

# Scope & Sequence

Each course contains 35 lessons. 30-minute lessons are implemented one day a week for 35 weeks:

## Course 1

- 1: Making Connections
- 2: Valuing Names
- 3: Facing Challenges
- 4: Appreciating Differences
- 5: Core Check-In
- 6: Grit
- 7: Empathy
- 8: Responsible Decision Making
- 9: Common Ground
- 10: Core Check-In
- 11: Attitude
- 12: Belonging
- 13: Cooperation
- 14: Social Awareness
- 15: Core Check-In
- 16: Stress
- 17: Including Others
- 18: Kindness
- 19: Diversity
- 20: Core Check-In
- 21: Goal Setting
- 22: School Culture
- 23: Making Connections 2
- 24: Vision
- 25: Core Check-In
- 26: Effective Communication
- 27: Teamwork
- 28: Honesty
- 29: Success
- 30: Core Check-In
- 31: Gratitude
- 32: Support
- 33: Listening
- 34: Affirmations
- 35: Core Check-In

## Course 2

- 1: Making Connections
- 2: Valuing Names
- 3: Facing Challenges
- 4: Appreciating Differences
- 5: Core Check-In
- 6: Grit
- 7: Empathy
- 8: Responsible Decision Making
- 9: Friendship
- 10: Core Check-In
- 11: Respect
- 12: Belonging
- 13: Cooperation
- 14: Social Awareness
- 15: Core Check-In
- 16: Stress
- 17: Influence and Impact
- 18: Kindness
- 19: Diversity
- 20: Core Check-In
- 21: Goal Setting
- 22: School Culture
- 23: Getting Involved
- 24: Expecting Greatness
- 25: Core Check-In
- 26: Effective Communication
- 27: Teamwork
- 28: Honesty
- 29: Success
- 30: Core Check-In
- 31: Gratitude
- 32: Support
- 33: Understanding
- 34: Affirmations
- 35: Core Check-In

## Course 3

- 1: Making Connections
- 2: Valuing Names
- 3: Facing Challenges
- 4: Appreciating Differences
- 5: Core Check-In
- 6: Conflict Management
- 7: Empathy
- 8: Responsible Decision Making
- 9: Gossip
- 10: Core Check-In
- 11: Habits
- 12: Belonging
- 13: Cooperation
- 14: Social Awareness
- 15: Core Check-In
- 16: Stress
- 17: Influence and Impact
- 18: Kindness
- 19: Diversity
- 20: Core Check-In
- 21: Goal Setting
- 22: School Culture
- 23: Getting Involved
- 24: Optimism
- 25: Core Check-In
- 26: Effective Communication
- 27: Teamwork
- 28: Personal Responsibility
- 29: Success
- 30: Core Check-In
- 31: Gratitude
- 32: Support
- 33: Listening
- 34: Affirmations
- 35: Core Check-In

# Scope & Sequence

## Course 1

- |  |   |  |
|--|---|--|
| <input type="radio"/> 1. A Core Project Intro    | <input type="radio"/> 10. Pressure from the Outside | <input type="radio"/> 19. Goal Setting Part 1  |
| <input type="radio"/> 2. Class Agreement         | <input type="radio"/> 11. Pressure from the Inside  | <input type="radio"/> 20. Goal Setting Part 2  |
| <input type="radio"/> 3. School as Community     | <input type="radio"/> 12. Sharing & Reflection      | <input type="radio"/> 21. Valuing Time         |
| <input type="radio"/> 4. Teachability            | <input type="radio"/> 13. Choosing Attitudes        | <input type="radio"/> 22. Challenge By Choice  |
| <input type="radio"/> 5. Expanding Comfort Zones | <input type="radio"/> 14. Disagreeing Agreeably     | <input type="radio"/> 23. Big Picture Thinking |
| <input type="radio"/> 6. Sharing & Reflection    | <input type="radio"/> 15. Freedom & Responsibility  | <input type="radio"/> 24. Sharing & Reflection |
| <input type="radio"/> 7. Speak Life              | <input type="radio"/> 16. Managing Emotions         | <input type="radio"/> 25. Final Thoughts       |
| <input type="radio"/> 8. Minding Mindsets        | <input type="radio"/> 17. Apologizing & Forgiveness |  |
| <input type="radio"/> 9. Staying Well            | <input type="radio"/> 18. Sharing & Reflection      |  |

