

Project K in the Western Bay of Plenty

How well are graduates doing
post Project K

Findings from a report conducted by Graeme
Dingle Foundation Research & Evaluation team on
Project K graduates who attended Otumoetai &
Mount Maunganui Colleges, Western Bay of Plenty
from 2010-2019



**GRAEME DINGLE
FOUNDATION**

Empowering kids to overcome life's obstacles
Whakamanawatia ngā tamariki kia eke panuku

“

Project K literally changed and saved my life. I can honestly say I may have gone down a bad path. When your young you think you're an adult, and you don't realise the impact your choices will have in your life, in the near and far future.

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What is Project K?

Project K is a 14-month programme for selected students with low self-confidence. The programme focuses on building confidence, teaching life skills, promoting good health and encouraging a positive attitude. The aim of Project K is to arm participants with a belief in their own ability to complete tasks and achieve goals, and to help them find purpose and direction.



Wilderness Adventure



Community Challenge



One on One Mentoring

What Project K does...

- Benefits young people who feel they do not fit in, are struggling at school or dealing with difficult life situations
- Participants learn to recognise opportunities and gain the confidence to go for it
- Alumni say that Project K had a positive influence on their academic and career choices and future lives



How Project K helped...

- Graduates learn to recognise good opportunities
- Gave them the confidence to try new activities
- Motivated them to set personal/life goals
- Helped them communicate with others and build positive relationships

"I was pushed to my limits during the wilderness adventure - I think that helped me realise what I am capable of."



Some Results...

Alumni said they would recommend Project K because of the positive impact it had on themselves and the opportunities it offers to other young people. They say it helped them to grow in confidence and overcome interpersonal challenges and made them aware of the many opportunities available to them, and how the choices they make now can impact their future lives. They believe that Project K is especially beneficial for young people who feel they do not fit in, are struggling in school, or are dealing with difficult life situations.

Most alumni said they valued their mentor as a confidant, advisor and positive role model who motivated and inspired them to set and achieve life goals.

Alumni who felt that Project K helped them with their communication skills were also helped to build positive relationships.

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