

Appendix A

Give Me F.I.V.E Objectives

<i>CETA's Components of Wellness</i>	<i>Faith/Focus</i>	<i>Investment</i>	<i>Vision</i>	<i>Empowerment</i>
Mental	<i>Participants learn the power of mental alertness, focus, and follow through.</i>	<i>Participants learn how to reduce stress and anxiety by investing and committing to positive thinking</i>	<i>Participants learn that a well thought out vision takes place before action.</i>	<i>Participants engage in peer-led rap/group sessions regarding current challenges/trends</i>
Physical	<i>Participants learn about how being physically fit can reduce disease.</i>	<i>Participants learn how to decrease the risks of chronic disease.</i>	<i>Participants develop vision boards that outline their plans for staying physically fit</i>	<i>Participants learn exercises and fitness techniques</i>
Social	<i>Participants learn how to become socially confident</i>	<i>Participants practice public speaking and learn how to be professional and adaptable</i>	<i>Participants identify their passion</i>	<i>Participants learn from experts in their passion fields.</i>
Spirit	<i>Participants learn the impact spirituality has on life</i>	<i>Participants incorporate prayers/meditation into their daily routine</i>	<i>Participants discover the benefits of prayer and meditation</i>	<i>Participants hear from spiritual leaders</i>
Environment	<i>Participants learn the importance of advocacy and</i>	<i>Participants commit to serving in their community</i>	<i>Participants develop their own advocacy</i>	<i>Advocacy groups and orgs visit</i>

Intellect	<i>Participants learn how to be open minded to new concepts and ideas</i>	<i>Participants take tests and assessments to measure skills and abilities</i>	<i>Participants improve skills and seek challenges in pursuit of lifelong learning.</i>	<i>Participants receive tutoring</i>
Occupation	<i>Participants learn about different careers and professions</i>	<i>Participants commit to secondary education regardless of their desired career field interests</i>	<i>Participants learn how to set more than one career goal/dream</i>	<i>Celebrities and professional athletes talk about the education behind the craft</i>
Financial	<i>Participants learn financial literacy and dignity</i>	<i>Participants focus on saving vs. spending</i>	<i>Participants create a budget and investment plan</i>	<i>Participants meet bankers</i>