

# Success Skills Summit

## PROGRAM REPORT

**2023-24**



JA  
British  
Columbia

Member of  
JA Canada



# SUCCESS SKILLS SUMMIT OVERVIEW



## PREPARING FOR SUCCESS: INTERACTIVE WORKSHOPS AND ACTIVITIES TO BOOST MENTAL WELL-BEING AND EASE THE HIGH SCHOOL TRANSITION

On May 28, 2024, 90 Grade 8 students from Handsworth, Argyle, and Sutherland Secondary Schools in North Vancouver, British Columbia, took part in a special JA experience at Grouse Mountain. The day began with a traditional welcome by the resident elder, setting a tone for the Success Skills Summit. This event offered interactive workshops and outdoor activities to enhance students' mental well-being, confidence, and readiness for future success.

Supported by JA volunteers, mental health experts, and Grouse Mountain staff, the event combined engaging learning experiences with exciting outdoor adventures, equipping students with valuable skills and memorable experiences.

Shannon Skelly, an educator from Argyle Secondary School said:

“The kids had such a blast, they were so impressed with everything, and some of the kids I brought had never been up Grouse Mountain before or touched or seen snow, so there was a lot happening for their adolescent brains. I am so grateful that we had this opportunity.”



Success Skills Workshop: Focused on exploring comfort zones in a safe setting, along with networking and peer support.



Inquiring Minds Workshop: Hosted by the Mental Health Commission of Canada, this experience focused on healthy coping and stigma reduction.



Mountain Games: A group challenge that developed teamwork and problem-solving skills.



Mountain Ropes Adventure™: An aerial ropes course featuring ziplines and bridges that fostered courage and collaboration.

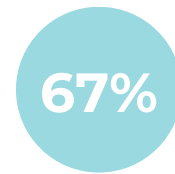
# STUDENT OUTCOMES



As part of JABC's ongoing efforts to deliver relevant and meaningful learning experiences for youth, we surveyed students after they attended this year's program to help us continue to adjust and improve the overall learning experience.



of students reported an increased awareness of the skills and techniques needed to support mental well-being.



of students said they now have a better understanding that mental well-being is a crucial factor for success in life, education, and careers.

“Everyone had a fantastic day! The feedback from the students was all extremely positive. So awesome that the day connected so nicely with our Physical and Health Education curriculum.”

- Mark Fenn, Handsworth Secondary School

After attending the Success Skills Summit, students stated the following:

- I feel confident about my skills
- I feel better equipped to manage stressful situations
- I feel optimistic about my future and my ability to succeed

View photos from the program here



## THANK YOU TO OUR PROGRAM SUPPORTER



It was an incredible event! Kudos to the team for organizing such an impactful day for youth. I was inspired by the students' engagement and hearing teachers' stories. Grouse Mountain provided the perfect space for the experience.

- Carlos López Sandoval, JA Canada

# ABOUT JABC



JA British Columbia (JABC) is a not-for-profit impact organization that delivers hands-on, immersive education in work readiness, financial health, and entrepreneurship. Through JA, young people are equipped with the skillset and mindset to build thriving communities. Learn more at [jabc.org](http://jabc.org).



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