



EVERYTHING IS POSSIBLE
Know Your Dreams and Goals

LEARNING OBJECTIVES

Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
1.1 Dream Big	<ul style="list-style-type: none"> Shift our thinking from extrinsic dreams (fame, fortune) to authentic dreams that build true happiness (family, health, well-being). Recognize that expectations and obstacles play key role in accomplishing our goals. Develop both short- and long-term goals to forge a happy and healthy future. 	<ul style="list-style-type: none"> Increase awareness of our extrinsic dreams (fame, fortune) versus our critical life dreams and goals that build true happiness (family, health, well-being). Examine the role expectations play in accomplishing our goals and performing well. Reflect on short- and long-term goals for a future of health and happiness. 	<ul style="list-style-type: none"> Evaluate the importance of our belief systems as a first step in realizing that our dreams are possible. Prioritize expectations and understand that our belief systems are important to accomplishing our goals and performing well. Determine how our unique abilities, interests, and values facilitate our dreams and goals. 	<ul style="list-style-type: none"> Prioritize both short- and long- term goals to be able to live in the present and not focus entirely on the future Generate awareness of where we are in our lives presently and where we hope to be in the future. Analyze our goals using the 7 Mindsets Everything Is Possible framework by emphasizing the need to continuously work toward our goals.
1.2 Embrace Creativity	<ul style="list-style-type: none"> Determine how embracing creative problem-solving and thinking enriches our lives. Explore how our creative capacity helps us innovate, grow, and expand our dreams. 	<ul style="list-style-type: none"> Analyze how creativity promotes our thinking and problem-solving. Apply creativity to reduce our stress, and as a part of self-awareness and self-expression. Examine how identifying strengths can help inform our life choices. 	<ul style="list-style-type: none"> Realize that dreams can change over time and that it is acceptable that they do. Contemplate the role visualization and imagination play in accomplishing our goals and performing well. 	<ul style="list-style-type: none"> Identify physical attributes of our environment that give us feelings of joy. Recognize that our environment plays an essential role in our emotional well-being and in our motivation, productivity, and inspiration. Create spaces that make us feel good about ourselves and our world, and take control of the space we inhabit.
1.3 Think Positive	<ul style="list-style-type: none"> Develop a positive and optimistic attitude to achieve our dreams and goals. Discuss ways to manage failure and negative emotions around peers. Spread kindness and non-toxic encouragement to improve attitudes and connect with the world around us. 	<ul style="list-style-type: none"> Analyze how a positive mindset can change our ability to manage our emotions, relationships, and life outcomes. Examine our strengths and those of others. 	<ul style="list-style-type: none"> Consider the importance of thinking positive even when we fail. Analyze the ways in which moments of sadness and struggle only represent brief times over our lifespan. Develop skills and strategies that help us deal with limiting beliefs that hold us back. 	<ul style="list-style-type: none"> Understand the difference between toxic and authentic positivity. Recognize the value of negative emotions and experiences as an important part of growth. Be aware of our own toxic positive habits and how to change them.
1.4 Act and Adjust	<ul style="list-style-type: none"> Identify how some things we believe may limit our ability to achieve our dreams. Shift attention to what we can begin doing today to overcome challenges. Understand how important it is to act, learn from setbacks and failure, and continue moving forward. 	<ul style="list-style-type: none"> Discover that failure and setbacks are an opportunity to adjust and a part of the process of accomplishing goals. Reframe how we view painful experiences and learn to grow from them. 	<ul style="list-style-type: none"> Visualize our future and realize that setbacks and failures are a part of the journey. Evaluate how we learn from setbacks and failures as we continue to grow. Analyze and identify the paths we can take to reach the goals we have set for ourselves. 	<ul style="list-style-type: none"> Recognize the importance of our mental, physical, and emotional health. Recognize when we need to prioritize our health over our goals and attain the skills to do so. Determine that taking care of our health is intrinsically connected to our dreams. Realize that a healthy existence allows us to achieve our dreams more effectively.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

