

Eddie Slowikowski is a speaker who has a wide range of evidence-based topics. Eddie uses several research modalities in developing his presentations including case studies, interviews, statistical analysis and surveys. His yearly leadership camp serves as a middle school and high school lab study into the behaviors, needs, goals and desires of teenagers. Camp LifeRide and it's satellite retreat/workshops across the country have been conducted for the past 10 years. We have had thousands of students from all across the United States participate in the LifeRide Curriculum.

Eddie conducts speeches, seminars, leadership retreats, and leadership camps on a wide variety of topics including:

- **LifeRide:** Leadership retreat and camp that caters to creating leaders among our youth, peer to peer interaction; Action Planning; Prevention Role Plays and exercises; learning about the individual's goals, needs, and desires; creating a mission statement to live by for the success of the student's future.
- **Freshman Focus** – Mentoring program with high school students learning how to assume a leadership role with incoming students from the local junior high schools. Serving as a guide to ease the transition from middle school to high school.
- **The Power of One** – How to lead from what your truly passionate about in life
- **Billy's Story** – A tragic story of the impact of drunk driving on innocent lives.
- **Warning Signs** – How to handle suicide prevention.
- **Second Place: Winning Even When You Lose** – There are many ways to be successful.
- **Pick on Someone your Own Size!** How to take the bite out of bullying.
- **Flying High With Your Dreams, Not Drugs** – Look past the negative influences of drugs and alcohol to positive opportunities.
- **Ready, Set, GO!** – Orientation special on how to enter the brave new world with tools that help you thrive.
- **Setting the Pace** – A teacher in-service on training-the-trainer.
- **Crossroads** – How the decisions we make affect ourselves, the people around us and the people we've yet to meet.

LifeRide Curriculum

Factor	Description	Influences
Exposure	<ul style="list-style-type: none"> • Training (lectures, workshops, consultation, long form retreat and/or camp) 	<ul style="list-style-type: none"> • Motivation and empowerment of students.
Adoption	<ul style="list-style-type: none"> • Intention to try new approach to implement leadership skills, prevention skills, teambuilding skills & social skills 	<ul style="list-style-type: none"> • Motivational readiness. • Individual decision to adopt new ideas and methods. • Effectiveness of approach.
Implementation	<ul style="list-style-type: none"> • Teambuilding exercises – indoor & outdoor activities. • Action Planning – explicit goal setting for each participant, step by step approach for success in some facet of their school life. • Peer to peer interaction on social skills and prevention training. • Use of extensive Prevention Role Plays created from inception to execution by student participants. Imparting of drug and alcohol information in Prevention aspect. 	<ul style="list-style-type: none"> • Use of resources provided. • Take narratives back to train others in respective schools. • Resource books to have on hand for the future. • Follow up provided by staff.
Practice	<ul style="list-style-type: none"> • Empowering students to teach what they have learned back at their schools. • Follow up with students to track goal achievement. • Yearly training of new students. • Follow Up Service Activities 	<ul style="list-style-type: none"> • Taking training a step further back to the school. • Professional growth of participants. • Success tracking to aid in achievement of goals. • Keeping group together through service.

Four Areas of Study for LifeRide Curriculum

#1 Teambuilding

- Name That Tune Teambuilding Game
- Outdoor Team's Course – teams engage in outdoor ropes course
- Olympics – sports games – teams compete in sports activities
- Small Group Activities – teams create name, team flag, team mission

Comments from student participants:

- Team stuff got us to be closer together – so much fun. We got to be competitive.
- The activities made me feel stronger as a person.
- I liked small group/team part – it was great to have a little family. But I would have liked to interact with everybody else a little more.
- Name That Tune rocked!

