



About LifeSkills Online Training

LifeSkills Online Training prepares teachers, school counselors, prevention specialists, community youth educators, and other program providers to effectively implement state-of-the-art prevention education activities and teaching strategies found in the Botvin *LifeSkills Training* program with confidence and fidelity.

What will I learn?

During the workshop, participants will:

- Enhance their skill capacity to teach the LST curriculum
- Practice teaching strategies using lessons from the curriculum
- Learn instructional and classroom management strategies for successful program implementation
- Review the theory and research behind the LST Program
- Address challenging questions
- Participate in interactive discussion boards with peers and a Master LST Trainer

How will I learn?

The provider training is presented through the Schoology learning management system (LMS) in a completely self-paced setting. The training can be accessed on any computer with Internet access, at the convenience of participants. Participants have 7 days within which to complete the 6-hour course, which consists of easy-to-navigate modules composed of videos, narrated PowerPoint presentations, and moderated discussion boards.

A certified NHPA trainer assists participants within the course. Discussion boards are key elements through which participants can process their understanding of the course as well as learn from others in the course. Indeed, participants are encouraged and expected to take part in a respectful dialog with their fellow participants. Participants will receive confirmation and a certificate once all training requirements are sufficiently completed.

What do I need?

- Computer with internet and audio access
- LST Teacher's Manual and Student Guide for the program
- Quiet place in which to take course
- Availability during assigned 7-day period to review and complete assignments in a thoughtful manner

This training provides an environment in which participants interact not only with the material and the instructor but also with each other. Participants are encouraged to take their time going through the material and thinking about how they will implement it. Each participant comes to the training with a wealth of information and experience, and each person is encouraged to share this while respecting each other's boundaries.

Note: NHPA reserves the right to remove a participant from a course, with the option of no refund, for failing to conduct themselves in a professional manner and meet expectations of provider training.

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