1.1 Dream Big	1.2 Embrace Creativity	1.3 Think Positive	1.4 Act and Adjust
<p>Decision-Making - Students increase their expectations and connect current decisions and actions to future goals and consequences.</p> <p>Hope - Effective visioning and goal-setting increases students' expectations and overall perspective on their lives and future.</p> <p>Self-Awareness - Students build a positive self-image by recognizing their unique abilities that will help them succeed in school and life.</p>	<p>Growth Mindset - Students gain a greater appreciation for their creative capacity and their potential to innovate and grow through life.</p> <p>Resilience - Through creative problem-solving, students build confidence in their ability to overcome challenges and adversity.</p> <p>Cultural Competence - Students build an appreciation for integrating other cultures and perspectives into their creative process.</p>	<p>Self-Management - Students learn to manage their own emotions to drive better relationships and outcomes in their lives.</p> <p>Relationship Skills - Through improved attitudes and perspectives, students become better friends and more easily connect with others.</p> <p>Hope - Students build their capacity to see opportunities and maintain a positive perspective to improve motivation and performance.</p> <p>Self-Awareness - Students gain a broader perspective on their abilities and attitudes and learn to appreciate and connect with the world around them.</p>	<p>Self-Management - Students develop the critical skill of correcting mistakes and adjusting their actions and behaviors to achieve better results.</p> <p>Growth Mindset - Students learn that failure and risk are essential to success, and act as a catalyst to personal growth.</p> <p>Resilience - By changing their perspective on risk and failure, students gain a greater capacity to overcome challenges and adversity.</p>



PASSION FIRST

Connect Your Passions, Strengths, and Interests

LEARNING OBJECTIVES

Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
2.1 Focus on Your Strengths	<ul style="list-style-type: none"> Gain a general understanding of why exploring our passions matters in achieving our dreams. Become aware of different types of strengths, including physical, academic, situational, and personality-based ones. Identify our strengths, passions, and uniqueness and how they add value to ourselves and our world. 	<ul style="list-style-type: none"> Explore why our passions are essential to achieving our dreams. Compare different types of strengths, including physical, academic, situational, and personality-based ones. Integrate our strengths and passions into the world around us. 	<ul style="list-style-type: none"> Explain why exploring our passions matters and how doing so aligns with achieving our dreams. Analyze how different types of strengths, including physical, academic, situational, and personality-based ones apply to achieving our dreams. Determine our strengths and passions and how they fit into the world around us. 	<ul style="list-style-type: none"> Contextualize how we view our own strengths and weaknesses. Assess how to convert weaknesses into strengths. Identify people who can help us surpass our weaknesses.
2.2 Explore Your Interests	<ul style="list-style-type: none"> Identify interests and connect them to school and our future. Learn the correlation between understanding and exploring our interests. Determine how understanding and exploring our interests affects achieving our goals. Discuss what it means to be true to ourselves. 	<ul style="list-style-type: none"> Identify activities and interests outside of school. Understand the importance of doing what we love. Explore our strengths and talents, and how we can share them with the world around us. Understand how exploring our interests can help us with life choices. 	<ul style="list-style-type: none"> Explain the correlation between exploring our interests and understanding their impact on our ability to achieve our goals at school and in life. Determine what it takes to be true to ourselves. 	<ul style="list-style-type: none"> Define the difference between a passion and an interest. Understand the connection between our interests, passions, and life and career goals. Explore ways we can develop new interests as we define and pursue our passions and life goals.
2.3 Take a Stand	<ul style="list-style-type: none"> Identify why core values are important to achieving our dreams. Understand that passion is not always about something we love to do; sometimes it is something we strongly believe in. Share our strengths and connect our core values to creating a positive school community that favors safety, respect, and prosocial behaviors. 	<ul style="list-style-type: none"> Recognize that others can influence or define how we view ourselves and our identity. Recognize the correlation between the individual and society. Analyze how our thoughts and words affect others and our identity. 	<ul style="list-style-type: none"> Analyze our core values and understand why they are important to achieving our dreams. Interpret how to share our strengths with the world around us. 	<ul style="list-style-type: none"> Define our core values and explain their importance to achieving our dreams. Demonstrate what it means to share our strengths with the world around us. Defend our values and beliefs in meaningful and empathetic ways, even when we disagree or have differences with others.
2.4 Be Authentic	<ul style="list-style-type: none"> Develop a deeper understanding of the Passion First Mindset. Understand the importance of being comfortable with who we are and less affected by peer pressure. Understand that we are surrounded by images and messages on social media that may not reflect our core values or an authentic reflection of self. 	<ul style="list-style-type: none"> Understand that happiness is far more attainable when we build on our strengths, interests, passions, and talents. Think critically about our true talents and gifts, and how they support our dreams. Explain what it means to you to be comfortable with who you are. 	<ul style="list-style-type: none"> Conceptualize how it is easier to attain happiness when we incorporate our strengths, interests, passions, and core values into our dreams. Acquire a complete understanding of the Passion First Mindset. Focus on being comfortable with who we are and identify some of the challenges of being affected by peer pressure. 	<ul style="list-style-type: none"> Identify aspects of our lives that are defined by ourselves versus those that are defined by others. Embrace our uniqueness and gain the confidence to share it with others.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

