



**BOYS & GIRLS CLUBS  
OF AMERICA**

### **Fact Sheet: Power Hour: Making Minutes Count**

**GOAL:** To help young people develop academic, behavioral and social skills through homework completion, high-yield learning activities and tutoring.

**WHY:** Boys & Girls Clubs seek to provide an outcome-driven Club Experience that helps young people achieve academic success, good character and citizenship, and healthy lifestyles. When Boys & Girls Clubs offer extended learning opportunities and educational enrichment programming during the non-school hours, they help improve young people's academic performance and encourage them to graduate from high school, pursue a post-secondary education and develop a lifelong love of learning. Homework completion is a critical component of young people's academic success.

**WHO:** Boys & Girls Club members ages 6 to 18

**WHAT:** The Power Hour program model helps Club professionals:

- Create a climate of academic success in the Boys & Girls Club
- Conduct engaging homework help programs for Club members in elementary, middle and high school
- Make homework and other learning activities enjoyable, as well as academically beneficial – “Fun with a Purpose”
- Integrate technology in Power Hour activities
- Organize a program schedule and space for optimum results
- Implement one-on-one or small-group tutoring for youth who need additional help in specific areas
- Develop an incentive system to motivate youth to increase their participation
- Recognize young people's efforts and achievements
- Engage hard-to-reach or reluctant youth in homework help and tutoring
- Recruit and retain program volunteers
- Collaborate with schools, parents and other community partners
- Measure the outcomes of Power Hour
- Pursue local sustainability funding with a sample grant funding proposal
- Replicate proven best practices from other Clubs

The Power Points poster and banners are periodically available through the BGCA EStore, accessible from [BGCA.net/Marketing](http://BGCA.net/Marketing).

Distance learning courses on program implementation and outcome measurement are available through Spillett Leadership University at [BGCA.net/Training](http://BGCA.net/Training).

**WEBSITE:** [BGCA.net/PowerHour](http://BGCA.net/PowerHour)

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