

Introduction to Issue No. 7

Welcome to Issue 7 of the Journal of Excellence.

This issue of the Journal of Excellence focuses primarily on mental skills training for children and youth; the overall goal being to improve the lives of children and their families.

The first three articles are the result of thesis work examining the effectiveness of mental skills training interventions with children. Klingenberg presents the process and results of her intervention work with a disabled child and his family. Koudys discusses her intervention work with a young child stricken with cancer and his family. Gilbert presents her thesis on mental skills training with elementary school children, where the teachers implemented the program with the children in their classrooms.

The fourth and fifth articles are the result of graduate student internships in mental training consulting with children and youth. Julien discusses her mental training intervention and how it was received by children and youth attending a sports camp. Theberge presents her internship program which involved working with children and youth at a summer camp where the children had never been exposed to mental skills training.

In the final article of Issue No. 7, Orlick shares a global perspective on nurturing positive living skills for children, including the ultimate goal or dream goal, why it is important, and how we can make it a reality.

We encourage anyone who is conducting applied research in this area, or working with children and youth to improve their mental skills or quality of life, to submit articles about their work.

Terry Orlick, PhD
Editor in Chief