

CHART YOUR **TRUE NORTH**

Chart Maker Toolkit

Advocate for Chesapeake Bay Outward Bound at your school—because adventure isn't just about the outdoors, it's about finding direction.



CHESAPEAKE BAY
OUTWARD BOUND SCHOOL



Welcome!

Dear Independent School Educators,

From Baltimore to D.C., independent schools play a unique role in shaping students who think critically, lead with purpose, and understand themselves deeply. You're what we call 'Chart Makers'. You walk beside students as they chart their own course, academically and personally. You don't simply hand them a map to follow.

With the opening of our new Washington, DC campus—alongside our long-standing home in Baltimore—Chesapeake Bay Outward Bound School (CBOBS) is expanding the opportunities available to advance your school's mission to develop critical life skills.

This new campus represents more than added capacity; it creates a pathway for more schools to integrate meaningful learning into their student experience. Our programs are designed to complement the ambitions your schools already hold: developing resilient, reflective young people who can navigate challenge, collaborate with empathy, and chart their own direction.

At CBOBS, we believe every student deserves to chart their own True North—the internal compass that guides them through challenge and change. And every school has its own True North, too: the unique mission and values that shape your community. Our programs help students find theirs while supporting you in advancing yours. Inside this toolkit, you'll find the messaging, visuals, and outreach materials to help introduce these experiences to your community clearly and confidently.

We're grateful for the work you do, and we're excited to partner with independent schools across the region to give even more students the opportunity to discover who they are and where they're headed.

In partnership,
Your Chesapeake Bay Outward Bound School Team

outwardbound.org/chart-your-true-north/
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OutwardBoundChesapeake.org

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Being on this trip was one of the best decisions I could have made. I learned things that will 110% be with me forever.

Marquette G.

CBOBS Alum

How Chesapeake Bay Outward Bound Helps You Advance Your Mission

Independent schools across the Chesapeake Region have always led with intention, shaping students who are curious, confident, reflective, and ready to contribute meaningfully to their communities. Chesapeake Bay Outward Bound strengthens that mission—your True North—by bringing purposeful, outdoor experiential learning closer to home through our new DC campus and our Baltimore base.

Here are five ways CBOBS supports your mission and the goals your schools already hold for your students:

Independent schools distinguish themselves through a holistic approach to student development.

CBOBS experiences naturally reinforce:

- Leadership and character education
- Purpose-centered learning
- Curiosity, adaptability, and a willingness to stretch beyond comfort zones
- Advisory, service-learning, and community-building initiatives

Chesapeake Bay Outward Bound provides a structured, memorable way for students to connect these mission-driven values to lived experience.



8 in **10**

have gained the courage to face new challenges because of their Outward Bound experience

