

# Chapter 4

## Lesson 10

### Support – Stay the Course

**Theme: Make a plan that shows who I am, where I'm going and how I'm going to get there and how I will keep it together**

#### Lesson Objective:

Students will produce a plan to start immediately and one to start when released. Students will predict risky situations that could interfere with the plans' goals (get out, stay out). Students will devise "risk management" plan including the use of MRG and contingency "Emergency MRG" actions. (See matrix for Arizona Academic/Adult Standards).

#### Steps to Follow:

**"What would life be if we had no courage to attempt anything?"**

**--Vincent Van Gogh**

- Introduce lesson with the self talk litany. Ask how the Big Ideas fit with this lesson.
  - If the student has been incarcerated before and transitioned back into the community, have him/her review Lesson 1 *I'll Be Different EN1*. This activity may be useful for all students.
1. Tell: Look at your PDS (Personal Data Sheet, completed in Lesson 1 and filed into your MRG). Look at your MRG. Highlight the areas where you don't have information, but should.
  2. Tell: Show this to your instructor. How can you fill in the blanks? If you can't now, what's your plan to do this in the future? You may want to use this plan for Part 2 of this lesson.
  3. Look at the Emergency MRG Card. Tell: This is the "safety net." The writing on this card is the first thing you should think about when you're in an tough situation. Complete the *Emergency MRG Card S.1*
  4. Complete the *Goal Sheet S2*. The student fills in the "goal" as "get out and stay out".
  5. Complete *Putting It Together/Keeping It Together S4*.

## **Materials:**

From Lesson 1, *I'll Be Different* EN1

Work from previous lessons

*Emergency MRG Card* S1

*Goal Sheet* S2

*Putting It Together/Keeping It Together* S4

## **Evaluation:**

Rubric.

## **Enrichment:**

*Document Checklist* EN1. Have student identify areas where they need more information and place this in their MRG.

*Been There Done That: The Real You* EN4

This lesson lends itself to providing information to students about areas they may want or need to explore once released. This may follow along with what was developed in their MRG, or be the result of obtaining additional information from other students during their MRG presentations.

Guest speakers may be brought in to help students look at some of these areas.

Students may also assist newer students in beginning their MRG and serving as a resource to students who need additional support.

# S1

## Stop and Think

**I am responsible. I can run my own life**

## Next

## Next

## Next

**MRG**

## Goal Sheet

S2

Goal (something I want to do, be, get or accomplish):

My **goal**:

---

I'll reach it (circle one)      Today      This week      This month      This year

This goal **is important to me**, because

---

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Rate how important:      **Critical**      **Very Important**      **I hope it'll work out**

Rate how hard you're going to work at it:      **Critical**      **Very Important**      **I hope**

**Steps** I'll take

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I'll **need**

---

---

**Where** I can get what I need

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I **trust** \_\_\_\_\_ to help me.

**Problems** that could interfere

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**My plan** to solve the problems

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If things don't go well, I'll

---

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I have written a Self-Contract

**Yes**

**No**

## Putting It Together/Keeping it Together

S4

It's said that the best way to learn something is to teach it to someone else. You will be sharing your insights about your PDS and MRG with others in your group or with your instructor. To gather some thoughts about what you've accomplished in the packet, use your PDS, MRG and VGC to answer these questions:

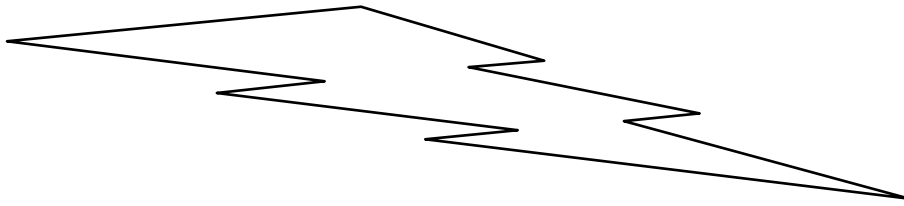
1. My PDS and MRG are complete.                      Yes                      No
2. When I get out, I think the most useful information will be \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. High risk times for me to get into trouble are  
\_\_\_\_\_  
\_\_\_\_\_
4. My goal is to use My Resource Guide to help me through the risky times. Two ways I could do this:  
  
When \_\_\_\_\_  
  
I will \_\_\_\_\_  
  
When \_\_\_\_\_  
  
I will \_\_\_\_\_
5. Before I used this packet to look for resource and write them down, I thought  
\_\_\_\_\_  
\_\_\_\_\_  
—  
  
