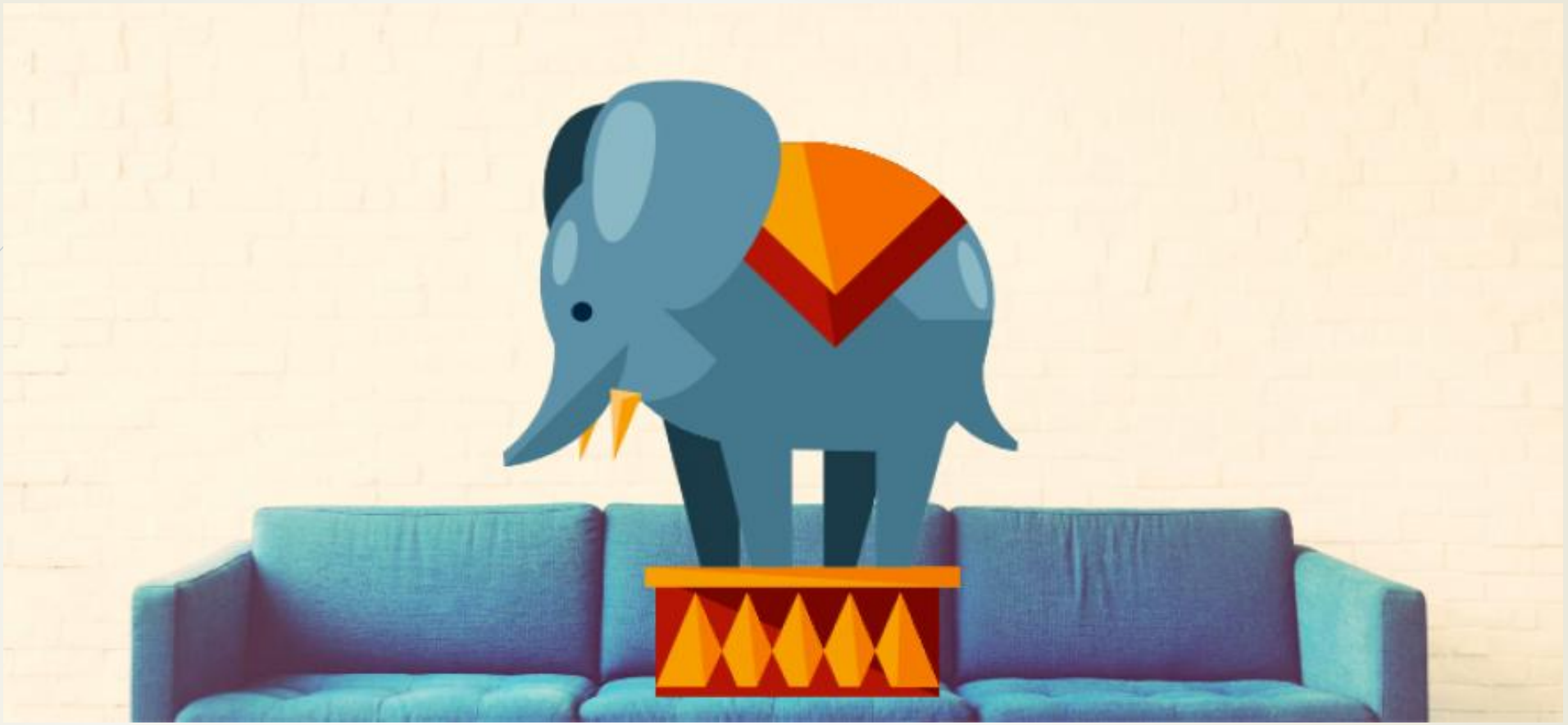

source: SmartBrief

HPOG STAFF SUCCESS STORIES

Rising Stars Resiliency Accountability Communication

….and Tackling Elephants

Project H.E.L.P.
at Central Community College

-25-county service area in Nebraska

-3 campuses, 4 learning centers

-serve early college, traditional & non-traditional students

-assist with 10 healthcare classes/programs

-CoLynn Paprocki, email: colynnpaprocki@cccneb.edu

Central
COMMUNITY
COLLEGE

Angela - A Rising Star

Scenario:

-Circumstances

-Obstacles

-HPOG/Project HELP

-Outcome

-Specific Strategies/Best Practices

Casey - Resounding Resilience

Scenario:

-Circumstances

-Obstacles

-HPOG/Project HELP

-Outcome

-Specific Strategies/Best Practices

Is Your AC On?

How can we help students feel:

-Comfortable

-Relaxed

-Able to focus

-Productive

How Can I Be An AC For Participants?

-Partnered Accountability
-Conforming Communication
-Planting Seeds
-Providing Hope

Partnered Accountability

-Together: Setting Goals with focus on autonomy in decision making

-Participant: How and by when

-Success Coach: Checking in

-Life Skill=Building Trust - both parties attempting to do what we say we will do and if not, revisiting steps

Conformative/Confirmative Communication

-Format-meet you where you are

-Purpose-just to vent or to problem solve

-Authentic and Appropriate-honest and constructive

-Life Skill-ability to communicate at all levels

Planting Seeds

Motivation: What is your why?

Social Capital: Who are your people?

Providing Hope

Future Story: Where do you see yourself in 5 years?

-Degree

-Dream job

-Ideal lifestyle

Strategies

-The Ask!

-Get the Details

-Reality Checks

The Elephant in the Room

A Tough Conversation…
Do I Really Have To?

T or F: Participants would rather have help to cage the elephant in the room than to have to ride it alone?

TRUE!

How to tackle it: preface, transparent, listen, use emotional intelligence, and then move forward

Final Phrases

Angela: Who Knew, Project HELP Knew

Casey: Keep On Keeping On

Key Strategies and Best Practices: Be "empathetically real" and plant seeds of growth, social capital, and of a future story.

HELP
HEALTH EDUCATION LADDERING PROGRAM

Contact Project H.E.L.P.

projecthelpcareers.com

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