



The Trek - BASICS Program Class Summary¹

Class Title	Description	Order
Information-Knowledge-Belief	Over the course of the week, we are going to be providing students with a lot of new ideas – some of which are going to directly contradict what they already “know” or believe to be true. But if they take the ideas and make it a part of their lives, they can experience significant change.	Mon. (a.m.)
Behaviors I	Much of who we are is based on the experiences in our lives – both good and bad. In Behaviors I, we will take the time to identify negative actions of others and discuss how they impact the definitions we have of ourselves.	Mon. (p.m.)
Behaviors II	Now that we recognize how our definitions are defined by our experiences and the choices we made as a result, it’s time to look at how we treat others. Do we see the pattern of negative actions of others in our own lives?	Tue. (a.m.)
Choices and Consequences	No matter what the circumstances are, we always have a choice for how we will respond. No matter how we choose, we are responsible for the consequences – both good and bad – for our decisions.	Tue. (p.m.)
Self-Talk	We all have an internal “voice” that comments on our actions and decisions. Most of the time, however, this voice is negative and condemns us. Where did it come from? Why is it important? How do we get it to work for us instead of against us?	Wed. (a.m.)
False Self	When we are overwhelmed, our brains work to make things...work. To do this, we create a false self; a face that we show to the world that allows us to gain acceptance and act appropriately, but it is not who we truly are!	Wed. (p.m.)
Definitions	Definitions are the “core”; it’s what we believe about ourselves deep down inside. This is not who we SAY we are; it is who we BELIEVE we are. Remember, our beliefs ultimately decide who we are and how we behave.	Thu. (a.m.)
Responsibility	We have spent time examining our personal definitions, now it is time to do something about how our behaviors have impacted others. It’s time to own up to how we act and begin to make plans for how we need to change.	Thu. (p.m.)
Communication	Once you have determined how you need to change, you have to be able to communicate that in an assertive – not aggressive – fashion and in a way that everyone understands and is able to respect.	Fri. (a.m.)
Graduation	The graduation ceremony is all about recognizing the student and their accomplishments and making certain that they are ready to return home and still be able to continue on the journey that they have begun.	

¹ This represents the program as provided for school groups. The summer BASICS programs begin on Sunday evening and are as follows: Information-Knowledge-Belief on Sunday evening, Behaviors 1 & 2 on Monday, Choices and Consequences and Self-Talk on Tuesday, a quiet time/reflection period on Wednesday morning and then False Self on Wednesday evening, Definitions and Responsibility on Thursday and Communication on Friday morning with the Graduation ceremony on Friday evening.