

High School Course 1 Overview

Course Overview

This course is an age-appropriate overview of the 7 Mindsets for high school students and the four learning objectives contained in each Mindset. The course is instructor-led with a focus on driving small group discussion and student-led modules. Additionally, the curriculum drives project-based elements and extension beyond the classroom sessions.

1. Everything is Possible Unit Overview

The Everything is Possible Mindset will orient us toward understanding the importance of and increasing the expectations we have for ourselves, our world, and the future. Essential to this will be the appreciation of our own creative capacity, the importance of maintaining a positive attitude, and the understanding that failure and setback are essential to accomplishing goals.

Lesson 1.1 – Everything is Possible: Introduction and Dream Big

- Begin to shift our thinking from extrinsic dreams (fame, fortune, etc.) to authentic dreams and critical life areas (family, health, etc.) that build true happiness.
- Understand the role expectations play in accomplishing our goals and performing well.

Lesson 1.2 – Everything is Possible: Embrace Creativity

- Identify and build a greater appreciation for our own creativity.
- Use creative thinking in pursuing goals and problem solving.

Lesson 1.3 – Everything is Possible: Think Positive

- Visualize our dreams.
- Develop a positive attitude toward our ability to achieve our dreams.

Lesson 1.4 – Everything is Possible: Act and Adjust

- Recognize that some of the things we believe may be limiting our ability to achieve our dreams.
- Shift our attention toward what we can begin doing today to overcome challenges.
- Understand how important it is to take action, learn from setbacks, and continue moving forward.

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2. Passion First Unit Overview

Students will learn the Passion First mindset. The unit will orient us towards understanding that each of us is a unique expression of human existence, and that our lives should be focused on finding our individual genius. Essential to this is making our dreams authentic and aligned to our core values.

Lesson 2.1 – Passion First: Introduction and Focus on Strengths

- Gain an understanding of why exploring our passions matters in achieving our dreams.
- Become aware of different types of strengths to include physical, academic, situational, and personality-based.

Lesson 2.2 – Passion First: Explore your Interests

- Identify our interests.
- Learn the correlation between understanding and exploring our interests, and the effect each of these can have on achieving our goals at school and in life.

Lesson 2.3 – Passion First: Take a Stand

- Identify our core values.
- Understand why identifying our core values is important in achieving our dreams.

Lesson 2.4 – Passion First: Be Authentic

- Understand happiness is far more attainable when we build our strengths, interests, passions, and core values into our dreams.
- Understand the importance of being comfortable with who we are and less affected by peer pressure.
- Develop a complete understanding of the Passion First mindset.

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3. We Are Connected Unit Overview

Students will learn the We are Connected mindset. We are Connected helps us understand that everyone who comes into our lives can assist us in living our dreams. We learn to explore our relationships with others, embrace diversity, and relish competition, allowing us to maximize our potential with and through others.

Lesson 3.1 – We are Connected: Introduction and Embrace Everyone

- List new relationships we want to develop and existing relationships we want to grow.
- Learn strategies for improving negative relationships.

Lesson 3.2 – We are Connected: Maximize Positive Relationships

- Understand the significance of the people we surround ourselves with, and the impact these relationship choices have on our lives.
- List our five most empowering relationships and discuss strategies for growing them.

Lesson 3.3 – We are Connected: Build Your Dream Team

- Identify the critical roles others will play in our lives.
- Think about new relationships we need to develop to help us in school and beyond.

Lesson 3.4 – We are Connected: Lead with Value

- Develop ways we can begin demonstrating our value to our Dream Team.
- Develop a full understanding of the We Are Connected Mindset.
- Understand the role helping others plays in trying to reach our own goals and dreams.

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4. 100% Accountable Unit Overview

Students will learn the 100% Accountable mindset. This mindset teaches us that we are not victims of our past, our future is not predetermined, and our lives are what we choose from this moment forward. We will focus on breaking down barriers, freeing our minds and focusing our energy to take critical steps toward our goals.

Lesson 4.1 – 100% Accountable: Introduction and Own Your Life

- Learn to take control of the outcomes in our lives.
- Explain how we can begin to own our lives.

Lesson 4.2 – 100% Accountable: Overcome Limiting Beliefs

- Understand that perceived obstacles can be overcome.
- List perceived obstacles and develop strategies for overcoming them.

Lesson 4.3 – 100% Accountable: Focus Your Energy

- Recognize the importance of maximizing our time with empowering activities.
- List activities that empower us, and identify why they are important.

Lesson 4.4 – 100% Accountable: Grow Through Life

- Recognize the importance of finding ways to continually grow and develop.
- Develop an understanding of the 100% Accountable Mindset.

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5. Attitude of Gratitude Unit Overview

Students will learn the Attitude of Gratitude mindset. Through the Attitude of Gratitude mindset, we are taught that we can use either the positives or negatives in our lives as a foundation on which to build. Choose the positives, and we are on our way toward extraordinary success; choose the negatives, and we will likely begin a downward spiral. By focusing on the things, we have, there is no time to be distracted by what we don't have.

Lesson 5.1 – Attitude of Gratitude: Introduction and Treasure Yourself

- Identify our positive attributes.
- Understand the connection between celebrating who we are and living an extraordinary life.

Lesson 5.2 – Attitude of Gratitude: Be More Grateful

- Understand that we all have much to be grateful for.
- Identify and list things for which we are personally grateful by starting Gratitude Journals.

Lesson 5.3 – Attitude of Gratitude: Thank it Forward

- Recognize the importance of expressing gratitude.
- Understand that doing something for someone else makes us feel better and become happier.

Lesson 5.4 – Attitude of Gratitude: Elevate your Perspective

- Understand the importance of maintaining a positive attitude in difficult situations.
- Identify and list the good that may come from negative experiences.

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6. Live to Give Unit Overview

Students will learn the Live to Give mindset. Through the Live to Give mindset we learn that abundance in one's life is a cycle, and to get love, respect, and financial security, we must learn to give those things. This mindset also teaches that the greatest gift we can ever give is to find and leverage our unique genius to maximize our positive impact on the world, knowing that good things will be returned to us in kind.

Lesson 6.1 – Live to Give: Introduction and Stretch Yourself

- Understand how living our dreams positively impacts others.
- Explain how we give to the world by stretching ourselves to live our best life.

Lesson 6.2 – Live to Give: Make a Difference

- Understand the power of service.
- Understand that service is something we can do now.

Lesson 6.3 – Live to Give: Receive Gracefully

- Learn the importance of receiving support and help from others.
- Understand how to receive gifts from others.

Lesson 6.4 – Live to Give: Leave a Legacy

- Understand we have power at any age to affect change.
- Make a positive impact on the people around us.

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7. The Time is Now Unit Overview

Students will learn The Time is Now Mindset. This Mindset teaches us that all our power exists in the moment. We cannot change the past, and the future hasn't happened; the only thing to do is take purposeful action in the present to create the life of our dreams.

Lesson 7.1 – The Time is Now: Introduction and Embrace Every Moment

- Understand the greatest power we have exists in this moment.
- Learn to live in the moment and think of life as a journey.

Lesson 7.2 – The Time is Now: Get in the Zone

- Identify situations and things that make us feel our best.
- Understand the impact that getting in the zone has on taking action in the present.

Lesson 7.3 – The Time is Now: Let Yourself be Vulnerable

- Learn the meaning of being vulnerable.
- Understand the significance of vulnerability in life.
- Identify fears and ways to overcome them.

Lesson 7.4 – The Time is Now: Act on Purpose

- Learn that in order to achieve what we want, we must take action.
- Fully understand The Time is Now Mindset.

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