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A global volunteer organization that improves the lives of women and girls through programs leading to social and economic empowerment.

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Dream It, Be It Curriculum Advisory Group Report & Curriculum Updates

Background

Since 2015, more than 35,000 girls have participated in *Dream It, Be It: Career Support for Girls* ® with outstanding results. While *Dream It, Be It* has had impressive results, SIAHQ staff have received suggestions to improve the curriculum.

Staff worked 17 members who are frequent users of the curriculum to review the curriculum, consider the suggestions and explore other options to improve the program. As a result of this work, the following changes were made.

Curriculum Changes

- **Movement Options Handout**
  - A list of age-appropriate movement breaks for clubs to incorporate as needed into their *Dream It, Be It* projects
- **Session 2: Exploring Careers**
  - **Section B**
    - Updated narrative to reflect Curriculum Advisory Group feedback and to involve more movement in the activity
  - **My Values: What is Important to Me?**
    - Handout *My Values: What is Important to Me?* was combined *with Identifying My Values* handout and activity to reduce length of session and reduce number of handouts
  - **My Values, My Careers Handout**
    - More career options were added that don't require college education to pursue
- **Session 3: Creating Achievable Goals**
  - **Section B**
    - Removed *Tamara's Story* handouts and activity and mentions of it from the narrative to reduce length of session and reduce number of handouts
  - **Section F**
    - Removed the *Action Steps Practice* to reflect Curriculum Advisory Group feedback to reduce length of session and reduce number of handouts
  - **Creating Actionable Goals**
    - Updated narrative to reflect Curriculum Advisory Group feedback and to involve more movement in the activity
- **Session 4: Rising Above Obstacles**

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    - **Section A**
        - Removed *The Game of Life* and included *The Line Game* in its place and updated narrative to reflect that change
    - **Enduring Obstacles Skits**
        - Updated skits to reflect more teen-oriented scenarios that mirror common career obstacles that women face
- **Session 5: Turning Failure into Success**
    - **Resilience Handout**
        - Removed the *Resilience Handout* to reflect Curriculum Advisory Group feedback and save time; updated narrative and instructions to reflect those changes
- **Session 6: Balancing Your Stress**
    - **Identifying Stress Handout**
        - Removed the *Identifying Stress* handout to reflect Curriculum Advisory Group feedback and save time; updated narrative and instructions to reflect those changes

Questions about the updated curriculum? Email program@soroptimist.org for assistance!