Deliver Meaningful SEL, Belonging, and Leadership Outcomes

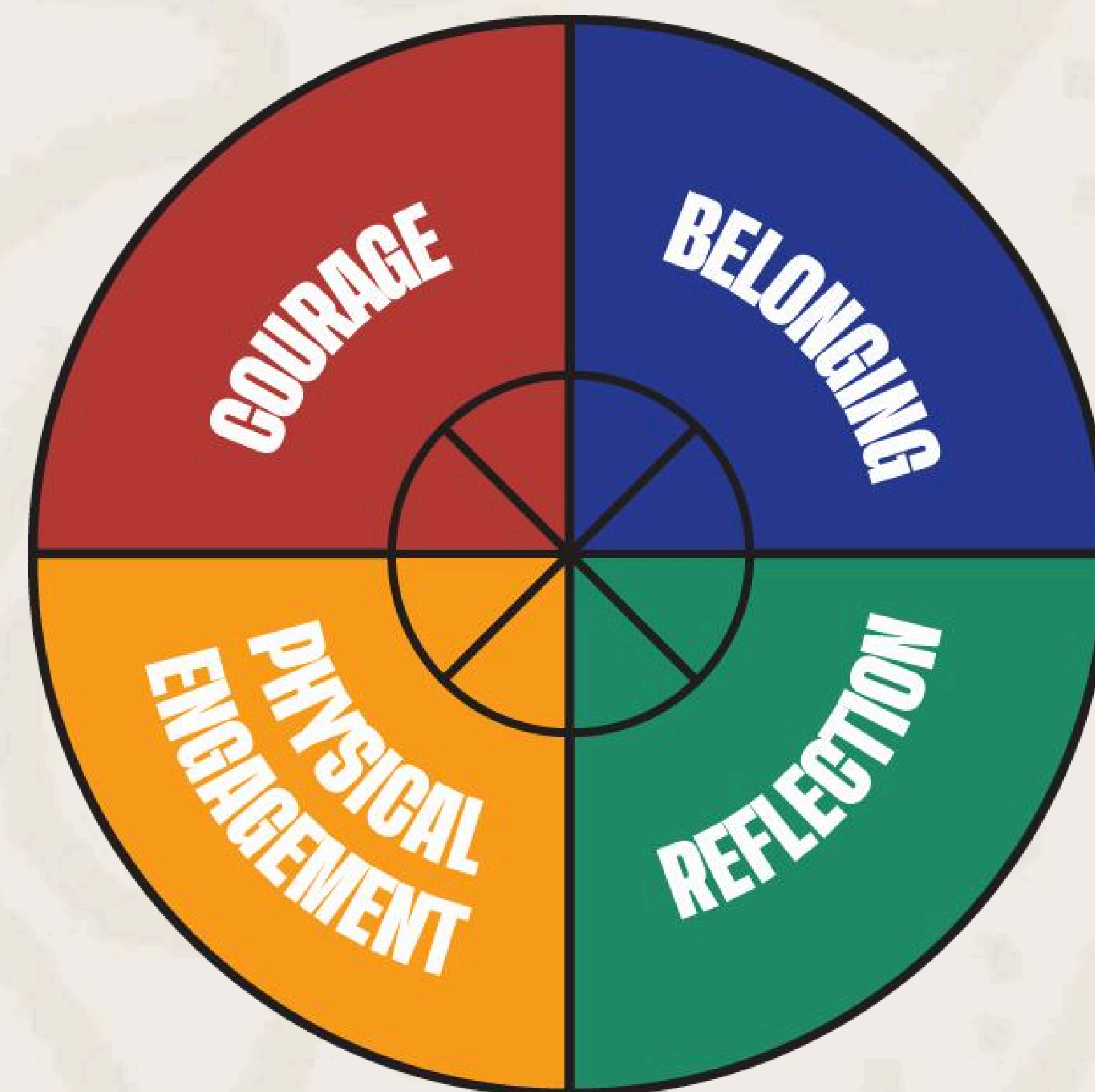
Our program outcomes map directly onto independent schools' priorities around:

- Social-emotional growth
- Self-awareness & reflection
- Collaborative problem-solving
- Leadership readiness
- A sense of belonging across diverse backgrounds

Grounded in the Domains of Thriving

CBOBS programs are intentionally designed around four core domains essential to student success:

- **Courage:** Taking risks and leading with purpose
- **Belonging:** Feeling seen, supported, and connected
- **Reflection:** Making meaning from experience
- **Physical Engagement:** Building awareness and regulation through movement



These domains give educators a clear, research-informed framework to connect what happens outdoors to growth in school.

The CBOBS **Student Growth Report Card** transforms these pillars into measurable outcomes you can share with faculty, families, and leadership, reinforcing the value of the educational opportunities you're providing by bringing students outdoors.



Measured Growth You Can Bring Back to Your School

The CBOBS Report Card used pre- and post-program survey data to measure growth across eight key skills that underpin the four core Domains of Thriving pillars: assertiveness, perseverance, group relationship, teamwork, self-awareness, social responsibility, physical confidence, and self-regulation.

