

Michael Pritchard Videos/DVDs

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LifeSteps Series with Michael Pritchard (cc)

This 12-part video series combines age-appropriate comedy, exciting dramatizations of real-life moral dilemmas, and insightful, problem-solving sessions to help students develop the necessary social and emotional skills to become responsible, knowledgeable, caring and successful in life. Michael Pritchard uses his uncanny ability to foster lively, spontaneous, teen-centered discussions to give students insight on how to become the best people they can be.

The ABC's of Emotional Intelligence, v. 1

Success in life requires a complex set of intellectual, emotional, social and ethical skills. This introductory program outlines the key elements of emotional intelligence - Assets, Balance, and Character - as students discover they have the power to bounce back, balance emotional and academic demands, and make positive choices.

Teens 30 min. 2003 DVD-5101

Knowing Who You Are, v. 2

This video helps teens think about their behavior, learn from experience, develop a realistic sense of their strengths and weaknesses, and understand and express their emotions. Moral knowing, a key element of good character, is explored as students discover the benefit of knowing their values, and living by them.

Teens 30 min. 2003 DVD-5102

Taking Charge, v. 3

To become independent, teens must incorporate a range of social and emotional skills. This program focuses on the emotional side of responsibility as students explore the key elements of self-control: coping with stress, avoiding impulsive behavior, delaying gratification, and managing anger.

Teens 30 min. 2003 DVD-5103

Bouncing Back, v. 4

Resiliency is perhaps the most important skill teenagers need to bounce back from the common disappointments of adolescence. In this program, they learn essential resiliency skills: developing realistic expectations, identifying obstacles, persisting and maintaining a sense of self-worth and optimism. More complex issues such as depression and suicidal thoughts are also discussed.

Teens 30 min. 2003 DVD-5104

Empathy, Caring and Compassion, v. 5

This video explores the skills that build empathy, the importance of compassion, and the moral imperative to help others in need - particularly the victims of bullying. Teens learn how labeling, prejudice, and cynicism impede the development of caring relationships.

Teens 27 min. 2003 DVD-5105

Creative Problem Solving, v. 6

This video presents our eight-step problem-solving approach. Highlights include: naming the problem, brainstorming, evaluating options, and choosing the best solution. Viewers are taught the basic skill of cause-and-effect thinking and the benefits of a positive problem solving attitude.

Teens 26 min. 2003 DVD-5106

Getting Along With Others, v. 7

In this program, teens discover positive ways to assert themselves, express complaints, handle misunderstandings and block rumors. They learn specific social skills - mediation, negotiation, active listening, and messages - and how to apply these skills to cooperative-learning groups and student-led activities.

Teens 29 min. 2003 DVD-5107

Building Character, v. 8

As teens in this program grapple with the common problem of friends who make bad choices about substance abuse, viewers learn that character means recognizing the need to make a change and having the courage and will power to stick to tough choices. Teens learn that the key to making good choices is to listen to their conscience and to the feelings they experience when their actions violate their values.

Teens 30 min. 2003 DVD-5108

Respect, v. 9

This video explores respect as a fundamental social value that allows us to resolve conflicts, prevent violence and bridge cultural differences. Barriers to respect, such as prejudice and bigotry, are explored as students learn that empathy and respect are the basis of healthy, successful relationships.

Teens 30 min. 2003 DVD-5109

Responsibility, v. 10

Teens learn the first rule of responsibility: to do no harm to themselves or others. The program also explores sexual responsibility, dependability, and trustworthiness, as teens are taught to ask themselves the guiding question: What is the most important thing I need to be doing right now?

Teens 30 min. 2003 DVD-5110

Developing Healthy Relationships, v. 11

Healthy relationships are fundamental to emotional well-being. In this program, teens learn to build their own personal support system, recognize true friends, and develop positive refusal skills. The video emphasizes the importance of trust and caring in successful relationships and highlights the critical skill of negotiating with parents.

Teens 30 min. 2003 DVD-5111

Doing Your Best, v. 12

This program explores the intellectual and emotional skills essential to success: coping with anxiety, setting goals, identifying obstacles, maintaining self-esteem, and identifying personal resources. An appreciation of excellence is emphasized as students learn the importance of resourcefulness, perseverance and an optimistic view of life.

Teens 30 min. 2003 DVD-5112