## Course 2

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|---|---|--|
| <input type="radio"/> 1. Social Awareness         | <input type="radio"/> 10. Focusing                      | <input type="radio"/> 19. Knowing Your Worth       |
| <input type="radio"/> 2. Appreciating Differences | <input type="radio"/> 11. Expecting More                | <input type="radio"/> 20. Vulnerability            |
| <input type="radio"/> 3. Respect                  | <input type="radio"/> 12. Sharing & Reflection          | <input type="radio"/> 21. Humility                 |
| <input type="radio"/> 4. Empathy                  | <input type="radio"/> 13. Being Genuine                 | <input type="radio"/> 22. Cooperation & Teamwork   |
| <input type="radio"/> 5. Creating Community       | <input type="radio"/> 14. Giving Compliments            | <input type="radio"/> 23. Making Healthy Decisions |
| <input type="radio"/> 6. Sharing & Reflection     | <input type="radio"/> 15. Relationships                 | <input type="radio"/> 24. Sharing & Reflection     |
| <input type="radio"/> 7. Critical Thinking Skills | <input type="radio"/> 16. De-polarizing the Environment | <input type="radio"/> 25. Final Thoughts           |
| <input type="radio"/> 8. Taking Control           | <input type="radio"/> 17. Interviewing                  |  |
| <input type="radio"/> 9. Hitting the Reset Button | <input type="radio"/> 18. Sharing & Reflection          |  |

## Course 3

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|---|---|--|
| <input type="radio"/> 1. Making Connections   | <input type="radio"/> 10. Satisfaction & Motivation | <input type="radio"/> 19. Positive Attitude    |
| <input type="radio"/> 2. Support              | <input type="radio"/> 11. Work Ethic                | <input type="radio"/> 20. Staying Healthy      |
| <input type="radio"/> 3. Being Present        | <input type="radio"/> 12. Sharing & Reflection      | <input type="radio"/> 21. Ask for Help         |
| <input type="radio"/> 4. Equality             | <input type="radio"/> 13. Being Employable          | <input type="radio"/> 22. Giving Back          |
| <input type="radio"/> 5. Diversity            | <input type="radio"/> 14. Organization Skills       | <input type="radio"/> 23. Gratitude            |
| <input type="radio"/> 6. Sharing & Reflection | <input type="radio"/> 15. Introducing Yourself      | <input type="radio"/> 24. Sharing & Reflection |
| <input type="radio"/> 7. Habits               | <input type="radio"/> 16. Responding to Threats     | <input type="radio"/> 25. Final Thoughts       |
| <input type="radio"/> 8. Being Dependable     | <input type="radio"/> 17. Decisiveness              |  |
| <input type="radio"/> 9. Self-Efficacy        | <input type="radio"/> 18. Sharing & Reflection      |  |

## Course 4

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|---|---|--|
| <input type="radio"/> 1. Who We Are             | <input type="radio"/> 10. Victim Mentality          | <input type="radio"/> 19. Feedback             |
| <input type="radio"/> 2. Character              | <input type="radio"/> 11. Power & Freedom           | <input type="radio"/> 20. Negotiation Skills   |
| <input type="radio"/> 3. Belonging              | <input type="radio"/> 12. Sharing & Reflection      | <input type="radio"/> 21. Interviewing         |
| <input type="radio"/> 4. Conflict Management    | <input type="radio"/> 13. Mental Health Part 1      | <input type="radio"/> 22. Leadership           |
| <input type="radio"/> 5. Giving an Apology      | <input type="radio"/> 14. Mental Health Part 2      | <input type="radio"/> 23. Unshakable           |
| <input type="radio"/> 6. Sharing & Reflection   | <input type="radio"/> 15. Setting Boundaries        | <input type="radio"/> 24. Sharing & Reflection |
| <input type="radio"/> 7. Power of Thought       | <input type="radio"/> 16. Humor & Coping Mechanisms | <input type="radio"/> 25. Final Thoughts       |
| <input type="radio"/> 8. Training Your Brain    | <input type="radio"/> 17. The Pursuit of Happiness  |  |
| <input type="radio"/> 9. Envisioning the Future | <input type="radio"/> 18. Sharing & Reflection      |  |