2.1 Focus on Your Strengths	2.2 Explore Your Interests	2.3 Take a Stand	2.4 Be Authentic
<p>Self-Awareness – Students gain greater knowledge and appreciation of their talents and the value they bring themselves, their school, and their community.</p> <p>Cultural Competence – Students build greater appreciation of their capabilities and perspectives, and those of people from different backgrounds, cultures, and abilities.</p> <p>Hope – Students gain greater clarity of a positive future that leverages their innate abilities and strengths.</p>	<p>Self-Awareness – Students gain greater knowledge of and appreciation for their interests.</p> <p>Self-Management – Students learn to align their interests and passions to more positive and purposeful actions and outcomes.</p> <p>Hope – Students gain greater clarity of a positive future that leverages their innate interests and desires.</p>	<p>Self-Awareness – Students gain a greater knowledge and appreciation of their values and the impact those values have on their lives, their school, and their community.</p> <p>Cultural Competence – Students gain a greater knowledge and appreciation of all cultures and build empathy to create fairness and equity.</p> <p>Hope – Students envision a positive future that leverages their personal values.</p> <p>Resilience – By connecting more deeply to their core values, students can navigate life’s complexities and stay focused on what is important.</p>	<p>Self-Awareness – Students learn how to leverage their strengths, interests, values, and personal desires in their daily lives and for the future.</p> <p>Cultural Competence – Students learn to appreciate the power of unique perspectives and diverse cultures.</p> <p>Hope – Students learn how being true to themselves contributes to positive outcomes.</p>



WE ARE CONNECTED

Embrace Others Regardless of Differences

LEARNING OBJECTIVES

Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
3.1 Embrace Everyone	<ul style="list-style-type: none"> Learn about the We Are Connected Mindset. Explore how to strengthen new and existing relationships. Learn how prejudgments of others can create negative relationships. 	<ul style="list-style-type: none"> Develop ways we can begin to make new connections with others. Increase and strengthen new and existing relationships. Establish and maintain healthy relationships. 	<ul style="list-style-type: none"> Explain the importance of establishing new and challenging relationships without judgment. Confirm that we are all connected in what is an increasingly complex world. Investigate ways to contribute to the collective efforts for our survival as global citizens. 	<ul style="list-style-type: none"> Recognize our comfort levels in approaching and talking to people we do not know. Develop skills to navigate conversations with different people in any situation. Assess the value of meeting new people and being open to new relationships.
3.2 Maximize Positive Relationships	<ul style="list-style-type: none"> Understand the significance of the people with whom we surround ourselves. Determine the impact that our relationship choices have on our lives. Examine the use of social media and determine whether it is enhancing our lives or taking away from it. 	<ul style="list-style-type: none"> Develop and grow existing relationships. Describe the significance of the people with whom we surround ourselves. Analyze the impact our relationships have on our lives. Consider the relationships in our lives and the ways we can support them. 	<ul style="list-style-type: none"> Develop and grow existing relationships. Evaluate the significance of the people with whom we surround ourselves and the impact those relationships have on our lives. Consider the relationships in our lives and the ways we can support them. 	<ul style="list-style-type: none"> Determine our role in relationships to understand whether we are maximizing their potential. Explain how to express our own needs in a relationship. Describe how we can show people we care about their needs, even if it differs from how we appreciate others caring for us.
3.3 Build Your Dream Team	<ul style="list-style-type: none"> Identify the critical roles others play in our lives. Think about new relationships we need to develop that will help us in school and beyond. 	<ul style="list-style-type: none"> Identify the critical roles others play in our lives. Determine the importance of significant relationships and how to nurture them. 	<ul style="list-style-type: none"> Examine the critical roles others play in our lives. Analyze and explain what new relationships are needed to help us now and in the future. 	<ul style="list-style-type: none"> Determine the purpose and role of mentors on your Dream Team. Elaborate on the traits and characteristics we look for in a mentor relationship.
3.4 Lead with Value	<ul style="list-style-type: none"> Develop ways we can demonstrate our value to our Dream Team. Develop a full understanding of the We Are Connected Mindset. Understand that we must align our values to our actions, behaviors, and words. 	<ul style="list-style-type: none"> Develop strategies to improve existing relationships. Identify personal values and understand how they can support and have an impact on others. Analyze how our connections have an impact on our future and how they support our success. 	<ul style="list-style-type: none"> Express how to make a good first impression when meeting new people. Identify and define our boundaries in relationships. 	<ul style="list-style-type: none"> Identify leaders and their characteristics on our campus and in our community. Recognize that leadership is not about recognition or praise. Learn to model the leadership traits of others in our everyday life.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

