



JORDAN  
FAMILY  
FOUNDATION

# THE JSP LIFE SKILLS PROGRAM

You have only one chance to  
make a first impression.  
Make it a great one.





## REINFORCING STRONG PERSONAL VALUE SYSTEMS

**THE PRIMARY GOAL OF THE JORDAN SCHOLARS PROGRAM (“JSP”) IS TO PREPARE STUDENTS FOR COLLEGE AND LIFE THEREAFTER BY BUILDING AND REINFORCING STRONG PERSONAL VALUE SYSTEMS THROUGH ATHLETIC AND ACADEMIC RIGOR.**

It is the belief that by providing a “standard of sports opportunity partnered with a rigorous academic program,” the participating young men and women will develop critical personal values, among which include self-confidence, self-esteem, work ethic, character and commitment to the concept of teamwork and goal setting.



JSP has developed an important initiative as part of The Jordan Scholars educational experience. This initiative is “The JSP Life Skills Program.” The young men and women who are part of The JSP participate in the program to learn about certain Life Skills as follows: Goal Setting Skills, Proper Communication Skills, Cultural & Table Etiquette, Proper Grooming & Attire, Civility & Personal Behavior, Community Service, Money Management Skills, Interpersonal Relationship Skills, Health, Fitness & Proper Nutrition, Empathy, Compassion & Humanitarian Awareness – among others. The Life Skills Program will better prepare JSP students for life beyond McCarthy.

JSP engages the services of outside, third-party experienced professionals to instruct the Scholars accordingly. Each academic year, there are approximately 10-12, 1-hour sessions of instruction for all Jordan Scholars (attendance is mandatory). An incoming Freshman Scholar will attend approximately 40-50 sessions by the time he or she graduates.

Learning and practicing Life Skills is an important step for students as they plan for transitioning into adulthood. The development of personal value systems is critical, as fundamentally, students make their decisions based on their values and beliefs – whether they are personal or are projected on them by their authority figures.



## GUEST SPEAKER LYDIA STUTESMAN



**THE FOUNDATION HAS PARTNERED** WITH BOTH THE FACULTY AT MCCARTHY HIGH SCHOOL AND VARIOUS EXPERTS IN THEIR FIELDS WHO HAVE SHARED THEIR WISDOM WITH MCCARTHY'S JORDAN SCHOLARS IN A SERIES OF GUEST LECTURES THROUGHOUT THE 2023-24 ACADEMIC YEAR.



### **LYDIA STUTESMAN**

ASSOCIATE DIRECTOR OF ALUMNI RELATIONS

Leading the charge is Archbishop McCarthy's Associate Director of Alumni Relations, Mrs. Lydia Stutesman. Mrs. Stutesman has not only helped The Foundation plan and organize each session, but also presents numerous sessions herself. She leaves her mark with lessons about managing money and, borrowing from renowned author and self-help guru Steven Covey, *The Habits of Highly Effective Teens*.

**Money 101:** Debt vs. Credit. Fixed vs. Variable Expenses. Online Spending. FICO Scores & The Magic of Compound Interest.

**7 Habits of Highly Effective Teens, by Steven Covey:** Be Proactive. Begin With the End in Mind. Put the first things first. Think WIN-WIN. Seek First to Understand, then Be Understood. Synergize. Sharpen the Saw.

Mrs. Lydia Stutesman is a high school business education and broadcast journalism teacher, Associate Director of Alumni Relations at Archbishop McCarthy High School and the owner and operator of Teacher's Pet Life Skills LLC. Stutesman is also the Host of the "Did We Just Become Best Friends" podcast available on all platforms.

A native of South Florida, Lydia enjoys spending time with her family, going to the beach, volunteering and networking for charitable causes and recording episodes of her podcast. Her passion is coaching teens on financial literacy and life skills that people often refer to as things people "wished they would teach us in school." This is what drove her to create the Life Skills Boot camp.

Stutesman attended Saint Gregory School, St. Thomas Aquinas High School, and The Connecticut School of Broadcasting, eventually pursuing and completing her BA in Management from Northwood University and her Masters in Secondary Education from Grand Canyon University.



## GUEST SPEAKER CARL BROWN

**THE 2023-24 LIFE SKILLS PROGRAM** HAD THE PRIVILEGE OF KICKING OFF WITH THE GREAT CARL BROWN, A SPECIAL GUEST SPEAKER FROM HOWARD UNIVERSITY WHO HAS MADE A CAREER OF HELPING YOUNG MEN AND WOMEN NAVIGATE AND DOMINATE THE SMALL BUSINESS WORLD.

A lifelong educator, Mr. Brown is also an author. His comic book series, *Sammy the Saver*, teaches kids in a relatable and modern way that it's never too early to start saving money.



### **CARL BROWN** AUTHOR, TALK SHOW HOST AND PUBLIC SPEAKER

Carl Brown is the State/Executive Director of the District of Columbia Small Business Development Center (DC SBDC) on the prestigious campus of Howard University.



