

## WCSD introduces life skills

### *School of Life offers after-school program to students*

Written by  
Samantha Sadlier



*School of Life trainers Jeff Sherman and Michelle Orton begin class at Snow Canyon High on Wednesday, Feb. 26, 2014. / Trevor Christensen / The Spectrum & Daily News*

**ST. GEORGE** A program devoted to helping youth and adults find success by learning life skills, the School of Life Foundation is expanding to Washington County high schools, other parts of Utah and other parts of the country.

Jack Rolfe, president and founder of the School of Life, said all public high schools in Washington County, with the exception of Enterprise High School and Tuacahn High School — a charter school — offers the School of Life after-school program to provide high school students with the option for a way to recover lost credits.

“It’s exciting we are expanding,” Rolfe said. “Our mission is to teach these kids life skills. We want to help increase the high school retention rate.”

In America, there are about 8,300 high school students that drop out of school each day, Rolfe said. These individuals are also more likely to be involved with crime, be impacted by poverty and poor health than their educated peers.

At Desert Hills High School, the students who chose to participate in the School of Life Foundation after-school program to recover credits instead of going through the traditional restitution programs saw an average 10 percent increase to their GPA, while students who chose alternatively did not, Rolfe said.

Michelle Orton, chief motivational officer for the School of Life, said she enjoys teaching Snow Canyon students and hopes the students learn they have potential.

“We have so many kids that come in here and set these small goals and by the end of it, they have bigger goals and the ability to reach those goals.”

As the program expands on the high school level, Rolfe said the focus is on bringing new, qualified trainers to teach the course at the various area high schools as well as at the schools where the program is expanding in Iron County, and possibly Nevada and Oklahoma.

“We’re bringing some really good people in,” he said.

Kip Kint, School of Life director of training, said part of the student curriculum focuses on “The Ten A’s,” which include appreciation, assist, attitude, aim, associate, align, action, avoid, adapt and always.

Rolfe said the team is also working with the secondary-education teaching program at Dixie State University to find students interested in a paid internship through the program. Once the students graduate school, and have experience working for the foundation, they can become certified School of Life trainers at schools where they work.

Trainer Jeff Sherman, who is currently teaching the School of Life curriculum to restitution students at Snow Canyon High School, said he loves what he does.

“It’s about teaching them to value self,” he said. “That’s really big. Understanding the importance of others in your life and your associations is really one of the most important things they learn.”

Sherman said he hopes the students learn to set and reach goals. “We want them to dare to dream,” he said. “We want them to learn not to fear disappointment and that their goals can come to fruition.”

Rolfe said while the students involved in the program are often classified as at-risk, he’d like to see that change. “I believe all students are at risk in this world,” he said. “They can all benefit from this program.