

PICK: POPULATIONS

YOUTH, YOUNG ADULTS & PARENTS

The PICK course is one of the few courses that can teach the same content effectively to all ages, from youth to older unmarried adults. This offers cross-generational learning and teaching formats.

- **YOUTH:** The young adult classes can be facilitated on high school campuses
- **AFTER-SCHOOL CLUBS:** Finally, follow-up No-Scrubs Clubs deepen the learning and mentoring by offering the opportunity to discuss and apply the material after the completion of the PICK class.
- **PARENTS:** The Parent Guide and accompanying Parent Seminar broadens the effectiveness of this course for young adults by including their parents in the learning experience. Single parents frequently wonder where is a class that they can attend.
- **COLLEGES & UNIVERSITIES:** The college course used on college campuses (e.g. RA taught in dorms, university counseling centers, etc), and in college coursework for credit (lesson plans and a syllabus template are available on the Love Thinks website for instructors and the *How to Avoid a Falling in Love with a Jerk* book has been used as a college course text). This college course has formats from 1- or 2-day workshops/seminars to successive classes.

NEVER-BEEN-MARRIED AND DIVORCED ADULTS, MILITARY ADULTS

- **UNMARRIED ADULTS:** The PICK course has been used with singles not presently in a romantic relationship in order to help strengthen their understanding and intentions for building healthy relationships and partner selection.
- **PREMARITAL COUPLES:** The PICK course is also an excellent program for preparing couples for marriage as they sort through the five key areas to deeply explore in a premarital relationship and also learn how to build and run the bonds of their relationship in safe and enduring ways.
- **OTHER ADULT SINGLES:** The PICK course has an adult workbook in which additional supplemental lesson plans can be added. These supplements are offered to instructors on the Love Thinks website and cover topics such as partner abuse, female soldier challenges, emotional abuse, dating with children and other topics related to specific issues faced by some singles.
- **MILITARY VERSION:** Research has supported the importance of partner selection and the effectiveness of the PICK course in preparing single soldiers for healthy relationships and ultimately, partner selection (see research for the PICK course). The PICK course is currently being used by all branches of the military and has been included in the Army Chaplain's Basic Officer Course at Fort Jackson for over six years. PICK continues to be taught in the Army Strong Bonds Program since 2004, and also in the Navy and Air

Force with certified trainers in Chaplaincies, Family Advocacies, and other military organizations.

- **FAITH-BASED VERSIONS FOR YOUTH AND ADULTS:** The PICK course is a secular course that also has a Christian version that can be used in faith-based settings. These additional lesson plans and power points can be downloaded at no charge to instructors from the Love Thinks website.

INCARCERATED INDIVIDUALS

The PICK course has been used extensively with incarcerated individuals. Marriages that Work in Michigan and Michigan Healthy Marriage Coalition have served over 8000 inmates and have taught over 500 PICK classes in the prison system. To discuss the use of the PICK course with incarcerated individuals, please contact Fred@lovethinks.com or info@lovethinks.com.