



Team Odyssey

Our Team Odyssey program is a series of low and high challenges. The activities allow individuals and teams to **recognize strengths, develop self-confidence, feel empathy, and evaluate leadership**. Following each challenge, participants will reflect about their own responses, and determine how to work through emotions when they find themselves outside their comfort zone.

“Our goal was to provide our students with an opportunity to build relationships, trust, and respect. Our students related to the facilitators and enjoyed their day – they had so much fun and didn’t realize how much they were learning!”

– Robin Dodd, Swift Creek Middle School



4-5 hours

\$50 / person

10 - 120 group size

At U of R

1:15 staff ratio

Challenge Discovery’s philosophy has always been based on character development in an effort to develop relationships, teamwork and confidence. As researchers increasingly link cognitive skills to success in education, we are now integrating the five **Social and Emotional Learning (SEL) competencies** into each of our three programs. Each program emphasizes specific strengths and focuses on certain competencies of the model described in more detail on page 2.



The social and emotional learning (SEL) integrated framework enhances students' capacity to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges. While all five competencies are included in the Team Odyssey program, we bring specific focus to the two that promote **intrapersonal competence**.

SEL Model



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Self-awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Self-management

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills