



Aspire Academy

ATLANTIC TECHNICAL COLLEGE

CULTIVATING PURPOSE · CREATING CHANGE

WHO WE ARE

At Aspire Academy, our students are at the center of our curriculum. We get to know who they are as individual learners and we factor their diversity into everything that we do. We form a village that fosters belonging, acceptance, healing, and happiness. We welcome students' voice and choice and connect with their passions as they earn their high school diploma and become college and career ready.

This is not your average school day. Through mindfulness and positive psychology, we teach students how to manage stress and anxiety. We focus on self-awareness, resiliency, confidence, creativity, and love.

Our bright and inviting learning spaces encourage vulnerability and play. We laugh, we cry, and we dance like no one is watching. We observe our thoughts and feelings and learn to breathe into them and let them guide.

Through service oriented project-based learning, we apply academics and emotional intelligence to the real world. We own our life stories, re-write the narrative, and learn to tell a new empowered sequel of what is yet to come.

We tap into students' interests and cultivate their gifts as we prepare them to mindfully *be* and intentionally *make* the changes they want to see in the world.

WHAT WE DO

- Positive Psychology
- Project-Based Learning
- Mindfulness & Meditation
- Multiple Intelligences
- Postsecondary Counseling
- 360° Mentoring
- 21st Century Learning
- Cultivating Resiliency
- Growth Mindset
- Guided Journaling
- Empathy, Gratitude, and the Brain
- Healing Trauma
- Addictions & Unconditional Love
- The Body's Energy Centers
- Music & Movement that Heals
- Thoughts & Emotions Write the Future

OUR "WHY"

- Nearly 45% of all children in the US have experienced at least one adverse childhood experience.
- Depression and anxiety impair students' ability to learn, persist, and maintain healthy relationships.
- One in ten adolescents reports feeling socially isolated. Most suffer in silence.
- Social media has caused a significant decrease in true human connection and an increase in self-judgement.
- Loneliness increases our risk of early death by over 25%.
- Over 60% of college students report a significant level of anxiety.
- One of the top reasons adolescents leave high school early is because of boredom.

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THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA, PROHIBITS ANY POLICY OR PROCEDURE WHICH RESULTS IN DISCRIMINATION ON THE BASIS OF AGE, COLOR, DISABILITY, GENDER IDENTITY, GENDER EXPRESSION, GENETIC INFORMATION, MARITAL STATUS, NATIONAL ORIGIN, RACE, RELIGION, SEX OR SEXUAL ORIENTATION. THE SCHOOL BOARD ALSO PROVIDES EQUAL ACCESS TO THE BOY SCOUTS AND OTHER DESIGNATED YOUTH GROUPS. INDIVIDUALS WHO WISH TO FILE A DISCRIMINATION AND/OR HARASSMENT COMPLAINT MAY CONTACT THE DIRECTOR, OF THE EQUAL EDUCATIONAL OPPORTUNITIES/ADA COMPLIANCE DEPARTMENT & DISTRICT'S EQUITY COORDINATOR/TITLE IX COORDINATOR AT 754-321-2150 OR TELETYPE MACHINE (TTY) 754-321-2158. INDIVIDUALS WITH DISABILITIES REQUESTING ACCOMMODATIONS UNDER THE AMERICANS WITH DISABILITIES ACT AMENDMENTS ACT OF 2008, (ADAAA) MAY CALL EQUAL EDUCATIONAL OPPORTUNITIES/ADA COMPLIANCE DEPARTMENT AT 754-321-2150 OR TELETYPE MACHINE (TTY) 754-321-2158.

