

UpToYou

— Emotional education —



The emotions: A springboard for personal growth



WHAT IS UPTOYOU?

UpToYou is a platform for reflection on and dissemination of emotional education, understood as integration at the service of personal growth. Acquiring skills and techniques are important, but the key to education is found in relationships. This encounter develops in an emotional key because the emotions, far from being a mere reaction, are an expression of our way of living and being. Emotional dialogue is a personal dialogue and emotional education should enable and promote this interpersonal encounter.

APPROACH

It is our understanding that no person lives in isolation; rather the person is defined by his or her interpersonal relationships and personal growth amounts to the growth of these relationships. Furthermore, we understand emotions as a reflection of a person's existential situation at a particular moment in time and that the person is unique in that she experiences intimacy. Therefore, we understand that emotional education as integration can serve as a platform for personal and social growth.

GOALS

We aim to help participants make a journey of personal growth whose first step is the acceptance of their personal reality, which can be discovered through their emotional situation. Therefore the information contained in the emotions can be discovered in a relaxed atmosphere, thus getting to know participants' personal situations and helping them understand that emotions incite a state of change that is called growth. We then aim to guide participants through their interior, so that from there they can make decisions about daily life and, from what they learn, choose a path of personal improvement.



UPTOYOU COMPONENTS

GROUP MEETING

This component consists of a brief introduction, the central activity, reflection, and an activity proposal. The group meeting has three different goals, including (1) to explain different tools, (2) to go into a variety of themes that help participants better understand specific aspects and (3) to go over and reinforce the tools.

SUPPORT GROUP

This meeting consists of two or three students that are close enough to support each other during the sessions. This support helps students to monitor proposed actions and share their experience; they advise each other, reflect together and support each other in the day to day. Participants learn not just to relate to themselves, but also with their peers.

Support group meetings intend to harness peer-group influence and direct it toward personal growth and to help establish healthy friendships. All support group meetings include a decision-making element that is then evaluated at the following meeting.

PERSONAL INTERVIEW

The tutor conducts these interviews with either individual students or with the support group, thus providing close monitoring of participants' experiences with the program.

PERSONAL ASSIGNMENTS

These assignments are relatively small and consist in doing defined exercises individually. This activity is mean to encourage the reflection and interiority necessary for personal growth.

TOOLS

The tools introduced in the program are resources that help students to take their lives seriously, to grow in personal knowledge and to take steps forward.



An **emotional record** is kept to evaluate participants' day and perceive emotional variation over time.



A **review of the day** brings out the best in a day and promotes appreciation and consideration that always looks forward.



The **stop light** allows participants to discover the kinds of desires that arise from within them.



An **emotional chain** helps participants free themselves from routine and discover the great benefits that personal relationships have to offer.



The **rudder** assists participants in making their good wishes reality.



Lupa is used to examine the logic of feelings.



Thoughts help give shape to participants' inner worlds.

6 PHRASES UPTOYOU

- 1 **UpToYou.** It's up to you. You have the last word
- 2 **Always growing,** no matter what comes
- 3 **Emotions are an opportunity to grow**
- 4 **Emotions are information**
- 5 **Know oneself and others and love oneself and others**
- 6 **Gratitude shows personal growth**