



## NEWS FROM MICHAEL BERNARD October 2024

### *Hello*

We're thrilled to share with you the uniqueness and power of You Can Do It! Education (YCDI!)—Australia's pioneer in social-emotional learning programs, with over a million young people having participated. Recognised and independently reviewed, YCDI! proudly features in the Be You - Beyond Blue Programs Directory, meeting the highest standards for evidence and implementation. Schools also choose YCDI! Education's Program Achieve because the curricula lessons are carefully designed to meet ACARA's Personal and Social Capability Framework.



Many schools and educators ask us how YCDI! continues to evolve, and with that in mind, we've launched a [new podcast](#) providing a deep dive into What is You Can Do It Education?

Now is the perfect time for new schools ordering our SEL curriculum Program Achieve—[place your 2025 orders](#) and gain complimentary access for the remainder of 2024.

We also continue to [focus on helping students manage being bullied](#), based on my extensive experience in cognitive-behavioural therapy. My recent article published in The Australian highlights this effort, and our accompanying podcast explores the topic in depth.

As the school year winds down, remember to focus on the successes you've achieved. Let's celebrate the progress—big and small—that you and your students have made. Below are [tips to stay positive](#) and end the year strong.

ONWARDS!

**Michael E. Bernard, PhD**  
Founder, YCDI! Education  
Emeritus Professor, California State University  
Former Professor, University of Melbourne  
Doctorate, Education Psychology

### What is You Can Do It! Education? Podcast

(audio, AI-generated by NotebookLM using YCDI! source material, Oct., 2024)



### WHAT EXACTLY IS YOU CAN DO IT! EDUCATION?

We have just published a new podcast that provides a deep dive into the uniqueness of YCDI! Education. [Listen now.](#)

Our website provides several sources of information about YCDI! Education, including a 6-minute narrated [PowerPoint presentation](#) in which I introduce the fundamentals.

Our [research page](#) provides links to academic articles outlining research on our programs.

**SPECIAL OFFER FOR 2025**  
FREE ACCESS INCLUDED WHEN YOU ORDER PROGRAM ACHIEVE NOW FOR 2025



**EARLY CHILDHOOD                      PRIMARY                      SECONDARY**

FOR FURTHER DETAILS AND TO ORDER NOW

**THE AUSTRALIAN** |  
**Giving kids tools to deal with bullies critical, expert says**

STEPHEN LUNN  
7:00pm September 29, 2024

Stephen Lynn, Social Affairs Editor, authored an exclusive article based on the work we have been doing in bullying prevention. He writes:

*Governments, schools and parents need to widen their focus from identifying and re-educating bullies to teaching young people how to better cope with the emotional damage bullying does, a leading educator (Michael Bernard) says.*

To learn more about this vital work, you can listen to our [podcast](#), read my original [article](#), and discover this best-practice bullying prevention [program](#). Just click the image below.

**BULLYING - THE POWER TO COPE**

Research shows this anti-bullying prevention program strengthens students' intrinsic capacity to cope with bullying.

[PODCAST >](#)      [ARTICLE >](#)      [PROGRAM >](#)

**STAYING FOCUSED ON THE POSITIVE**

Managing stress during this time is essential. Reflect on the resilience you have shown throughout this incredibly demanding year! You have navigated countless challenges while maintaining sight of your mission: to educate and inspire.

The mindset that will help you remain resilient in the face of countless stressors at this stage of the school year is built on several key components.

1. **Self-acceptance** is crucial. Don't be overly self-critical. No one is perfect. Accept imperfections as part of the learning process.
2. **Self-compassion** helps you treat yourself with kindness during difficult moments, which reduces the emotional toll of high-pressure situations like challenging student behaviour or critical feedback from parents.



3. An **optimistic** outlook helps you shift the focus from problems to solutions, enabling you to see setbacks as temporary and surmountable rather than overwhelming.
4. **GRIT**, the passion and perseverance to pursue long-term goals, enables you to stay committed to your educational mission, even when faced with excessive workloads or lack of support. This long-term dedication fuels your ability to push through challenges, not out of sheer endurance but purpose-driven motivation.
5. Finally, a **growth mindset** empowers you to view difficulties as opportunities for development. Instead of seeing these moments as signs that you'll never get on top of these problems and obstacles, you can see them as a natural part of growing personally and professionally.

Remember that you are not alone. Leaning on your colleagues and working together can provide the support needed to finish strong. Collaboration allows everyone to share the load and bring their unique strengths to the table.

By supporting one another and staying focused on the positive, you can finish the school year on a high note, ready to celebrate the many accomplishments made and recharge for the year ahead.

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## That's a wrap

Feel free to communicate with me ([michaelebernard@gmail.com](mailto:michaelebernard@gmail.com)) about what's happening at your school with YCDI! including photos and success stories - and difficulties too!

## Michael

Thank you for being part of the YCDI! community. If you know someone who will also enjoy this newsletter, please share an invitation to [subscribe here](#).

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Have DR MICHAEL BERNARD present your school's next professional learning session. For more information, please contact:  
**1800 155 603** or [enquiries@youcandoiteducation.com.au](mailto:enquiries@youcandoiteducation.com.au)

Have questions? Get in touch

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