Advance Diversity, Equity, and Inclusion Through Outdoor Learning

Independent schools are committed to creating environments where every student feels they belong, whether in classrooms, on teams, or in the outdoors.

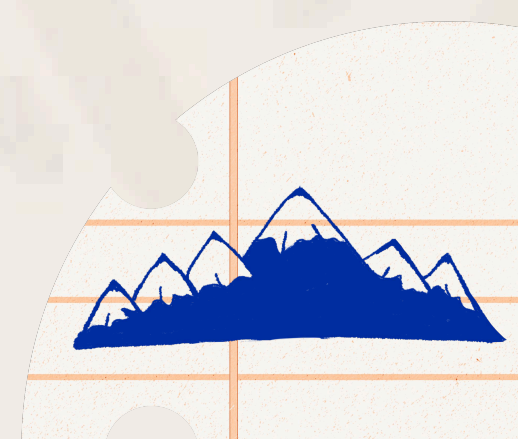
CBOBS programs support DEIB by:

- Providing equitable access to outdoor spaces for students who may not have grown up with them
- Creating shared, supportive challenges that build cross-cultural empathy
- Helping students experience leadership in different ways, not just those who speak the loudest or hold typical roles
- Cultivating a sense of community and collective responsibility

Outdoor learning is a powerful equalizer. It meets each student where they are, then brings them together.

7 in **10**

One Day Program Participants



say they have gained the confidence to try new things because of Outward Bound.



say they feel more connected to people in their group because of Outward Bound.



Strengthen Community and School Culture

CBOBS courses create shared language, shared values, and shared memories.

Students return:

- More connected to each other and the school staff
- More aware of themselves
- More grounded in how their actions affect their community

For faculty, these experiences support advisory programming, grade-level retreats, and leadership development. For families, they signal an investment in whole-student learning and character.

8 in **10**

One Day Program Participants



say they are more aware of how to support those around them because of Outward Bound.

Differentiate Your School in a Competitive Landscape

Parents and prospective families look for schools that nurture more than academic excellence.

CBOBS experiences help schools highlight:

- Commitment to character and purpose
- Deepen SEL and leadership development
- Opportunities for challenge, joy, and outdoor exploration
- Evidence-backed student growth

Integrating outdoor learning (especially with a local DC campus) becomes a meaningful differentiator in admissions conversations.

“

' To see my girl, who so often has to fight an uphill battle to be taken seriously, and who is so frequently underestimated because she is little, and cute, and exceptional at masking her often deep anxiety, flourish and shine, dirty, laughing, and with her crew, is a gift beyond measure. There are no words that can fully express my gratitude. '

Sabina

Parent Of Outward Bound Alum



“

I used this as a learning experience to remind myself that since I've dealt with hard situations out here, I can do anything else in life

CJ DC Alum

“

It was hard not to be scared of the height — I really wanted to climb but I was scared. My friends were cheering me on, so I left that fear on the ground and just went up.

Lyori N. One-Day Program Alum

“

This experience left an indelible mark on my life... I look forward to taking the skills I learned throughout this course and incorporating them into my everyday life.

Caleb D. 2023 YLC Alum

Start Charting Today: Bring Chesapeake Bay Outward Bound To Your School

Bringing Chesapeake Bay Outward Bound programming to your school is simple and deeply impactful. Here are some ready-to-use tools, templates, and guidance to help you introduce CBOBS to administrators, colleagues, families, and students with clarity and confidence.

Introduce the Opportunity to Your Leadership Team

Independent school leaders value alignment with mission, measurable outcomes, and strong partnerships. Use the materials in this toolkit to make a clear, compelling case.

