

# Girls Learning to Achieve Multitudes of Success

## Mission Statement:

G.L.A.M.S. is dedicated to helping girls develop a deeper understanding of who they are while building strong, positive relationships. Using a character-based framework to look critically at topics, such as media messages, cliques, bullying, peer pressure and healthy lifestyle, G.L.A.M.S. empowers girls to love themselves for who they are.



## Who should get involved?

This school counselor directed program is suited for females who want to make a difference in their community and commit themselves to making positive choices, and are tenth through twelfth graders. The group leaders need to be committed to listening, supporting and caring for each member involved in the program. The leaders in this program will find a deeper sense of who they are, and see firsthand the positive impact that their time and support have on the members. Also, the lesson plans teach positive messages to all participants and keep the members keen on being the best they can be.

## What is G.L.A.M.S.

G.L.A.M.S. is a leadership program in which participants learn life lessons through group discussion. The activities and group work are led by school counselors and volunteers. The program uses carefully selected activities and engaging group discussions. The group leaders have a positive influence on the members and meet for approximately 30 minutes per session bimonthly.

This program has many goals. It focuses on fostering inclusion, and building a sense of belonging with each individual member. During the delivery of the program, not only is there a sense of inclusion, but often the group becomes a "tight-knit" group able to find security and comfort in each other, thus increasing the self-confidence of everyone. The group leaders will teach the members how to resist negative peer pressure, help them to think critically with regards to negative media messages and address personal health issues such as saying no tobacco and other drugs, as well as avoiding teen pregnancy.

*Group Leader: Tonya D. Jones, School Counselor  
Central High School*

**Philosophy:**  
By providing youth with consistent, caring leadership, they will learn life skills and develop core values through exposure to small group counseling and community excursions. Leaders will utilize teachable moments to illustrate these values.

**Central High School**  
**103 School Road**  
**West Helena, Arkansas 72390**  
**Phone: 870.572.4506**  
**Fax: 870.572.4502**  
**tjones@hwh.grsc.k12.ar.us**

**10 Lessons from Greatness  
(Adopted from Tony Gaskins)**

1. Use your natural gifts
2. Be relentless in your pursuit
3. Failure is a part of success
4. Money comes and goes
5. Not everybody will make it with you
6. Appreciate the climb
7. Even successful people fail
8. Master your craft
9. Ignore the critics
10. You must grow



**Loving Myself**

- Believing "I Can Do It"
- Appreciating myself, taking care of me
- Taking healthy risks, trying new things
- Building my confidence
- Developing leadership skills

**Building Relationships with Others**

- Appreciating people different from me
- Trusting the reasons behind what others do
- Being understanding of others, even when it's really difficult
- Communicating with respect to kindness

**Striving to Achieve**

- Improving my grades in school
- Reading for enjoyment
- Making real efforts to do my best
- Being motivated to learn

**Believing the Sky is the Limit**

- Seeking out information about careers
- Being open to possibilities about my future
- Exploring ways to make my dreams come true