



M.U.D. Program Manual & Workbook

Nevilon J. Meadows

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ABOUT M.U.D. The M.U.D. Program Manual & Training Workbook is the premier publication of Men Under Development (M.U.D.), Inc, an urban not-for-profit organization specializing in training and development programs for communicating with **anger, deterring violence and alleviating the pain** of the at-risk males and youth. It features a comprehensive structured outline of the organization's mentorship training programs, as well as the actual teaching worksheets utilized for trainers and trainees within the M.U.D. classroom environment. Designed specifically for (but not limited to) use by those persons interested in engaging the services of the organization, it will facilitate a practical application of the goals of the program thereby promising to fully engage the reader in active learning.

Detailed insight into the M.U.D. organization and its programming is provided as an introduction. This feature, along with other elements woven throughout the work, establishes the publication as a program manual. A letter of commitment from **Nevilon Meadows**, CEO and author, exposes the heart of the organization toward the unification of family and community through decided and positive male interaction. It further establishes that the organization is "...a unique group on the cutting edge of restoring, redeeming and reclaiming manhood...", and highlights the recurring theme of the organization's commitment to, "...the development, affirmation and celebration of manhood." Other declarative elements of the organization's philosophy are outlined in the following: Vision statement, "Men are not born; men are made", "The Needs of a Man", Mission Statement, Program Overview, Program Levels and Goals, Five M.U.D. Projects, S.T.E.P.S. to Mentoring, M.U.D. Mentees' and Mentors' codes, and 18 M.U.D. Learning Objectives.

The reader of the **M.U.D. Program Manual and Training Workbook** is also engaged in a thorough dissertation of the principles of the organization through the program and curriculum features of the publication. Fundamentally, the organization asserts that "...there is a marked difference between being a man, demonstrating maleness and possessing manhood." Therefore, the M.U.D. curriculum is outlined and geared towards identifying the **assumed, perceived and specific needs** of male program participants through training via mentoring exchange. The Mentoring exchange program is described as taking place on three levels: **generalized, specialized and individualized**. The philosophy behind the M.U.D. approach to mentoring also takes shape in the organization's five (5) projects: the Male Development project, the Maggie Brown project, the Josiah project, the Discipline-Responsibility-Structure (D.R.S.) project, and the Community Reclamation project.

Finally, the workbook feature of the publication is divided into sections. **Section one** is comprised of the 18 training modules for M.U.D. mentors as outlined in the learning objectives. A topical study is provided in the following subject areas: Family Life, Male Bonding, Gender Differentiation, Communication Skills, Career Awareness, Male Socialization, Problem Solving, Anger Management, Cultural Identity, Life Leadership Skills, Health, Diet & Exercise, Transmission of Values, Roles of Manhood, Keys to Manhood, Positive Self-Directed Behavior & Self-Critique. A group affirmation exercise is the culmination of both the mentor and Mentee training sessions. **Section two** consists of the training of Mentees in the M.U.D. organization. It is a modification of the mentor training modules used to coordinate interactive engagement between mentors and Mentees. **Section three** describes the goals and objectives along with the protocol behind the Discipline-Responsibility-Structure project. **Section four lays the groundwork for organizing and implementing a local M.U.D. chapter.**

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Patricia Morales:

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Gloria White:

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