative on how you classify yourself as one of the animals, and gives a general understanding of the other students' attitudes and character. The newspaper essay article thing was good, too, it showed a positive light on things.... When I had a bad attitude, we'd talk about it; just stuff like that.... I would just like to say that this was a fun course to have as a class. This class usually cheered me up no matter how bad things were going on some days.

## TYPICAL TEACHER FEEDBACK.

### WHEN ASKED FOR FEEDBACK FROM TEACHERS OF STRENGTHBANK® FOR HIGH SCHOOLS – A RELATIONSHIP SKILLS INITIATIVE

#1 I have been given a new, foundation, vibrant tool to work with kids of all categories in high school. They are lacking this kind of specific encouragement to who they are uniquely and StrengthBank® curriculum provides that tool.

I am nothing short of amazed by watching at-risk kids who I have supervised during in-school detention, turn around and tune in as a result of StrengthBank® lessons.

I have seen gifted kids, literally realize their gift for the first time in a framework only StrengthBank® allows. They realize that their gift is not solo, it is conjunction with others who have gifts that help theirs. They have felt “superior” and now they feel connected.

I could go on and on, student by student. I have submitted some essays they wrote at the end of the semester that you will see later in this document.

I have volunteered to teach double the classes of StrengthBank® next year and hope it is my full time focus.

My students hated the class to end so much so that they have asked me to start a StrengthBank® Club. I have petitioned the school successfully to do that.

My students wanted to be identified with this concept to the point that they asked for and designed a T-Shirt to that end. Our dress code now allows T-Shirts.

#2. It is impossible to calculate what focus on a student’s StrengthBank® can do, and sometimes in the very moment the student sees himself or herself so correctly that he or she realizes why relational things have not been working. An in-school detention student, for example, realized for the first time that the behavior he was exhibiting that keeps him in trouble is the same behavior he needs for his life’s dream. Then he focused on now change behavior more appropriately but not because he was avoiding punishment but because he wanted to be in the core curriculum to achieve the purpose for his life. Amazing!

Dating relationships inevitably come up and the opportunities to guide life selections is unlimited. The kids will talk about what they don’t understand and help each other to get this most peer-pressure area under StrengthBank® control.

We are doubling the number of classes next year and I hope it grows until every student is required to take the StrengthBank® course.

#3. The kids became more tolerant and seemed to show a kinder side. They were also able to open up and the comparison to specific animals was very beneficial.

#4. What I liked best was getting to know what your students are thinking about life. The students complete the class with more confidence and increased self-esteem. They feel

better about themselves as they open up about issues they are concerned with. I feel I understand how to keep discovering and using more of my own StrengthBank® as a testimony for the kids. Students who were shy, started talking. Easier to talk to/with all students as they showed better confidence and increased self-esteem. Students set goals – more focused on going to college. Students talked more about fulfilling their goals and what they dream to be. Very few students spent time in in-school suspension. Before this class, several were regular in-school suspension participants. I would just like to say that I love teaching StrengthBank®! The guest speakers are great; everyone gets along in class, every student in high school should take StrengthBank®.

## TYPICAL MENTOR FEEDBACK.

### WHAT I LIKED BEST ABOUT MENTORING FOR STRENGTHBANK® TALK GROUPS

#1 What I liked best about the StrengthBank Talk Group is the fact that I am able to utilize some of my life's lessons and be able to identify problem areas with some of the kids (ie: Tiffany) and hopefully encourage them. Point out to them their strengths and pull them away from the negatives.

#2 The best thing about being a mentor with the StrengthBank Talk Groups is the interaction with the students. I enjoy seeing the children truly understand the concepts that we are trying to share with them, to see them get that "networking" and opening your eyes to others can truly enhance their lives. After we do the first few exercises and they learn things about each other realizing that they have things in common with someone they may have shrugged off in the past.

It is a gift to be able to give to young adults and students, helping them to become the best they can be. I get so much out of this opportunity.

#3 That the children had a time that they weren't going to be tested so they could step out of their comfort zone and interact on a new level.

#4 They bring the kids together, and start learning about not only themselves, but each other.

#5 The program gives each student the time away from academic pressure, parent pressure, or any pressure to clarify each one's own path and worth. No where else have I seen this focus put so clearly and in terms that not only the students grow but we mentors grow as well. Get this in every high school in America!

### I WOULD JUST LIKE TO ADD... like to add....

*#1 I think this is the greatest program to come along. I wish there had been something like this when I was in school. Schools prepare our children for the future in terms of academics, however, I feel, from personal experience, that finding your StrengthBank is just as important as the academics.*

*Knowing from the start where your strengths lie gives these kids such a head start in life. It also encourages them and gives them great pointers for networking.*

#2 This is a great program. I wish I had the chance to take it when I was in high school. Maybe I would have followed through on what my gutt was telling me when I was choosing my major for college.

I hope that all the students in Burleson have a chance to fully experience StrengthBank Talk Groups.

#3 It has been a real encouragement for me to be part of this program and to see the results that we have had with these students. I look forward to working with this organization for years to come.

#5 It's a wonderful program and I'd like to see it become part of the normal curriculum in every school. The ones who are lucky enough to experience this program will be better equipped to handle all different kinds of situations.

#6 It is exhilarating to see schools embrace the whole child, even in high school. There is an awareness in elementary of the whole child's needs but somehow when they get to high school they are thrown to the academic stairs that give them no more relationship and individual worth help unless they are high achievers. All fo a sudden, no one has real worth unless he or she is going to college and making good grades. Thank Heaven for StrengthBank®!

Other comments.

I would like to thank you for allowing me to come into your class and speak to your students. I would also like to ay that I am very happy to return and speak to your class again. The letters were very informative about what your students are thinking and how we can help them with their future. I would also like to say that your students to be some of the best students I have had the pleasure of working with and if they would like to talk to me directly my numbers are on the bottom of this letter.

## TYPICAL PARENT FEEDBACK.

### PARENTS WHEN ASKED TO GIVE FEEDBACK:

Well I am sure you noticed Robert has a positive attitude most of the time. We have talked several times about StrengthBank. He has nothing but good and positive thing to say. In fact, his eyes light up and you can see and hear the enthusiasm that he has for the claqs. He talks about advice and suggestions the class received from you and your guest speakers [mentors]. Robert has an attitude that will make him successful in anything he ventures into. Even though Robert has a natural positive attitude, I feel the StrengthBank class has broadened his mind. I know StrengthBank is Roberts' favorite class. I hope the school keeps the class and teacher like you. I know I wish we had a StrengthBank class when I was in school. Thanks for asking for the feedback.

A StrengthBank® student's father.

Patrick has improved a lot. This could be a combination of efforts at home and this [StrengthBank®] class. He doesn't anger as quickly or argue as much and is more calm in discussing things. He made a comment about not trying to fint in by making wrong choices. Said as long as you have friends and know what your doing, don't worry about impressing other with negatives.

A StrengthBank® student's mother.

Yes, I observed changes in my child. [My daughter] talked a lot about the StrengthBank® class. She seemed to be more connected to other students and school activities. She seemed empathetic. I wish she could take it again!

A StrengthBank® student's mother

I just wanted to let you know that I think this class [StrengthBank® Accredited Course] has been very good for Mitchell. He has started to think about what he wants to do after school. I think this is a very positive class and just wanted to say THANKS.

A StrengthBank® student's mother