

Sustainable Academic Turnarounds Take Time

Just like building a winning team or achieving a long term goal such as weight loss, academic turnarounds don't happen with the snap of our fingers. Neither is it coincidence that the Academic Fitness Network system consistently achieves an 80-90% success rate among our students who stay with the program for at least four semesters. This is in direct contrast to the efficacy of individual student-school counselor sessions (5-10%), single interactive group sessions (10-20%), or recognition and incentives offered without sustainable support (25-30%). AFN produces academic turnarounds for students and schools who are willing to commit to two or more consecutive years of active involvement. AFN helps students develop and practice certain assets that are basic to academic success. We remain committed to Support, Training, Accountability and Rewards for Turnarounds.



Learning to soar —
one student at a time.

"... our school benefited measurably in several ways as a result of this program. First, the students tended to stay in school rather than drop out. Second, we documented significant improvement in the academic achievements of the students in the program. Finally, we saw improved attitudes among the students as they progressed through the training provided . . ."

Jill L. Martin, Ed. D., Principal, Pine Creek High School, Colorado Springs, CO — NASSP National High School Principal of the Year, 2007



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START 2
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*Today's Students -
Tomorrow's Workforce*

Academic Fitness Network



www.START2Achieve.org

Academic Achievement is a **Team** Sport

Academic Fitness Network (AFN) provides a proven 'game plan' for helping students achieve their academic and personal potential. AFN offers student centered academic coaching built around guidance, accountability and incentives—all designed to motivate students to aim higher and achieve more.

AFN trained Academic Coaches use a **relational** curriculum to mold academic teams and empower students to overcome barriers to their success. As team members, parents, teachers and community partners all play a critical role in helping students succeed.



During weekly team meetings, students set personal goals, and learn to

be **responsible** for reaching those goals.

AFN tracks each student for achievements in:

- ✓ Classroom Attendance
- ✓ Positive Academic Attitudes
- ✓ Higher Grades

As Community Sponsor:

You can help build winning teams

As an award winning program, AFN works in tandem with regular school curriculums to help students identify their strengths and overcome their academic weaknesses. Total Academic Fitness requires honing



and toning attitudes and aptitudes over a sustained period.

As a Community Sponsor, you, hold the important role of providing positive **rewards** which help these students achieve personal and academic goals as part of their academic turnaround.

Students achieve access to these community-provided incentives by earning points through real behavioral improvements like class attendance, project completion and acquisition of essential life skills. This point system, along with sustained interaction, rests at the core of AFN program success and is specifically designed to teach students the skills and habits they will need to obtain their high school diploma. Your commitment to becoming an AFN Community Sponsor will provide the extra motivation these students will utilize to achieve their high school turnaround.

Sponsorship Q & A:

Q: How do I become an AFN Community Sponsor?

A: There are three avenues for you to sponsor community turnarounds through AFN:

1. Sponsor an AFN field trip to your business establishment.
2. Award a prize or membership to AFN students that complete designated criteria.
3. Help underwrite the incentives and/or volunteer as a friend of AFN students.



Q: How can I share that I am an AFN Community Sponsor?

A: For your commitment to AFN, we will recognize and honor you as an AFN Community Sponsor on our website which is visited by schools, students, parents and community members - www.START2Achieve.org

Q: How will I know that my support makes a difference?

A: Each Community Sponsor will be provided an annual report on how the students perform in general. You will also hear or read some of the success stories as students share them and allow us to pass them on to our sponsors.