

Alpha Expectations:

From you:

From You:

Be Here- Physically and Mentally. Be part of the group in all activities. Do whatever is asked of you. Be interactive.

Truth- Be Honest always

Trust- Be open and share your thoughts.

Talk- When asked to talk, please talk.

Thanks - Say please and thank you as much as possible to all people, show gratitude.

Be Teachable- Have an attitude that shows you are willing to learn by listening and interacting.

Show You Care- By doing your work at Alpha, THPR, Ranch House, and responsibilities with attention to detail and high quality.

Socialize- Through truth, trust, and talk on and off the ranch without isolating yourself.

Authority- Do what is asked of you without grumbling, arguing, or debate.

Live a God honoring lifestyle

From us:

Expect Love and acceptance – we are here because we care for you, and that won't change. We will show you understanding, and be here for you.

Honest & constructive **feedback** – we will talk with you and help you see both your strong points and your weaker points. We will hold you accountable and help you with **discipline**. We will try to clearly communicate our expectations.

Listening – we will listen to you, and seek to understand.

Opportunities for new learning & experiences – we want to expose you to new things, and stretch your thinking.

We will act as healthy, God-honoring **role models**.

Signature

Date

Alpha Policies

revised August 18, 2011

Off-Campus Activities, Home Visits, etc.:

Off-campus **group** activities are open to nearly anything, provided 1) there is appropriate planning, and 2) the student is current on all responsibilities, and 3) it has been approved by staff. Here are the requirements:

- student is "good-to-go"
- plan submitted by Monday at 8 am (on Week-At-A-Glance), & at least 3 days in advance of the activity (confirmed by xn)
- all homework assignments completed for the week (confirmed by Jack/Kyle)
- the Scripture of the week memorized (confirmed by House Ldr, Jack, or Kyle)
- house & other responsibilities fulfilled (confirmed by House Ldr)

A proper plan looks like this:

- covers (5 w's) When, Where, Why, What, Who, How. Includes: ***How will you get there? What will you be doing? When are you leaving? -returning? Who will you be with? Why are you going? Where will you be? What accountability will you have? How will you pay for it?*** Must be complete & thought-out.
- on "Week At A Glance" by Monday morning 8 am
- approved by staff by Monday 5 pm
- no conflict w/other house activities--this means all students need to plan together, with house leaders, to avoid conflicts
- planned activity consistent w/Godly values--planned activities must build on, and not compete with or contradict, the lessons students are learning at Alpha. That means healthy activities, healthy friends, etc. Staff will not approve a plan that puts a student back with the same unhealthy friends and activities from his pre-Alpha days.

During the first month, students are not allowed to visit friends or family. After that, visits will be approved at staff discretion.

A student's focus while he is here needs to be Alpha Academy first, and other considerations second. This place is a place to reflect, to learn, and to grow, unhindered by the distractions of the old life (**including girl-friends**). Therefore, students should not expect to leave frequently, but should focus on being part of the team here at Alpha and focusing their attention on what they can learn during their stay here.

Class and Inspections:

Your living environment will be inspected one time a week. At this time Kyle will inspect your room and your stuff. Upon initial arrival at the academy there will be a search of both yourself and your things to ensure there is nothing you brought that will hinder your learning or others learning. The item(s) will be returned once student leaves the program.

While here you will attend class 5 times per week and are expected to be in the ranch house with a notebook and pen at 2pm sharp. The leader of the class may or may not be there. Come prepared with required materials and also a book, in case the leader has another obligation that has delayed them. Class is to be attended each week and homework done that night for the class. No exceptions, we expect you to treat this class time as an opportunity to learn and grow. This can only happen if you are fully here and engaged.

Drug Testing:

While you are here we will perform random drug testing to ensure you are continuing with your commitment to a drug free life. This testing will occur at random and you will not be made aware of when the testing will occur.

Vehicles:

Students agree not to drive their personal vehicles while at Alpha Academy. San Luis Obispo has excellent public transportation, and there is a bus stop near the ranch.

Ranch vehicles are to be driven on Alpha business only by permission, and only by drivers with a valid drivers license and clean driving record. All vehicles **must** be brought back with no less than 1/4 tank of fuel. If you bring it back with less, you will forfeit your driving privileges for one week. Keys need to be returned to the office, not left in the vehicle.

Homework:

The homework is an important part of the program. If you fail to do your homework, you are showing that you're not really interested in fully participating. If you consistently fail to do your homework, you may be dropped from the program.

Internet:

Internet privileges must be earned and will be cut off if your responsibilities are not met. We do monitor usage and provide accountability, not only for sites visited, but for stewardship of time spent on the internet.

To avoid distractions, we require that you only use your Alpha Academy email account (not Hotmail, Gmail, Yahoo, or other accounts), and that you do not use MySpace or other social networking sites.

Meals:

Students are responsible for meal planning and shopping, and they rotate the cooking and cleanup schedule. We eat meals together, family-style. (With the exception of lunch.)

Lunch starts at 12:30, leaving 30 minutes to clean the kitchen, and up to an hour of free time before class at 2:00 pm.

Paychecks:

Pay periods end on the **15th** and the **end of each month**. Paychecks are distributed by the 5th and 20th.

Here are the requirements:

- breaks longer than 15 min will result in losing at least 15 min. pay. Please do not cook during your break. (If you don't eat breakfast, wait until lunch.)
- clock in using the THPR office computer
- you need to keep a current record of your income & expenditures – if this is not current, your paycheck will be delayed until the next pay period.
- you must be in uniform and meet the grooming standard to be paid for the day
- **students are not to loan money to each other, or receive money from friends/family** – this sabotages our efforts to have a real-world system of income and expenses.

