

LESSON 1: Getting Started & My Values

Essential Learnings	CASEL Competencies
Meet the instructor & review course logistics.	Self-Awareness Self-Management Relationship Skills Responsible Decision-Making
Identify their core values.	
Analyze how they live out their values in day-to-day life.	
Reflect on how they want to live more in line with their values.	

LESSON 2: Using My Strengths

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

LESSON 3: Focus on My Path Forward

Essential Learnings	CASEL Competencies
Take a Starting Point Quiz to help identify the goals they want to set.	Self-Awareness Self-Management Social-Awareness Responsible Decision-Making
Utilize their Inner Coach and review strengths.	
Define an Internal Locus of Control.	
Recognize that they can take Charge of thoughts and emotions.	
Set a SMART goal for the course.	

LESSON 4: Time & Avoiding Comfort Escapes

Essential Learnings	CASEL Competencies
Analyze how their time is spent and consider how that could affect their goal.	Self-Awareness Self-Management Social-Awareness Responsible Decision-Making
Identifying comfort escapes, and work on shifting towards more motivating behaviors.	

LESSON 5: Expectations & Motivation

Essential Learnings	CASEL Competencies
Identify inner and outer expectations.	Self-Awareness Self-Management Social-Awareness Responsible Decision-Making
Examine how they respond to different expectations.	
Discover which expectations motivate them.	

LESSON 6: Habit Change Strategies

Essential Learnings	CASEL Competencies
Identify different habit change strategies.	Self-Awareness Self-Management Social-Awareness Relationship Skills Responsible Decision-Making
Apply a habit change strategy to the habit they either want to increase or decrease.	
Analyze how all strategies can help them better meet their goals.	
Examine how their response to expectation might influence which habit change strategy they choose.	

LESSON 7: Overcoming Procrastination

Essential Learnings	CASEL Competencies
Identify if and how procrastination may lead to unsuccessful habit change or goals.	Self-Awareness Self-Management Relationship Skills Responsible Decision-Making
Identify if and where procrastination may be part of your routine.	
Formulate a plan to motivate themselves to participate in top priority activities and decrease low priority activities to work toward their general goal.	

LESSON 8: My Thoughts Have Power

Essential Learnings	CASEL Competencies
Explain the pathway of a thought.	Self-Awareness Self-Management Social-Awareness Responsible Decision-Making Relationship Skills
Define neuroplasticity and how it can help them.	
Describe how thoughts build in your brain.	
Identify their own positive and challenging thought patterns.	
Utilize their Inner Coach to challenge or change a thought pattern.	

LESSON 9: Subconscious & Thinking Traps

Essential Learnings	CASEL Competencies
Understand how a negative subconscious distorts thoughts and beliefs over time.	Self-Awareness Self-Management Responsible Decision Making Relationship Skills Social-Awareness
Identify the different types of Thinking Traps.	
Examine their thinking traps to start increasing their Inner Coach voice.	

LESSON 10: Cultivating Helpful Thoughts with My Inner Coach

Essential Learnings	CASEL Competencies
Examine ways to change hurtful subconscious thought patterns.	Self-Awareness Self-Management Responsible Decision Making
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.	

LESSON 11: Using My Emotions as Signals to Help

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.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Examine how using their Inner Coach to identify the emotion and talk back to it can keep you in control.	
Identify and understand how different emotions feel in their bodies.	
Identify their uncontrollable stressors.	

LESSON 12: Managing Emotions & Stress

Essential Learnings	CASEL Competencies
Learn to process difficult emotions in a healthy way.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Analyze how stress triggers a range of emotions.	
Describe the unhealthy effects of unattended stress.	
Demonstrate the hand model and “Flip Your Lid.”	
Examine how to disrupt a negative cycle when emotions are big.	
Identify strategies to disrupt negative cycles.	

LESSON 13: Daily Practice to Manage Stress

Essential Learnings	CASEL Competencies
Create a plan to incorporate strategies into their schedules to help manage their thoughts, emotions, and stress.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Identify and practice strategies from past lessons and how they can fit into their daily lives.	

LESSON 14: Belonging & Connection

Essential Learnings	CASEL Competencies
Assess where they feel valued and included for who they are.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Examine how feeling a sense of true belonging is an important piece to their community.	

LESSON 15: Creating Community

Essential Learnings	CASEL Competencies
Examine their own friendships and supports.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Determine the value of acquaintances and circumstantial friends and supports.	
Discover what is important to them for people to move to close friends and supports.	
Evaluate relationships and whether they want to move them to the next friendship level.	

LESSON 16: Supports & Meaningful Connections

Essential Learnings	CASEL Competencies
Understand how to create and hold onto deep, meaningful connections.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Analyze the changes they can make to move to the next level of friendship, including safe disclosure and reasonable expectations of themselves and others.	

LESSON 17: Meaningful Activities

Essential Learnings	CASEL Competencies
Incorporate more meaningful activities into their day to build on connections.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Understand that choosing more meaningful activities can help bring joy, contentment, and balance.	

LESSON 18: Mindfulness & Wrap-Up

Essential Learnings	CASEL Competencies
Define mindfulness and understand how it can help them take charge of their thoughts and emotions.	Self-Awareness Social-Awareness Self-Management Responsible Decision Making Relationship Skills
Identify and practice different mindfulness strategies.	
Take the Next Point Assessment like the Starting Point Assessment taken at the beginning of the course.	
Compare their Next Point Assessment to their Starting Point Assessment to determine how they have grown, and what they want to work on after this course is complete.	
Finish by completing a course survey.	