

# Naboria

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What is ASPIRA Required

Dr. Antonia Pantoja Life and Contributions Required

The ASPIRA process Required

Parliamentary Procedure Required

Consensus Building Required

Who are we? Optional

Building Self-Esteem Required

Decision Making Required

Active Listening Required

One Way/Two Way Communication Required

Building Coping Skills Optional

The Miracle Workers Optional

Understanding drugs and addiction Required

Recognizing and preventing drug use Required

Identify values Required

Exploring cultural values Required

Gift from the heart Optional

Writing a personal vision statement Required

Writing a mission statement Required

What is youth violence? Required

Reasons and effects of bullying Optional

Solutions to bullying Required

Role Play Optional

Superlatives Optional

Characteristics of a gang member Required

Solutions to gang violence Required

Pledge not to join a gang Required

Is education important to you? Required

Study habits Required

Note-taking and highlighting Required

Time management Required

Goal Setting Required

Academic and career portfolio Required

The meaning of culture and heritage Required

Latino race or culture Optional

My favorite holiday Optional

Labor day around the world Optional

Diversity Required

The family Required

Cultural project Optional

Group stereotyping Required

Stereotyping and religions Optional

Latina/Latino images / communications power Optional

Racism Required

Homophobia Required

## Dr. Antonia Pantoja Life and Contributions

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## Parliamentary Procedure

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## The ASPIRA process

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## What is ASPIRA

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**Source URL:** <http://www.aspira.org/en/programs/youth-leadership-development/naboria>

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