You Can Do It!

You Can Do It! Education’s main purpose is to support communities, schools and homes in a collective effort to optimise the social, emotional, and academic outcomes of all young people.

Its unique contribution is in identifying the social and emotional capabilities that all young people need to acquire in order to be successful in school, experience wellbeing, and have positive relationships including making contributions to others and the community (good citizenship).

YCDI’s mission is to realise, through the following beliefs and actions:

- The building of social, emotional, and motivational capacity of young people rather than on their problems and deficits.
- The encouragement of prevention, promotion, and intervention efforts (school, home and community) in order to build the social and emotional strengths of young people.
- The development of a strength-building approach, where YCDI seeks to build the capabilities of adults (community, school, home) associated with positive outcomes in young people.

The 5 Keys of YCDI Education

Our core purpose is the development of young people’s social and emotional capabilities, including:

1. Confidence (academic, social)
2. Persistence
3. Organisation
4. Getting Along, and
5. Resilience

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

1. Accepting Myself
2. Taking Risks
3. Being Independent
4. I Can Do It
5. Giving Effort
6. Working Tough
7. Setting Goals
8. Planning My Time
9. Being Tolerant of Others
10. Thinking First
11. Playing by the Rules, and
12. Social Responsibility

This last point includes the values of Caring, Doing Your Best, Freedom, Honesty, Integrity, Respect, Responsibility, Understanding, Tolerance, and Inclusion.

The Keys to Success and Happiness

Included in our core purpose is the elimination of social and emotional difficulties and disabilities (“Blockers”) that constitute barriers to young people’s learning and well-being, including:

- Feeling Very Worried
- Feeling Very Down
- Procrastination
- Not Paying Attention or Disturbing Others, and
- Feeling Very Angry or Misbehaving.

YCDI is deliberate in restructuring negative Habits of the Mind that give rise to these Blockers and in the explicit teaching of alternative positive Habits of the Mind.