

## LESSON 1: Let's Get Started!

Essential Learnings	CASEL Competencies
Review logistics.	Self-Awareness
Provide student information.	Self-Management
Review game plan for the course.	Relationship Skills

## LESSON 2: My Values

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

## LESSON 3: Using My Strengths

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

## 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 you can take charge of your thoughts and emotions.	
Take a Starting Point Quiz to help identify goals you want to set.	
Set a SMART goal for the course.	

## LESSON 5: Small Steps to Making Change

Essential Learnings	CASEL Competencies
Identify different habit change strategies.	<b>Self-Awareness</b> <b>Social-Awareness</b> <b>Self-Management</b> <b>Responsible Decision-Making</b>
Apply a habit change strategy to one of your habits that you want to improve.	
Analyze how all of these strategies can help you better meet your goals.	

## 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>
Define neuroplasticity and how it can help you.	
Describe how thoughts build in your brain.	
Identify your own thought patterns.	

## LESSON 7: Thinking Traps

Essential Learnings	CASEL Competencies
Understand how a negative subconscious distorts thoughts and beliefs over time.	Self-Awareness
Identify the different types of Thinking Traps.	Self-Management
Examine your own Thinking Traps and start strengthening your Inner Coach.	Responsible
	Decision-Making
	Relationship Skills

## LESSON 8: Thoughts and Emotions

Essential Learnings	CASEL Competencies
Identify how emotions and fear responses can take over the brain and cut off access to the prefrontal cortex or logical thinking.	Self-Awareness
Examine how using your Inner Coach can keep you in control of your emotions.	Self-Management
	Responsible
	Decision-Making
	Relationship Skills

## LESSON 9: Disrupting a Negative Cycle

Essential Learnings	CASEL Competencies
Demonstrate the hand model and “Flip Your Lid.”	Self-Awareness
Examine how to disrupt a negative thought cycle when your emotions are big.	Self-Management
Identify strategies you can use to disrupt your negative cycles.	Responsible
	Decision-Making
	Relationship Skills

## LESSON 10: Thinking Realistically

Essential Learnings	CASEL Competencies
Examine ways to change your hurtful subconscious thought patterns.	Self-Awareness
Learn how to use realistic thinking (Three Cs) as a strategy to change your hurtful thoughts into helpful thoughts.	Self-Management
	Responsible
	Decision-Making
	Relationship Skills

## LESSON 11: Noticing and Managing Stress

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

## LESSON 12: Processing Difficult Emotions

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

## LESSON 13: Befriend Myself First

Essential Learnings	CASEL Competencies
Apply your Inner Coach to accept who you are and increase your confidence within relationships.	Self-Awareness
	Social Awareness
	Self-Management
Plan ways to ward off distorted negative thinking, especially about others' thoughts, through a deeper sense of self.	Responsible
	Decision-Making
	Relationship Skills

## LESSON 14: Belonging vs. Fitting In

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

## LESSON 15: Creating Community

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

## LESSON 16: Meaningful Connections

Essential Learnings	CASEL Competencies
Discover what is important to you in a close or best friend.	<b>Self-Awareness</b>
Evaluate relationships and whether you want to move them to the next friendship level.	<b>Social-Awareness</b>
Analyze the changes you can make to move to the next level of friendship, including safe disclosure and reasonable expectations of yourself and others.	<b>Self-Management</b>  <b>Responsible Decision-Making</b>  <b>Relationship Skills</b>

## LESSON 17: Course Final

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