Key Talking Points for Administrators

- **Aligns with our mission:**
Supports whole-student development, leadership, belonging, and wellness.
- **Delivers measurable outcomes:**
The CBOBS Student Growth Report Card provides concrete SEL and leadership data.
- **Strengthens community:**
Shared challenge builds trust, empathy, and character across grades.
- **Enhances our differentiation:**
Outdoor learning is increasingly sought after by families and aligns with independent school priorities.
- **Easy to integrate:**
Programs can complement advisory, retreats, service learning, or grade-level experiences.



DATA

- **94%** of students report growth in one or more SEL skills—building the foundation for leadership and confidence.
- **87%** say their learning needs were met.
- **92%** of teachers recommend the Outward Bound one-day program to their colleagues

RESOURCES:

- [Email template](#) for introducing the program (PDF or Canva Template)
- [Short deck](#) for admin or board meetings
- [The Domains of Thriving Curriculum](#)

Budget?

Bringing CBOBS to your school is flexible and can be planned to fit your program goals, school calendar, and budget cycle. Below are a few considerations to help you advocate internally and plan with confidence.



Align With Your School's Existing Structures

CBOBS programs can be integrated into:

- Grade-level retreats
- Advisory or leadership programming
- Wellness, SEL, or outdoor education budgets
- Existing partnership or experiential learning allocations

Many independent schools find they can align CBOBS programming with budgets already dedicated to whole-student development.

Plan Ahead for Capacity & Timing

Our new DC campus and Baltimore base expand access, but programs still book quickly—especially in fall and spring.

- Many schools budget and book 6–12 months in advance for expedition programs.
- One-day programs can be scheduled 1–6 months in advance.



Flexible Program Options

Pricing varies based on program length, cohort size, and specific goals.

We offer:

- Single-day or multi-day experiences
- On-campus and off-campus options
- Programs tailored to grade levels or leadership groups

Transparent & Collaborative

Our team works with you to:

- Understand your goals
- Explore cost-effective options
- Align program structure with your school's resources
- Provide clear, upfront pricing and logistics

Internal Talking Points for Administrators

- Strong return on investment through measurable SEL and leadership outcomes
- Supports mission-driven differentiation in admissions
- Scalable options for schools of different sizes
- Local access reduces travel costs
- Opportunities for multi-year partnership planning leadership groups

Equip Teachers to Champion the Program

Teachers are often the first to see where students need challenge, confidence-building, or connection.

What Teachers Can Do

- Share how CBOBS supports advisory, SEL, and leadership goals
- Highlight the value of experiential, outdoor learning for all students
- Use the provided templates to communicate with department heads or division directors
- Bring student testimonials and Report Card examples to faculty meetings

RESOURCES:

- [Report Card example](#)
- [Annual Reports](#) with impact data
- [The Domains of Thriving Curriculum](#)
- Student testimonials: [CBOBS Alum, Andy, Jeffrey, Kwali, Andrea, Natasha](#)
- [White Paper: Character Education Demystified](#)

Communicate With Parents and Families

Families want to understand the purpose, benefits, and safety of outdoor experiences. Here are materials that make communication simple and reassuring.

Key Messages for Families

- Safety and supervision are central to every CBOBS course
- Students gain resilience, independence, collaboration skills, and confidence
- Experiences support wellbeing and belonging across diverse backgrounds
- The program aligns directly with the school's mission and student growth goals

RESOURCES:

- [Insight for Youth and Parents](#) for one-day programs
- [What to Expect](#) on expeditions
- [The Domains of Thriving](#)
- [Welcome Packet](#)



Introduce the Experience to Students

Students are often the strongest advocates for these experiences once they understand what's possible.