#2 Social Skills

- Compliment Bags – everyone writes out positive statements about fellow campers
- Pizza Party – Getting Connected – 1 large group experience, meal sharing, and icebreakers
- Swimming
- Leisure Time
- Camp Dance – last night large group activity
- Bonfire, Lighting of Candles – people express personal wishes, thoughts, brings out a lot of emotion
- Meals, Dorms - Getting to know people through community living situation

Comments from student participants:

- Don't be afraid to voice my ideas and be more trusting of others.
- Complimenting others was so fun.
- I really felt good about myself after all the compliments.
- Getting compliments is amazing.
- I loved the bonfire and lighting of candles.
- Lighting of candles, very emotional.

#3 Prevention

- Drug & Alcohol Information – Top 10 Drugs/Alcohol, what they are, street names, side effects, what it does to a young person's body, mind, life
- Drug & Alcohol Booklet
- Create Your Prevention Day for your School
- Prevention Role Plays – from inception to performance

Comments from student participants:

- I learned how to prevent getting caught up in negative influences. I'm doing a good job and this camp made me want to continue living that way as a student.
- Best part of camp – rehearsing scenario in daytime and performing at night.
- Skits increased my confidence and at times, out of my comfort zone – but that's what life is.
- Role Plays amazing – I felt like it was a real stage and we were performing.
- I liked practicing role plays with Eddie.
- I never realized all the different names for all the different drugs we could face in life.

#4 All About Me

- Hot Seat – sharing about myself
- LifeLine – what is my life up to now
- Values – what do I value in life
- Reflection Time – what are my goals, dreams
- Mission Statement – Who am I? What do I want to accomplish?
- Forecasting – Action Plans for my future (execute and complete year long goals)

Comments from Student Participants

- I have good goals that I know will take hard work and sacrifice to achieve.
- Lighting of candles was very emotional.
- I learned to express myself more. But I don't think I should be telling everybody about me and my business.

Overall Comments Regarding LifeRide Process

- Everyone here is so inspiring and this camp is a vital and amazing part of my life.
- Camp got me ready to face the world.
- The camp helped me to listen to others and understand how they feel.
- LifeRide has been a life-changing time for me. I've met new friends and great role models. We are a family here.
- I loved this camp. I liked how I stayed calm. I will try to stay calm at home from now on. This camp helped me a lot.
- I learned how to lead by example and help others not make mistakes.
- LifeRide totally impacted my life. It has been an experience I'll never forget. The four leaders I've had these two past camps were amazing and the staff I will always remember. I will always remember everything – the compliments, the role plays, stories, everything!!!
- The camp made me realize that you shouldn't hide who you are. It made me a stronger person.
- You people made me feel good because what was happening at home wasn't going too well. But when I came here, you made my life feel different. Like something new that I had never tried before. I want to thank everyone for that. You people keep doing what you're doing to keep children right on the road to success.
- I will be coming back because Eddie really inspires me to do great things and he makes me feel like I can make a change in the world.
- I really like the team leaders. They put up with a lot of stuff and didn't lose their cool.

Ratings for LifeRide Leadership Camp

The following ratings are derived from the evaluation forms given to participants at the 2007 LifeRide Youth Leadership Camp created and run by Eddie Slowikowski. Participants were asked to rate their different experiences in four separate categories (Team Building, Prevention, Goal Setting, Social Skills) on a scale of 1 - 5. "1" being "Very Poor" and "5" being "Excellent." The entire scale is as follows:

"Very Poor" = 1 "Poor" = 2 "Average" = 3 "Good" = 4 "Excellent" = 5

#1 Team Building

Out of 50 participants the overall rating for the Team Building section of the camp was **4.3**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Name That Tune: 4.5

Outdoor Activities: 4.4

Small Group Activities: 4.1

#2 Social Skills

Out of 50 participants the overall rating for the Social Skills section of the camp was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Getting Connected: 4.5

Dance: 4.8

Meals: 4.7

#3 Prevention

Out of 50 participants the overall rating for the Prevention section of the camp was a **4.4**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Drug & Alcohol Info: 4.2

Create Your Prevention Day: 4.3

Prevention Role Plays: 4.6

#4 Goal Setting ("All About Me")

Out of 50 participants the overall rating for the Goal Setting section of the camp was a **4.4**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Hot Seat: 4.6

