



# THE TERRIER TIMES

The Competency Takeover Edition  
December 2017



Meadowridge  
Academy

For December's  
Newsletter we are having  
a Competency  
Department Takeover!

## **But first, what is Competency?**

At Meadowridge Academy Competency is the pursuit of any strength, skill, or endeavor that builds a stronger sense of self, identity, and character.

Basically, Competency exists somewhere between the worlds of direct academic education and recreation.

Competency is the lessons and experiences that help us become the human beings we desire to grow into!

## **A few Examples of Competency Building Activities:**

- Learning independent living skills
- Lessons in a musical instrument
- Learning job and career skills
- Resumé building
- Team sports
- Rock climbing
- Participating in a weekly wellness and fitness program
- Community Service
- Mindfulness
- LGTBQ Groups
- Vocational Training
- Applying to college



**Over the past 2 months our students engaged in a new program called The Hero's Saga Therapeutic LARPing Adventure**

**What is LARPing?**

**LARPing is Live Action Role Playing. Students would engage in fantasy based adventures where they had to build a team and complete the journey together. But before they could go on their journey, they had to interview for the job with a resumé and references. They also had to negotiate their own salary for the quest.**

**My plan was to use it as a positive activity where we could sneak in competency lessons with the fun, so learning things like resumé building and life skills, weren't such a chore.**



**Goals**

Team work

Spending

Resumé Building

Interpersonal skills

Self-Regulation

Socialization

Relationship Building

Frustration

Self Esteem

Accountability

Delegation

Interview Skills

Salary Negotiation

Mindfulness

Budgeting

Tolerance

Problem Solving

Resolving Differences





**The program was designed and executed with the help of Mastermind Adventures, which is a board game lounge and live action role playing game arena run by experts in creative programming. Together, Meadowridge Academy and Mastermind Adventures created a Live Action Role Playing program that inherently taught students job interview skills, self advocacy, salary negotiation, team building, and how to foster healthy frustration tolerance.**



**Before they could go on their journey as a team, they had to interview for the adventuring job and negotiate salary based on their resumé and what they felt they were worth. During the first week, 2 out of the 10 students negotiated salary. By the end of the 6 weeks, every student had begun to negotiate the salary and advocate for themselves. Students also worked on resumes with Jay in the ELA class. We also saw huge improvements across the board in interview skills!**



# Results



**By the time we got to the last adventure, students were talking, planning, taking their time, not choosing to fight the bad guys first but instead talk to them, and listening to make it through the puzzles and challenges. They were also more prepared for their job interviews and more confident in advocating for themselves.**

**Everyone involved saw improvement in job skills, budgeting, and frustration tolerance. We went from 10 students individually trying to complete a quest and get paid, to a team consisting of 10 peers working together to achieve a common goal. By working together they could solve puzzles more quickly and delegate tasks based on team members' strengths.**

**Everyone who started the program completed it, with perfect attendance.**



**Competency is really what living is all about. Yes, we need to achieve goals, do our jobs, learn our lessons, and work hard; but the fun we have along the way and the skills we build are what make us who we are.**



**We can discover who we are by pushing ourselves to scale a cliff week after week with our friends motivating us or finding that instructor who knows how to help us get stronger and learn what we are capable of!**

**“Character is higher than intellect. A great soul will be strong to live, as well as strong to think.”**

**—Ralph Waldo Emerson**

