

## 3D Academy 40 Week Curriculum Outline



**personal development**

- Development of a Personal Life plan
- Neethling Brain Instrument (NBI) – Thinking preference profile
- Personal Branding - “You are Your Brand” Lecture Series
- Individual Mentorship:
  - Bi-weekly Team Leader 1-on-1 Sessions
  - Individual mentorship with a professional person – during Senior phase
- Self and Peer Evaluations:
  - Student-to-Student consultations – Peer performance review
  - End-of-term staff feedback sessions
- Leadership Training:
  - John Maxwell “Million Leader Mandate” Series
  - NBI – Leadership session
- “The Dream Giver” DVD Series (Bruce Wilkinson) – Practical steps to fulfil your life dream
- “Game Plan” DVD Series (Andy Stanley / Jeff Henderson) - Discovering and embracing God’s game plan for your life
- “Destinations” DVD Series (Andy Stanley) – Exploring the disconnect between our dreams and the paths we take to reach them
- “Taking Responsibility for Your Life” DVD Series (Andy Stanley) - Taking authentic responsibility for your life
- Destiny Series 3-Day Workshop – Considering your destiny: Your journey, your life purpose and your endpoint
- Dealing with Change
- Stress Management
- Social Development:
  - Family night & campus life
  - Cross-Cultural awareness and sensitivity
  - NBI - Relationships & communication training
- Developing Emotional Intelligence – self and other’s awareness, control and expression of one’s emotions, dealing empathetically with others
- Social Consciousness – Serving the community through various impact sessions
- “Sex, Dating and Relating” DVD series (Mark Gungor) - Basic information that every teen needs to know when it comes to the subjects of sex, dating and relating
- Teamwork - Various assessments and challenges
- Exercise sessions (2-3 per week) :
  - Two-day hiking trails
  - Fitness boot camp
  - Team sports – Soccer, volleyball, tennis, netball, cricket
  - Running
  - Ballroom/Latin dancing
- Getting personal documentation in order:
  - National Senior Certificate (Grade 12)
  - Identity document
  - Passport
- Opening of a bank account
- Personal Gifts & Goals Development Sessions (4-5 per week). Options include:
  - Music lessons (voice, piano, guitar, bass, drums)

- Learners & drivers licences
- Serving within two church departments. Options include:
  - Children's/youth ministry incl. school / nursery school
  - Band – vocals / musical instrument
  - Creative arts – poetry, drama, writing
  - Technical – Control room, computers, sound desk



- Entrepreneurial Development Lecture series:
  - Practical – fundraising for two mission trips
  - 3D Bargain store
- Marketplace Exposure
- Individual Job-shadowing
- “Overcoming Youth Unemployment” 3-Day Workshop:
  - Understanding the job market in SA
  - Know you / Know the company
  - Development of a curriculum vitae
  - Interview skills and preparation
  - Effective methods for job-hunting
- Career Direct - Educational Decision-Making Assessment:
  - Personality
  - General interests
  - Skills and Abilities
  - Values
- University Visits:
  - University of Witwatersrand
  - University of Pretoria
- Career Days & Career Guidance
- Research and Applications to Higher Education
- 3-Day Study Skills Workshop:
  - Whole-brain learning
  - Gregorc's Mind Styles™ Model – 4 learning styles
  - Memletics Accelerated Learning Styles
  - Summarizing & mind-mapping
  - Memorization techniques



- SMARTER Goal Setting
- Decision-Making Skills Training
- Computer Skills Training & Assessments:
  - Internet and emails
  - Microsoft Word, PowerPoint, Excel
- Project Management and Event planning:
  - Dinner prep practical assessments

- Seniors' Graduation
- Household Chores & General Maintenance
- Cooking & Baking Skills Development:
  - Following a recipe
  - Meal planning, budgeting & shopping
  - Cake, biscuit, pastry & bread baking
  - Icing Skills
- Nutrition & Healthy Eating – Training and assessments
- Ironing skills
- Conflict Resolution, Interpersonal Mediation & Negotiation Skills
- Confidence and Public Speaking Skills
- 3-Day Time Management Workshop:
  - Time Management Principles, Habits and Techniques
- Presentation and Public Speaking skills
- Financial Skills Development:
  - Values-based Budgeting
  - Credit card use
  - Investments and financial planning
  - Personal Tax
- Car Maintenance and Driver Safety incl. tyre changing practical



- Zion Ministerial Institute Discipleship studies :
  - Foundations of Faith – Basic Doctrine
  - Pillars of Faith
  - Hearing God's Voice
  - Christian Maturity 1 - True Christianity
  - Christian Maturity 2 – Victory over the Self-centred Life
  - Financial Freedom
- Group devotions, prayer, worship
- Individual 1-on-1 God time
- “Prayer: Remix” DVD Series (Louie Giglio) - Developing a God-centred prayer language
- “The Truth Project” DVD Series (Focus on the Family) – Exploring the Christian worldview
- 5-day Cross-border Mission Trip
- 5-day Royal Family Kid's Camp – Serving as a staff member on a camp for abused and neglected women
- Spiritual Giftings Questionnaire
- Kairos Missions Training - Mobilized the church for cross-cultural mission to the world's least-reached peoples