Now I think \_\_\_\_\_  
\_\_\_\_\_
6. Other information, ideas, and opinions I'd like to share in my presentation.  
\_\_\_\_\_  
\_\_\_\_\_

**You're ready. Visuals are always helpful; show your MRG and PDS.**

## Document Checklist

EN1

Name				
Document	On File	Need Replacement	Date Received	Notes
Schools or colleges				
Apprenticeship Programs				
Occupation Preferred				
Social Security Card				
Photo I.D.				
Birth Certificate				
Employment Eligibility Verification				
Certificates				
Programs/Classes				
Credentials				
High School /GED				
Occupational				
Other				
Driver's License				
Recommendations/References				
Resume				
Sample Application with critical information (PDS)				



## Been There Done That: The Real You

This is advice from a former prisoner incarcerated in State and Federal prison 3 times for a total of 7 years, 3 months. He'd been out 1 year when he wrote this. He's been out for over 5 years now (2002)



If you want to stay out of prison once you get out, you have to have a strategy. Do advanced planning so your impressive achievement of getting out of prison will be staying out.

Six things you can do *before you leave* prison. If you can't do it here and now, you won't be able to do it there and later.

1. First, practice accomplishing something you didn't think you could or would: get your GED. Why? Because...
  - It'll force you to confront Delayed Gratification.
  - GED guys are no smarter than you are; they just stuck with it even when they didn't want to.
  - Getting a GED can double your income – that could be a good \$50,000 over the first 4 years. That means a nicer place to live, car to drive, better vacations, Christmases, even what's called an investment portfolio.
  - Get the feeling: nobody gave it to me, and nobody can take it from me.
  - It does help you get a better job because it opens doors for you. No GED, no key to the door.

2. Second, learn conflict resolution skills. Why? Because...

- To live is to be in conflict, and if I loose it, I'll loose everything.

*Remember how stuff happens?*

- You arrive home after work and find another car in your designated parking space.
- You wake up in the morning after a bad night's sleep. You're late. You are putting on your shoes and break your shoelace. Your wife says, "good morning" and you want to slap her into next Tuesday.
- John is 13, your brother's eldest child. He is a real clown. As a little boy he could get everyone in the family laughing when he wanted to. But lately you've seen what you think are tell-tale signs that he's using and maybe selling drugs.
- You've been at home for 3 weeks. You and your lady have started to argue a lot. It's almost always over little stuff. But the arguments are getting more and more frequent. You're afraid it's turning into the bad old times all over again.
- Your 13-year-old daughter Alice brings up at dinner a problem she's been having with her best friend Pamela. Nearly every day at lunchtime, Pamela asks for part of Alice's lunch. Sometimes Pamela wants half of Alice's sandwich. Other times, she reaches over and takes one of Alice's cookies. Alice knows that some conflicts are not important enough to fight over or even bring up. But conflicts can grow if you just ignore them, and she doesn't want that to happen.

### ***You need conflict resolution skills***

3. Third, practice: Stop and Think. Use the brain God gave you.

4. Fourth, join AA or NA - only a fool convinces himself he's so tough that he doesn't need help. Guys who would laugh at you for joining are like turkeys, not eagles: there's more of them, they have wings but don't know flying; they eat what they're fed not what they hunt. Are you a turkey or an eagle?



5. Work your way into a leadership position. Leaders are people who do what's needed - it's no big deal. There are people out there who need your help. A law you can't break: what I give away comes back to me, so help people.
6. Get a reference, or at least a phone number from your supervisor. Mail the phone number and/or letter to yourself at home - it's precious.

Things you can do *after you leave prison*.

1. First, work your Parole Officer smart.
  - Ask, "What can I do to stay out?" Then give him your resume.
  - You need him on your side - he can do with a few phone calls what you'd take weeks to even know about.
  - You'll be different from all the other parolees - nobody asks that question!
  - Thank him a lot. Be sincere and give away the credit. Win the war, not the battle.
  - Be sincere. Even a little kid can spot a phony. So can a PO.
2. Know what your PO can do.
  - He's crucial to your job/career strategy.
  - He has access to housing, food stamps, and travel vouchers, even clothes to wear for job interviews.
  - Get him to help you join NA or AA again. Hey, you need all the help you can get!
  - Have him get you into volunteering. Community service isn't so bad. Give back to society. It's the right thing to do - there are people out there who need what you have to offer. Two hours at a soup kitchen, what'd you give for someone to help you when you were down? And there are no soup kitchens in heaven, guaranteed.