LifeLine: 4.4

Forecasting: 4.2

Ratings for LifeRide Curriculum & Arizona SADD

The following ratings are derived from the evaluation forms given to participants in the LifeRide Curriculum created by Eddie Slowikowski. Participants were asked to rate their different experiences in four separate categories (Team Building, Social Skills, Prevention, Goal Setting) on a scale of 1 - 5. "1" being "Very Poor" and "5" being "Excellent." The entire scale is as follows:

"Very Poor" = 1 "Poor" = 2 "Average" = 3 "Good" = 4 "Excellent" = 5

#1 Team Building

Out of 60 participants the overall rating for the Team Building section of the curriculum was **4.8**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Name That Tune: 4.8

Small Group Activities: 4.7

#2 Social Skills

Out of 60 participants the overall rating for the Social Skills section of the curriculum was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Getting Connected: 4.5

Dance: 4.8

Meals: 4.7

#3 Prevention

Out of 60 participants the overall rating for the Prevention section of the curriculum was a **4.6**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Drug & Alcohol Info: 4.5

Create Your Prevention Day: 4.6

Prevention Role Plays: 4.6

#4 Goal Setting ("All About Me")

Out of 60 participants the overall rating for the Goal Setting section of the curriculum was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Hot Seat: 4.9

LifeLine: 4.5

Forecasting: 4.7

Ratings for LifeRide Curriculum and Louisiana Dept. of Education

The following ratings are derived from the evaluation forms given to participants in the LifeRide Curriculum created by Eddie Slowikowski. Participants were asked to rate their different experiences in four separate categories (Team Building, Prevention, Goal Setting, Social Skills) on a scale of 1 - 5. "1" being "Very Poor" and "5" being "Excellent." The entire scale is as follows:

"Very Poor" = 1 "Poor" = 2 "Average" = 3 "Good" = 4 "Excellent" = 5

#1 Team Building

Out of 120 participants the overall rating for the Team Building section of the curriculum was **4.9**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Name That Tune: 5.0

Small Group Activities: 4.8

#2 Social Skills

Out of 120 participants the overall rating for the Social Skills section of the curriculum was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Getting Connected: 4.6

Dance: 4.8

Meals: 4.7

#3 Prevention

Out of 120 participants the overall rating for the Prevention section of the curriculum was a **4.6**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Drug & Alcohol Info: 4.5

Create Your Prevention Day: 4.6

Prevention Role Plays: 4.6

#4 Goal Setting ("All About Me")

Out of 120 participants the overall rating for the Goal Setting section of the curriculum was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Hot Seat: 4.8

LifeLine: 4.6

Forecasting: 4.7

Ratings for LifeRide Curriculum and ICARE East Baton Rouge Parish School System

The following ratings are derived from the evaluation forms given to participants in the LifeRide Curriculum created by Eddie Slowikowski. Participants were asked to rate their different experiences in four separate categories (Team Building, Prevention, Goal Setting, Social Skills) on a scale of 1 - 5. "1" being "Very Poor" and "5" being "Excellent." The entire scale is as follows:

"Very Poor" = 1 "Poor" = 2 "Average" = 3 "Good" = 4 "Excellent" = 5

#1 Team Building

Out of 100 participants the overall rating for the Team Building section of the curriculum was **4.9**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Name That Tune: 4.9

Small Group Activities: 4.8

#2 Social Skills

Out of 100 participants the overall rating for the Social Skills section of the curriculum was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Getting Connected: 4.7

Dance: 4.8

Meals: 4.7

#3 Prevention

Out of 100 participants the overall rating for the Prevention section of the curriculum was a **4.7**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Drug & Alcohol Info: 4.5

Create Your Prevention Day: 4.7

Prevention Role Plays: 4.7

#4 Goal Setting ("All About Me")

Out of 100 participants the overall rating for the Goal Setting section of the curriculum was a **4.8**, landing on the scale between "Good" and "Excellent."

Ratings Breakdown by Activity:

Hot Seat: 4.7

LifeLine: 4.8

Forecasting: 4.8