

## LESSON 1: Let's Get Started!

Essential Learnings	CASEL Competencies
Review logistics and game plan for the course.	Self-Awareness
Identify who is on their team to support them.	Self-Management
Identify what they want to work on throughout the course.	Relationship Skills

## LESSON 2: My Values

Essential Learnings	CASEL Competencies
Identify their core values.	Self-Awareness
Analyze how they live out their values in day-to-day life	Responsible Decision Making
Reflect on how they want to live more in line with their values.	

## LESSON 3: Using My Strengths

Essential Learnings	CASEL Competencies
Analyze past experiences and the strengths they have used to get through struggles.	Self-Awareness Responsible Decision Making
Complete a strengths assessment to identify their core strengths.	
Reflect on how their strengths help them meet goals.	
Complete a lesson reflection	

### LESSON 4: Taking Charge of My Goals

Essential Learnings	CASEL Competencies
Define an Internal Locus of Control.	<b>Self-Awareness</b>  <b>Responsible Decision Making</b>
Recognize that they can take Charge of thoughts and emotions.	
Take a Starting Point Quiz to help identify the goals they want to set.	
Set a SMART goal for the course.	
Complete a lesson reflection	

### LESSON 5: Small Steps to Making Change

Essential Learnings	CASEL Competencies
Identify different habit change strategies.	<b>Self-Awareness</b>
Apply a habit change strategy to the habit they either want to increase or decrease.	<b>Social-Awareness</b>
Analyze how all strategies can help them better meet their goals.	<b>Self-Management</b>
Complete a lesson reflection	<b>Responsible Decision Making</b>

### LESSON 6: The Power of My Thoughts

Essential Learnings	CASEL Competencies
Explain the pathway of a thought.	<b>Self-Awareness</b>  <b>Self-Management</b>  <b>Responsible Decision Making</b>  <b>Relationship Skills</b>
Describe how their thoughts build in the brain.	
Identify their own thought patterns.	
Identify how emotions / fear response can take over the brain and cut off access to the prefrontal cortex or logical thinking.	
Examine how using their Inner Coach to identify the emotion can help keep them in control.	
Complete a lesson reflection.	

## LESSON 7: Thinking Traps

Essential Learnings	CASEL Competencies
Understand how a negative subconscious distorts thoughts and beliefs over time.	<b>Self-Awareness</b>
Identify the different types of Thinking Traps.	<b>Self-Management</b>
Examine their Thinking Traps as a way to start increasing their Inner Coach.	<b>Responsible Decision Making</b>
Complete a lesson reflection	<b>Relationship Skills</b>

## LESSON 8: Thoughts & Emotions

Essential Learnings	CASEL Competencies
Identify how emotions/ fear response can take over the brain and cut off access to the prefrontal cortex or logical thinking.	<b>Self-Awareness</b>
Examine how using their Inner Coach to identify the emotion and talk back to it can keep you in control.	<b>Self-Management</b>
Complete a lesson reflection	<b>Responsible Decision Making</b>
	<b>Relationship Skills</b>

## LESSON 9: Disrupting a Negative Cycle

Essential Learnings	CASEL Competencies
Demonstrate the hand model and “Flip Your Lid”	<b>Self-Awareness</b>
Examine how to disrupt a negative cycle when emotions are big.	<b>Self-Management</b>
Identify strategies to interrupt negative cycles.	<b>Responsible Decision Making</b>
Complete a lesson reflection	<b>Relationship Skills</b>

## LESSON 10: Thinking Realistically

Essential Learnings	CASEL Competencies
Examine ways to change hurtful subconscious thought patterns	Self-Awareness
Demonstrate the ability to utilize realistic thinking as a strategy to use the 3 Cs to change hurtful thoughts to realistic thoughts that can help.	Self-Management
Complete a lesson reflection	Responsible Decision Making
	Relationship Skills

## LESSON 11: Noticing & Dealing with Stress

Essential Learnings	CASEL Competencies
Describe the response of stress.	Self-Awareness
Analyze how stress triggers a range of emotions.	Social-Awareness
Describe the unhealthy effects of unattended stress.	Self-Management
Complete a lesson reflection	Responsible Decision Making
	Relationship Skills

## LESSON 12: Processing Difficult Emotions

Essential Learnings	CASEL Competencies
Identify uncontrollable stressors.	Self-Awareness
Learn to process difficult emotions in a healthy way.	Social-Awareness
Complete a lesson reflection	Self-Management
	Responsible Decision Making
	Relationship Skills

### LESSON 13: Befriending Myself First

Essential Learnings	CASEL Competencies
Apply their Inner Coach to accept “who they are” to increase confidence with relationships	<b>Self-Awareness</b>
Plan ways to ward off distorted negative thinking about others’ thoughts through a deeper sense of self.	<b>Social-Awareness</b>
Analyze how having self-empathy helps them have deeper relationships with others.	<b>Self-Management</b>
Complete a lesson reflection	<b>Responsible Decision Making</b>
	<b>Relationship Skills</b>

### LESSON 14: Belonging vs. Fitting In

Essential Learnings	CASEL Competencies
Assess where they feel valued and included for who they are.	<b>Self-Awareness</b>
Differentiate between belonging and fitting in.	<b>Social-Awareness</b>
Examine how feeling a sense of belonging is an important piece to their community.	<b>Self-Management</b>
Complete a lesson reflection	<b>Responsible Decision Making</b>
	<b>Relationship Skills</b>

### LESSON 15: Creating Community

Essential Learnings	CASEL Competencies
Examine their own friendships and supports.	<b>Self-Awareness</b>
Determine the value of acquaintances and circumstantial friends and supports.	<b>Social-Awareness</b>
Apply their understanding of what is expected of a friend at this level.	<b>Self-Management</b>
Complete a lesson reflection	<b>Responsible Decision Making</b>
	<b>Relationship Skills</b>

## LESSON 16: Meaningful Connections

Essential Learnings	CASEL Competencies
Discover what is important for them for people to move to Close Friends and Supports.	<b>Self-Awareness</b>
Evaluate relationships and whether they want to move them to the next friendship level.	<b>Social-Awareness</b>
Analyze the changes they can make to move to the next level of friendship, including safe disclosure and reasonable expectations for themselves and others.	<b>Self-Management</b>
Complete a lesson reflection	<b>Responsible Decision Making</b>
	<b>Relationship Skills</b>

## Final Lesson

Essential Learnings	CASEL Competencies
Take a Next Point Assessment similar to the Starting Point Assessment taken at the beginning of the course.	<b>Self-Awareness</b>
Compare their Next Point Assessment to their Starting Point Assessment to determine what they want to work on after this course is complete.	<b>Social-Awareness</b>
Identify strategies based on what they have learned in this course to help them be successful in meeting their goal after the course is complete. This will be shared with their school counselor and a family member to help hold them accountable going forward.	<b>Self-Management</b>
Finish by completing a course survey.	<b>Responsible Decision Making</b>
	<b>Relationship Skills</b>