

Introduction

What is The PATHS® Programme?

The PATHS® Programme is an exciting new curriculum. The PATHS® Programme was written to help primary school children develop better thinking skills, more mature and responsible ways of behaving, emotional literacy and improve academic performance.

What are some of the goals of the PATHS® Programme?

- Increasing children's abilities to think and solve problems for themselves
- Improving children's understanding of themselves and others
- Helping children with emotional literacy and awareness of feelings
- Improving children's feelings about themselves (that is, improving their self-esteem)
- Increasing children's abilities to learn more effectively in the classroom environment

How will the PATHS® Programme help my child?

The world is changing rapidly. Problem-solving, emotional understanding and knowing how to interact well with others are increasingly important for success in today's world. To best prepare children for the future, social-emotional learning is an important part of the primary school curriculum.

The authors of the PATHS® Programme also believe that the five goals listed above are critical for efficient learning. When children can think independently, feel good about themselves and act responsibly, then they are more motivated to work to their potential. By teaching these thinking skills, PATHS® will be teaching your child how to learn. Many parents/guardians have noted that the concepts that are taught in PATHS® are among the most important goals that they have at home. Therefore, improvement in your child's skills should also be helpful for you and your child in your family environment.

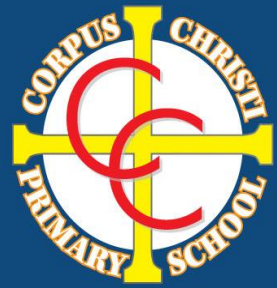
Why is it important for parents/guardians to know about the PATHS® Programme?

Parents/guardians are a child's most important models and teachers. As such, you are the most important influence on your child's development! The more that you understand about the PATHS® Programme, the more you will be able to help reinforce and support your child's skills. So, information about PATHS® can help you be more involved with your child's learning and development. By joining together in using positive ways to teach children self-control, emotional understanding and problem-solving, both at home and at school, teachers and parents/guardians can create better learning environments and enhance developmental growth.

Commonly Asked Questions

Where was the PATHS® Programme developed?

The PATHS® Programme models itself on the PATHS® Curriculum. The PATHS® Curriculum was developed at the University of Washington in Seattle, Washington, by Dr. Carol Kusché, Dr. Mark Greenberg and other staff members of The PATHS® Project.



How is the PATHS® Programme being used?

I will be teaching PATHS® lessons in the classroom on a regular basis. Each lesson will last between 20 to 60 minutes and will focus on one or more particular skill. I will try to keep you informed about these different areas as we go along, but please contact me if you would like to know more!

In addition to the lessons, I will also use PATHS® Programme concepts and materials to encourage and model the ideas throughout the classroom day. In this way, your child can learn how to use PATHS® ideas with other curriculum subjects, such as reading and arithmetic, as well as in social interactions.

What academic skills will my child learn in the PATHS® Programme?

A variety of learning skills are taught during the PATHS® lessons. These skills include reading, writing, spelling, vocabulary development, logical reasoning and verbal communication skills.

Will using PATHS® lessons take time away from my child learning other academic subjects?

The authors of PATHS® have done considerable research to answer this question. They found that in every school studied, children who received PATHS® scored as well on achievement testing as children who did not receive PATHS®. In addition, children who received PATHS® actually showed improved scores on some types of cognitive testing when compared to children who didn't receive PATHS®.

How soon will I see changes in my child's abilities to handle feelings and to solve problems?

Every child has his/her own personality and therefore will use information he/she is learning in different ways. Similarly, each child will also follow a different timetable for showing changes in his/her abilities to handle feelings and solve problems. Your participation with assisting your child in various home activities will help your child with this process, which in turn, may help you see positive results sooner.