

True Me programme

True Me, created and developed especially for British Summer School, aims to facilitate and promote the development of students' personal and social skills, their authenticity, and their self-confidence in the context of 21st century living.

Featured in every course, dedicated **True Me** sessions invite students to participate in a series of tasks and challenges that are designed to help them learn the importance of collaboration and communication to complete an activity efficiently and successfully.

Tasks and challenges contain all the elements of a regular evening leisure programme. How? Because they are relaxed, enjoyable, entertaining, and fun.

Adapted to the age of the students, Tasks and challenges are divided into different categories and carefully chosen to create a progressive and developmental programme:

50

MONDAY
PHYSICAL
CHALLENGE

TUESDAY
MENTAL
CHALLENGE

WEDNESDAY
SOCIAL
CHALLENGE

THURSDAY
FUN
CHALLENGE

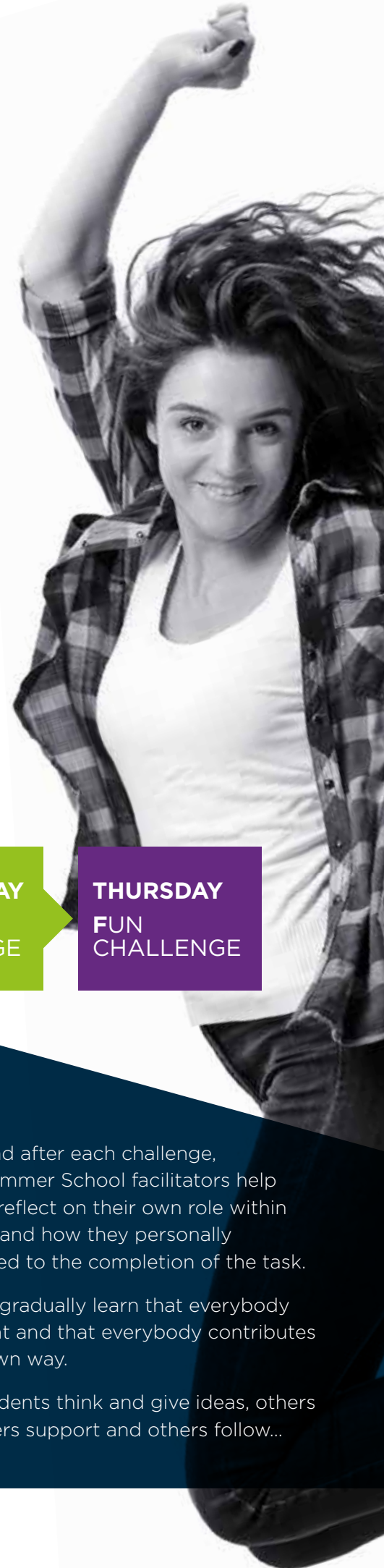
EXAMPLES OF DAILY PHYSICAL, MENTAL, SOCIAL, AND FUN TRUE ME TASKS AND CHALLENGES ARE:

1. Participate in a Mini Olympics in teams (P)
2. Work as a team to win a tug-of-war championship (P)
3. Participate in a non-stop 90-minute workout (P)
4. Navigate an Escape Room (M)
5. Assemble a tent without instructions (M)
6. Create and resolve a complex puzzle (M)
7. Use problem-solving skills in a murder mystery (M)
8. Solve clues in a Treasure Hunt (M)
9. Make a YouTube video to illustrate climate change (S)
10. Write and perform to sketch to tackle bullying (S)
11. Demonstrate talent in an International Show (F)
12. Recreate a famous British comedy sketch (F)
13. Learn a group hip hop routine and perform it (F)

During and after each challenge, British Summer School facilitators help students reflect on their own role within the team and how they personally contributed to the completion of the task.

Students gradually learn that everybody is different and that everybody contributes in their own way.

Some students think and give ideas, others lead, others support and others follow...





“Be yourself:
everyone
else is taken.”

OSCAR WILDE

Thought-provoking
Communicative
Empowering
Entertaining
Inspiring
Fun

“True Me sessions
help students be more
confident and live
more authentically.”

Steve Wood, co-founder of
British Summer School

True Me, unique to British Summer School, gently and subtly encourages students to:

- Improve communication
- Improve self confidence
- Enhance creativity
- Accept others
- Develop critical thinking skills
- Respect diversity
- Understand the importance of collaboration
- Celebrate difference
- Increase flexibility and adaptability
- Live authentically

WHAT DOES TRUE ME ACHIEVE?

True Me helps students live more authentically and build more natural, sincere, and positive relationships with their friends, peers, family members and in time, with their work colleagues and employers.

Building and maintaining more natural and more genuine relationships helps students live, study and work more happily and more successfully in the 21st century.

WHERE DOES TRUE ME COME FROM?

True Me has been created by Carlo Missirian, who has been working with schools, colleges, and universities around the world since 2004 to empower the younger generation to feel more positive and confident in themselves.

Having co-founded *HumanUtopia*, Carlo has assisted in the delivery of motivational courses to over 50k students to provide vital life skills so that children can approach both their school and personal lives with hope, confidence, and happiness – that they can carry through beyond education into employment.

Carlo is a truly inspiring teacher, coach, and facilitator and personally manages and oversees the implementation of the British Summer School **True Me** programme in the summer.

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