

# Coach for College

D U K E U N I V E R S I T Y

A Global Initiative to Promote Higher Education Through Sports

## IMPACTS ON YOUTH

### TARGET POPULATION

Coach for College targets low-income, rural youth who are at risk of school dropout. The families of the youth in rural Vietnam rely on farming and make \$200-\$300 per year. 94% of the youth that we work with have parents with a high school education or lower. 65% of youth have at least one parent who completed 9th grade or lower.

### GOALS

We have three long-term goals for the youth:

- increased psychological well-being
- increased job-related productivity
- increased educational attainment.

The program focuses on helping youth develop four psychological outcomes which lead to these longer-term outcomes: personal goals, motivation, self-confidence, and self-discipline. We help youth achieve these outcomes through research-based psychological techniques, effective academic teaching approaches, extensive opportunities for skills practice, and involvement of skilled role models (college student teachers from both the US and Vietnam).



### PROGRAM MODEL

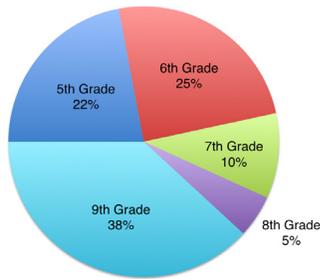
Each summer, Coach for College offers three-week camps to middle school students who are entering the sixth through ninth grades. Students from each grade attend a separate camp. Students can participate in Coach for College up to four times during their middle school years. Students are organized into teams of 12-15 students with different colored uniforms. All components of the camp use sports. Students in each camp take six 45-minute classes in four sports, six 45-minute classes in four academic subjects taught using sports analogies, and twelve 45-minute classes in Life Skills. Each Friday, they participate in team-based sports competitions and take individual Academic and Life Skills tests. At the end of each camp, awards are given to the individual and team winners.

### OUTPUTS

Since summer 2008, Coach for College has implemented 22 three-week camps over the course of five summer programs, serving 1489 youth in total from eight different middle schools. 28.9% of these youth have participated more than once. We added a second site in summer 2011 and on average have served 407 kids per summer.

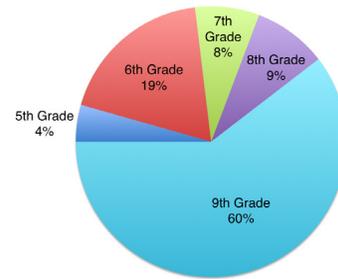
## PROGRESS IN SCHOOL

Highest Grade Completed by **Non-CFC Participants** Who Entered Hoa An School in Fall 2008, as of May 2012 (N = 118)



Many Coach for College students have already surpassed their parents in education and outperform their peers. 60% of participants who entered 6th grade in Fall 2008 completed 9th grade by spring 2012, compared to only 38% of non-participants. We will continue to track students through high school and college.

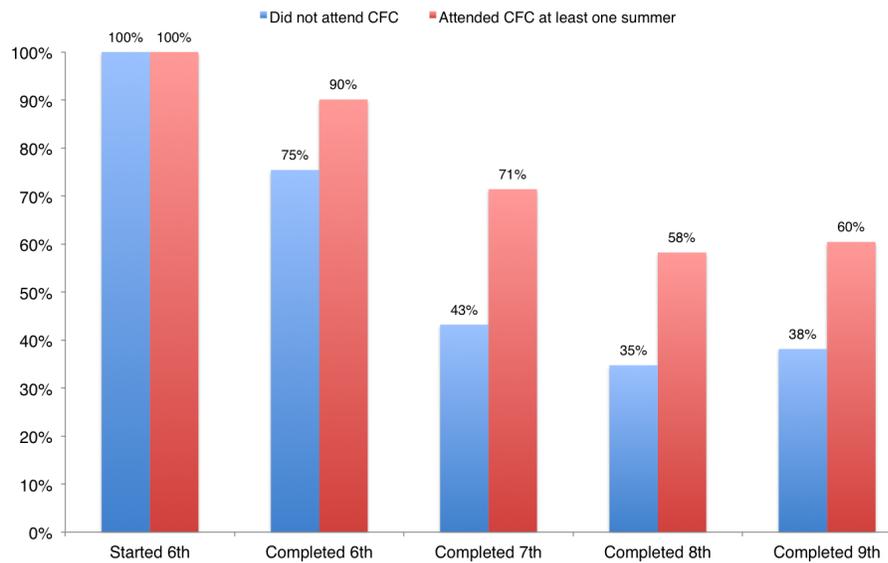
Highest Grade Completed by **CFC Participants** Who Entered Hoa An School in Fall 2008, as of May 2012 (N = 91)



## GRADE COMPLETION

Compared to non-participants, a greater percentage of CFC participants satisfactorily completed each grade of middle school. 71% of CFC participants satisfactorily completed 7th grade at some point during the four years, compared to 43% of non-participants. 58% of CFC participants satisfactorily completed 8th grade at some point in the four years, compared to 35% of non-participants. Even when controlling for first semester 6th grade GPA, CFC participants had a higher probability of being promoted to 9th grade on time, with the greatest differences occurring for those students whose GPA in 6th grade was in the middle (5.0-6.0 on a 10 point scale).

Percentage of 2008 6th graders Who Have Completed Each Grade in Middle School, According to Whether They Have Participated in CFC or Not



## EFFECT ON ENROLLMENT

Among students who entered 6th grade in Fall 2008, 71% of those students who had participated in at least one CFC camp were still in school at the end of 9th grade (Spring 2012), compared to 42% of non-participants. 81% of those students who attended two or more CFC camps were still in school at the end of 9th grade. The highest risk of dropout occurred during the summers. When this analysis was extended to two cohorts, it was found that, compared to non-participants, the probability of dropout in the summer before 8th grade was 3.5 times lower for two-time participants and 6.8 times lower for three-time participants.

Fitted Probability that a Rural VN Student Will Remain in School Beyond the Specified Period of Middle School, by CFC Participation Level (N=224)

