

Spring 2024 TCP participants at University City High School; Senior Diamond Street and Freshman Max Rojas with their The Struggle is Real Flyer.

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LESSON 10: THE STRUGGLE IS REAL

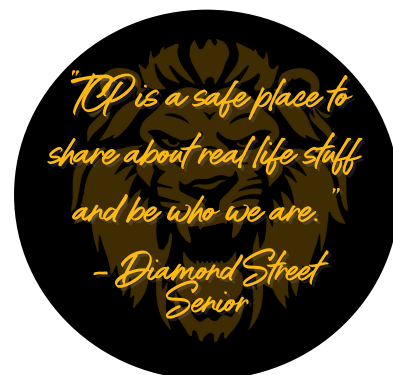
BY ERIC HILLGREN | TCP & TOP DIRECTOR

In the TCP program that Wyman offers through a variety of PE and Health courses at University City High School, groups share 12 lessons together. The curriculum lessons are sequenced and build into one another. In small peer-based discussion groups, students get to talk about applicable real life topics like trust, communication, conflict, vulnerability, giving and getting support, and recognizing strengths in others.

One of the lessons toward the end of the semester is Lesson 10: The Struggle is Real.

During this lesson students create a flyer by picking a struggle that they, or someone their age may go through. Then they name and claim emotions someone may experience while facing that challenge or struggle and then they offer up healthy coping strategies that may be helpful.

TCP is a safe place and practice ground where you can be true to your emotions, lean in to powerful real life conversations, extend empathy, and gain perspective. It's a path for creating transformative moments that change trajectories.



STUDENT SPOTLIGHT

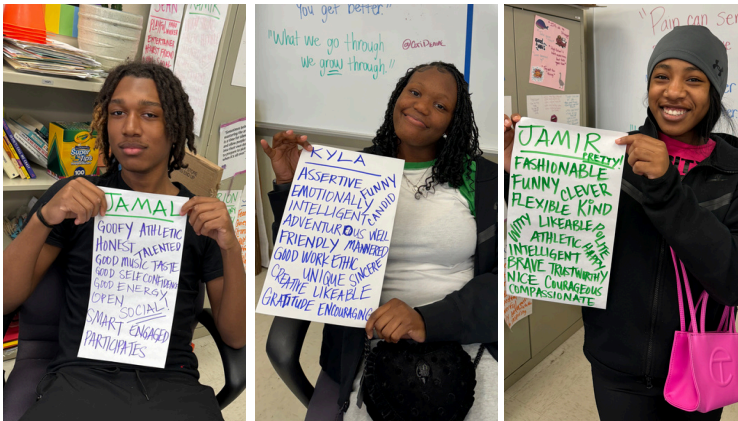
AMORIE WARREN | UCHS JUNIOR

It is our honor to highlight UCHS Junior, Amorie Warren. Amorie spoke at this year's Wyman Amplify Gala, and here is some of what Amorie had to share, "My TCP experience was very enjoyable and this pushed me to be a student advocate for the program. Typically in the past students only get one chance to participate in the semester-long program. Through a survey, focus group and our voices, my friend Kayleigh, and sister Jada, and I expressed that students should be able to participate in the program again and continue to grow connections with others in our school. And to my surprise our feedback was actually implemented, and my facilitator shared with me that it actually happened. Now there are currently eight students in TCP for their second time. This made me feel very ecstatic because my voice actually helped cause change. Overall Wyman has been a great experience that I recommend every student go through because our voices became amplified, we built connections within the building and community, and expanded opportunities for our future."



Amorie Warren, junior, Wyman Teen Spotlight speaker at the 2024 Annual Wyman Gala.

PHOTO PROVIDED BY WYMAN



Freshman Jamal Dixon and Sophomores Kyla Smith and Jamir Henderson present the strengths that other group participants shared during Lesson 11: Seeing Our Strengths.

WHY TCP?

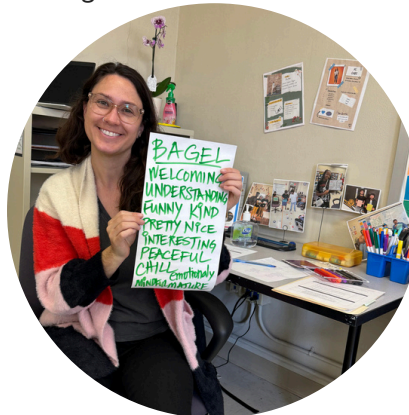
BY ERIC HILLGREN | TCP & TOP DIRECTOR

There's an epidemic we are experiencing, and it may not be what you think.

It's loneliness, isolation, and social disconnection.

According to Newsweek, in 2019 more than 1 in 3 teens "reported feeling so sad or hopeless at some point over the past year that they skipped regular activities, a 44 percent rise since 2009."

TCP can be a program where students come together to help learn about themselves and connect with each other in a way that strengthens the social infrastructure within community and offers and opportunity for student to be culture builders at school and beyond. There's no way around it, life is tough but what we go through, we can grow through.



Keri Swisher, TCP Coordinator
PHOTO BY ERIC HILLGREN

Bagel's favorite color is green. Three words to describe her are thoughtful, joyful, and quirky. Some of her favorite's are toasted bagels with cream cheese and peanut butter ice cream.

We are excited to see the journey of TCP at UCHS! Congrats Keri!

FACILITATOR SPOTLIGHT

BY ERIC HILLGREN | TCP & TOP DIRECTOR

We are excited to announce that Wyman Staff, Keri Swisher will join U. City High School as the TCP program coordinator. Keri joined the TCP facilitator team in January at University City High School. Keri, who goes by camp name, "Bagel" comes to UCHS having facilitated the Teen Outreach Program (TOP) in the Ferguson Florissant School District at Johnson Wabash and Wedgwood 6th grade centers.