Additionally, he is the host of the popular radio talk show “The Small Business Report” airing on Sirius XM Channel 141 every Thursday. Additionally, Carl has held executive positions in Telecommunications, Consumer Goods, and Transportation.

His public sector experience includes Federal – US Patent and Trademark Office and Department of Treasury; Maryland–National Capital Park and Planning Commission and the District of Columbia, Office of Contracts and Procurement and District Department of Transportation; and the Washington Metropolitan Area Transit Authority (WMATA).

In recent years, he was the executive producer of the popular television series “Emerging Business Report” as well as the on-air host of “Growing Pains – Taking Your Business to the Next Level.” Carl has been a guest on numerous radio and TV shows, and interviewed by national media outlets including news programs, magazines and newspapers on economic development and small business issues.



**WITH SO MANY STUDENT-ATHLETES IN THE JORDAN SCHOLARS PROGRAM,** IT BECAME OBVIOUS THAT A SESSION RELATING TO NCAA ELIGIBILITY, VERBAL SCHOLARSHIP OFFERS, AND THE TRANSFER PORTAL, AMONG OTHER THINGS, WOULD BE CRITICAL IN HELPING THESE YOUNG MEN AND WOMEN NAVIGATE THEIR ATHLETIC AND ACADEMIC CAREERS.

There is no bigger expert in these areas than special guest Jason Setchen of Athlete Defender, Inc. The Scholars learned from a man who's made it his life to help young people navigate their high school and college athletic careers. Mr. Setchen covered topics such as NCAA Eligibility Rules, Junior College Path, Social Media Dangers, College Transfer Portal and the Reality of Verbal Offers.



## **JASON SETCHEN** ATTORNEY

Jason Setchen is an experienced attorney who has counseled and represented countless athletes, coaches and administrators at all levels. Mr. Setchen is not a sports agent, but over the course of his career which spans over 25 years, he has provided extensive legal representation and has met his clients' needs wherever they may be.

Mr. Setchen has counseled or served as co-counsel in many high-profile cases on behalf of amateur athletes, coaches, and athletic administrators concerning issues with colleges, universities, the NCAA and the FHSAA.

Mr. Setchen has also worked with student-athletes in an array of NCAA enforcement and compliance matters.



## GUEST SPEAKER LYNNE MOORE



**THE JORDAN FAMILY FOUNDATION'S FIRST ANNUAL LIFE SKILLS PROGRAM** CLOSED OUT WITH A SERIES WITHIN A SERIES OF INVALUABLE SESSIONS COVERING ALL MANNERS OF ETIQUETTE AND PROTOCOL.

From shaking hands to proper eye contact, from writing thank you notes to table manners, from formal attire to professional grooming, Mrs. Lynne Moore of The Protocol School of Washington captivates her audience with an energy and enthusiasm that leaves an indelible impression on all who were lucky enough to attend.



### **LYNNE MOORE**

THE PROTOCOL SCHOOL OF WASHINGTON

Lynne Moore is trained by The Protocol School of Washington®, the leader in protocol services with an emphasis on cross-cultural understanding, communication, and leadership skills. She received her B.A. from Purdue University and her M.A. from Columbia University where she was awarded Klingenstein and Barnes Foundation Fellowships.

She has conducted graduate research in writing, discourse, and culture at Middlebury College and Lincoln College, Oxford University.

Mrs. Moore is a National Endowment for the Humanities Emily Dickinson Fellow, a Mount Vernon George Washington Teaching Fellow, and one of the first appointees by Florida's Secretary of State to serve on the Arts in Education panel.

She is published in the field of private school education, and, when not teaching literature in junior high and high school, Mrs. Moore is a protocol consultant for schools and corporations throughout the United States. Also, she played soccer in high school and is an avid downhill skier.



## FUTURE INITIATIVES



**THE FOUNDATION PLANS TO EVOLVE THE LIFE SKILLS SERIES** WITH NEW AND UNIQUE LESSONS IN THE COMING YEARS.

The goal—to prepare all Jordan Scholars for every aspect of adult life—drives the process down a path towards educating these young men and women above and beyond their academic course load and extracurricular activities. On top of the lessons already in place, Jordan Scholars will have the chance to learn even more during the 2024-25 Academic Year.



**CPR AND FIRST AID TRAINING**

A group of people are gathered around a CPR training mannequin on a table. One person is demonstrating the technique while others observe. The setting appears to be a classroom or training room.

**PEER PRESSURE AND SUBSTANCE ABUSE LESSONS**

A young man with a backpack is walking through a modern building with large glass windows. He is looking back over his shoulder, suggesting a moment of reflection or a lesson learned.

**CAR CARE AND MAINTENANCE INSTRUCTION**

A person is pouring oil from a can into a car's engine. The scene is a close-up of the engine compartment, showing various mechanical parts.

**TATTOOS, JEWELRY AND REAL-WORLD PROFESSIONALISM**

A close-up shot of a person's arm with a detailed tattoo. The person is wearing a checkered shirt, and the background shows green foliage.

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