The purpose of putting students on payroll is to help teach work ethic, to provide our students some money for learning financial management, and to help them save up enough to take the next step when they graduate. It is not to provide students with an income comparable to a part-time job.

Alpha will withhold \$120/week from every student's paycheck to go towards room and board. Additionally, if a student works more than 40 hours/pay period, 50% of the amount over 40 hours/pay period will be withheld and applied to program expenses.

Telephone:

Cell phones are not permitted. Calling cards are available for students to purchase. Long-distance calls are only to be made with calling cards.

Smoking:

Students are not permitted to smoke, either on campus or away from the Ranch. Other tobacco products (chewing tobacco, etc.) are also not permitted.

TV/Video Games/Music/Money:

Video games aren't permitted. Any TV programs, videos, DVDs, and music must be **God-honoring**, and only played after all responsibilities are met. Students agree not to bring iPods, CDs, movies, music players, etc. Students will not have access to their accounts the first 30 days here except for depositing or emergency funds needed, determined by house leaders or Jack or Kyle. After 30 days, there will be limited access and money management skills will need to be followed.

Weights/Rec. Area:

The rec. area is available until 8 pm each day.

Lights Out/Wake-Up:

Lights-out is at 10:30 pm, and students are to be out of bed no later than 6:30 am Mon-Fri and 9:00 am Saturday and Sunday.

Weekend Responsibilities:

In addition to your normal responsibilities in the Alpha house and around the alpha house, on weekends you are responsible for a few other things as well. Some of which include the following:

- Clearing around the Alpha and Omega houses free of weeds
- Mowing Pet Resort and Ranch house lawns
- Edging all lawns
- Vacuuming ranch house
- Cleaning ranch house bathrooms and kitchen
- Maintaining perimeter of ranch house

What To Bring When Coming to Alpha Academy:

Clothes

- Five sets of work/play clothes
- Two sets of dress clothes
- Jacket
- Swimming suit
- Seven sets socks and underwear

Toiletries

Miscellaneous

- Notebook, pens and pencils
- Stationery, envelopes, stamps
- Bible
- Spending money
- Watch/Alarm clock
- Pillow
- Two sets twin sheets and pillow cases

Please Do Not Bring

- Pagers or cell phones
- Televisions/Radios/CD Players/iPods
- CDs/Cassettes/DVDs/Videos
- Video games or computers
- Firearms, knives, or other weapons
- Pets
- Tobacco, alcohol, or drugs
- Vehicles

August 18, 2011

How Parents Can Help...

Thank you for your time and effort, and for supporting your student as he attends Alpha Academy. We value the trust you have shown us.

In order for your student to get the most out of his time here at Alpha Academy, we ask that you please adhere to the following guidelines. If you have any questions, please feel free to call us at 805-596-0433.

1. **Please do not send money or other items.** We have structures in place for our students to earn and save money. When students receive money, personal items, or other gifts from home, it weakens these structures, and makes it more difficult to maintain consistency. Also, students have requested items be sent from home that they knew were not allowed. If you have concerns, or would like to send a care package or other special gift, please coordinate it with our program staff first.
2. **Please limit phone calls to once per week.** While we want our students to be mindful of their families, they need to be completely focused on their Alpha Academy experience, and undistracted by "home life". When they receive repeated phone calls from family and friends, their attention is divided, and it is much more difficult for them to make progress toward graduation. The best time to call is 5 PM to 9 PM daily.

Additionally, our students are very busy, even during weekends and evening hours. They do not have a lot of free time to spend on the phone. Finally, not all students have phone privileges, and many have a very limited amount of phone time each week. All of our students have email, and that is usually the most effective way to stay in touch.

3. Please understand that **we will not discuss his situation without his consent.** All of our students are adults, and while we recognize that parents are rightfully interested in their lives, our foremost priority is our students, not their parents. We will do our best to answer any questions you have, but we may not be in a position to answer all of them. We will respect the confidentiality of our students.

Please also recognize that some of the choices he will make may not be the ones you feel he **should** make. Our role is to help him make wise, informed, adult decisions, based on what he discovers his purpose to be.

Thank you for your help with these things!

Alpha Graduation Requirements

When I Leave Alpha, I:

1. have a Life Map, detailing:
 - where I am now,
 - where I want to go, and
 - how I plan to get there
2. have a Mission Statement which reflects my most deeply held values
3. have a sound budget and financial plan
4. have begun taking clearly defined steps toward my end goal, including:
 - full-time employment **OR**
 - part-time employment AND enrollment in college or vocational program
 - housing lined up AND enough money saved to get started with housing
5. am actively pursuing spiritual growth
6. have developed an Accountability Plan
7. know how to shop and prepare meals for myself
8. have completed 40 hours of community service outside of Alpha Academy
9. have developed the following Significant Seven perceptions and skills:
 - strong perceptions of personal capabilities. "I am capable."
 - strong perceptions of significance in primary relationships. "I contribute in meaningful ways and I am genuinely needed."
 - strong perceptions of personal power of influence over life. "I can influence what happens to me."
 - strong intra-personal skills. The ability to understand personal emotions, to use that understanding to develop self-discipline and self-control, and to learn from experiences.
 - strong interpersonal skills. The ability to work with others and develop friendships through communicating, cooperating, negotiating, sharing, empathizing, and listening.
 - strong systemic skills. The ability to respond to the limits and consequences of everyday life with responsibility, adaptability, flexibility, and integrity.
 - strong judgmental skills. The ability to use wisdom and to evaluate situations according to appropriate values.