



## Student Benefits:

- **Thinking and Problem Solving:** Students think critically, analytically, and creatively. They know how to find, evaluate, and synthesize information to construct arguments. They can design their own solutions to complex problems.
- **Team Work:** Collaborative students work well in teams. They communicate and understand multiple points of view and they know how to cooperate to achieve a shared goal.
- **Values and Culture:** Students learn about a community and sports culture and values around that. They choose what values they want to have to operate as a learning team.
- **Effective Communication & Collaboration:** Students communicate effectively in writing and in oral presentations. They structure information in meaningful ways, listen to and give feedback, and construct messages for audiences.
- **Self-directed Learning:** Students develop an ability to direct their own learning using self-assessment strategy. They set goals, monitor their own progress, and reflect on their own strengths and areas for improvement. They learn to see setbacks as opportunities for feedback and growth. Students who learn through self-direction are more adaptive than their peers.
- **An Brain Plasticity Mindset:** Students with an brain plasticity mindset have a strong belief in themselves. They trust their own abilities and believe their hard work will pay off, so they persist to overcome obstacles. They also learn from and support each other. They see the relevance of their schoolwork to the real world and their own future success.