How to Engage Students

- Carry out a [Chart Your True North exercise](#)
- Use reflection questions before and after the course
- Invite students who have participated to share their insights

Activation Guidance: Your Step-by-Step Path

A simple sequence for bringing CBOBS to your school:

1. Explore this toolkit to understand messaging and program fit
2. Share the resources and key talking points
3. Use the email templates to introduce the program internally
4. Share the landing page with colleagues and administrators
5. Schedule a conversation with the CBOBS team
6. Coordinate parent communications using the provided materials
7. Engage students with reflection prompts
8. Launch the experience—then share Report Card results and stories



RESOURCES:

- [Unlock a free Lesson from CBOBS Curriculum](#)
- [Chart Your True North exercise](#)
- Reflection prompts



Support & Contact

Have questions? Ready to schedule a program or discuss options?

- Baltimore Region
 - Contact: Hanibal Gnahoui
 - Email: hgnahoui@outwardboundchesapeake.org
 - [Booking Request Link](#)
- D.C. Region
 - Contact: Shey Lambert
 - Email: slambert@outwardboundchesapeake.org
 - [Booking Request Link](#)

We're here to help you every step of the way.



“
Witnessing the growth of our scholars year to year as they progress through the CBOBS character curriculum is nothing short of incredible. Each year when our alumnae return as high schoolers, they consistently share the impact CBOBS programs have had on their personal and academic journeys years after they occur.

Gabrielle Hurley

Sisters Academy Director Of College Career Success

“
What is most profound about outward bound programming is the ability to teach kids to trust each other and to give them a platform where they can reflect on their lives.

Jason Lewis

Educator, Green Street Academy

Advocate for Outdoor, Social-Emotional Learning and Join the Chart Makers Network

When you advocate for outdoor, social and emotional learning—the skills for thriving—you're joining a network of Chart Makers: independent school leaders paving the way for confident, capable students across the Chesapeake region.

See our partners below and join us in helping students chart their True North.

Independent School Partners

- Archbishop Carroll High School
- BASIS Independent McLean
- Boys' Latin School of Maryland
- Cardinal Shehan School
- Episcopal High School
- Georgetown Day School
- Gilman School
- Saint Ignatius Loyola Academy
- Sisters Academy of Baltimore
- St. Paul's School
- The Calvert School
- The Lab School of Washington
- The Siena School



**92% OF TEACHERS RECOMMEND
THE OUTWARD BOUND ONE-DAY
PROGRAM TO THEIR COLLEAGUES**

Student Exercise: Chart Your True North

Bring the Outward Bound experience into your classroom with this ready-to-use activity.

This exercise gives educators and students a preview of what CBOBS programs feel like: reflective, student-centered, and grounded in personal growth. Use it to deepen students' self-awareness and goal-setting skills as they start the journey to chart their true north.

Student Exercise:

CHART YOUR TRUE NORTH

Purpose:

A short reflection activity that helps students think about the direction they want to grow in—academically, personally, or socially—and connects naturally to their CBOBS experience.

Use This In:

- Advisory or homeroom
- Retreat or class meeting
- Pre-course orientation
- Post-course reflection
- Leadership programs

Activity Overview (10–12 minutes)

Invite students to reflect on their “true north”—the values, goals, or qualities that guide them. This exercise helps them begin thinking about who they want to be this year, and how challenge and community can support their growth.

1. Open With Three Questions

Have students take a moment to respond silently (on paper or mentally):

- What direction do I want to grow in this year?
- What kind of teammate, classmate, or leader do I want to be?
- What challenge am I ready to take on?

2. Choose a True North Word or Phrase

Ask each student to choose one of the following to capture their direction:

- A single word (e.g., Courage, Connection, Follow-through, Openness)
- A short phrase (e.g., Lift others up, Ask for help, Be present, Try things that scare me)

3. Optional: Pair or Small-Group Share

Invite students to share their word/phrase and—if they feel comfortable—why they chose it. This fosters belonging, perspective-taking, and community connection.

4. Carry It Forward

Encourage students to:

- Add their True North word to the front of a notebook,
- Keep it in their phone notes,
- Or write it in their planner.

Revisit it before/after the CBOBS experience to notice growth.

RESOURCE:

- Student Exercise: [Chart Your True North](#)