

# Curriculum Overview

## ADVISORY CORE LESSONS

### Design & Implementation

The best Social-Emotional Learning strategies are school-wide and integrated within every part of the culture. The Core Project brings awareness to SEL in a respectful manner and prepares the entire school to be actively engaged in the implementation.

#### STAFF DEVELOPMENT

##### Building Awareness and Cultivating SEL Competencies

Administrators, teachers, and classified staff make up the core of every school and deserve to be supported in the process by cultivating their own SEL competencies as they prepare to guide SEL for students. The Core Project *Staff Development Training* brings awareness to SEL in an enlightening, engaging, and affirming manner. The training cultivates SEL competencies within staff, ensures program fidelity, and prepares staff to use experiential education techniques to facilitate weekly lessons.

There are two training options to prepare for Core Lessons – schools choose which works best for them.

1. On-site and school-wide staff development for each school
2. Recruiting a team of 3-5 staff to attend a regional training to prepare to lead staff through implementation

#### STUDENT DEVELOPMENT

##### Building & Practicing SEL Skills through Core Lessons

Core Lessons provide intentional, school-wide implementation through which staff and students begin to share common language, beliefs, and understanding of SEL. Core Lessons cover five SEL competencies: **self-awareness**, **self-management**, **social-awareness**, **relationship skills**, and **responsible decision making**. Designed for middle and high school classrooms, Core Lessons are instructed by educators, one-day per week, for the duration of 30-minutes each, over the course of 35 weeks. Using methods of experiential learning, educators are equipped to engage all students in interactive sessions followed by relevant discussion, application, and weekly practice of SEL concepts. Teachers access the web-based curriculum with individual user accounts. Print-ready lessons are also available to download. Core Lessons begin and end with *Pre-* and *Post-Surveys* to gauge student readiness and growth.

#### AT-A-GLANCE

Grade Range	5th-12th
Sessions per Year	35
Multi-Year Integration	✓
Lesson Duration	30 Minutes
Staff Development	✓

#### MORE INFO

- Easy-to-access lessons in digital & print-ready formats
- Video tutorials of lesson activities
- Step-By-Step lesson plans
- Staff and Student Development
- Ongoing educator and administrator support
- Research-based curriculum using evidence of the Collaborative for Social-Emotional Learning (CASEL)
- Assessment Tools