3.1 Embrace Everyone	3.2 Maximize Positive Relationships	3.3 Build Your Dream Team	3.4 Lead with Value
<p>Social Awareness – Students become more intrinsically motivated to build empowering relationships and understand other cultures and perspectives.</p> <p>Relationship Skills – Students begin developing strategies for making connections and building meaningful relationships with others.</p> <p>Cultural Competence – Students build an appreciation for all backgrounds, talents, and cultures others bring to collective efforts.</p> <p>Empathy – Students attain broader perspectives on relationships and begin to understand the unique circumstances and abilities of others.</p>	<p>Social Awareness – Students gain a broader understanding of how to have an impact on relationships and more positive and productive interactions with others.</p> <p>Relationship Skills – Students learn to discern between positive and negative influences and choose positive social and emotional interactions.</p> <p>Empathy – Students attain broader perspectives and begin to understand the unique circumstances and abilities of others.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p>Social Awareness – Students learn strategies to develop meaningful relationships with others who can assist them at school and in life.</p> <p>Relationship Skills – Students develop strategies to foster empowering relationships that help them succeed.</p> <p>Cultural Competence – Students understand the need to connect meaningfully with other cultures and perspectives to accomplish significant goals.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively leverage the people around them through challenges.</p>	<p>Empathy – Students strengthen their understanding of the unique circumstances and abilities of others.</p> <p>Cultural Competence – Students build skills to reach out and connect with people from different cultures and backgrounds.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>

 **100% ACCOUNTABLE**
Be Responsible for Decisions and Choices and Take Control of Your Life

LEARNING OBJECTIVES				
Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
4.1 Own Your Life	<ul style="list-style-type: none"> Understand the 100% Accountable Mindset. Learn how we can control the outcomes in our lives. Understand how to recognize and change negative self-talk. 	<ul style="list-style-type: none"> Apply the 100% Accountable Mindset in our daily lives. Analyze how we can grow from challenges and setbacks. Modify negative self-talk into a growth mindset and positive affirmations. 	<ul style="list-style-type: none"> Identify the opportunities we must have to grow in specific areas of our lives. Determine what we can and cannot control. Evaluate the importance of taking responsibility for our current situation and every moment of our life from now on. 	<ul style="list-style-type: none"> Take ownership of the role we play in achieving our goals and living the life we foresee. Determine the impact our daily decisions have on our lives.
4.2 Overcoming Limiting Beliefs	<ul style="list-style-type: none"> Understand that we control our lives and can overcome any perceived obstacles. Understand that everyone faces disappointments, fears, setbacks, failures, mistakes, and defeats and that we can overcome them with a positive mindset. List perceived and real obstacles and develop strategies to move past them. 	<ul style="list-style-type: none"> Recognize the importance of continuously finding ways to grow and develop. Analyze how to use our challenges for growth. Discover that we have control over the outcomes in our lives. 	<ul style="list-style-type: none"> Self-manage and control our lives and know that perceived and real obstacles can be overcome. Analyze and evaluate how we can replace challenges with positive thoughts and habits. Actively work toward overcoming challenges. 	<ul style="list-style-type: none"> Recognize that we share limiting beliefs with others, and analyze and connect to people with similar limiting beliefs. Collaborate to develop strategies to confront and overcome our limiting beliefs.
4.3 Focus Your Energy	<ul style="list-style-type: none"> Recognize that we share similar limiting beliefs as others. Make connections with people who share similar limiting beliefs. Develop strategies to overcome our own limiting beliefs. 	<ul style="list-style-type: none"> Discover visualization strategies to make life changes. Choose consistent patterns to help us move toward our dreams. 	<ul style="list-style-type: none"> Determine how important it is to maximize our time with empowering activities. Analyze and evaluate ways in which we use our time and how that has an impact on our ability to achieve our dreams and goals. 	<ul style="list-style-type: none"> Evaluate the ways in which we spend our time and energy. Identify underlying causes of our distractions so that we can address and reduce their influence over our lives.
4.4 Grow Through Life	<ul style="list-style-type: none"> Recognize the importance of finding ways to continuously grow and develop. Visualize and learn strategies to make life changes. Make decisions that drive success in school and life. 	<ul style="list-style-type: none"> Identify ways to control the outcomes of our lives. Examine the value of personal accountability and opportunities to grow. Build a culture of trust and responsibility. 	<ul style="list-style-type: none"> Determine and apply ways in which we can continuously grow and develop. Identify critical skills or strengths that are required to live our dreams. Analyze and evaluate where we are at this point in our lives and the areas of potential growth we need to focus on. 	<ul style="list-style-type: none"> Reflect on how both positive and negative experiences have taught us valuable lessons and helped us grow. Organize life experiences into life lessons that we can pass on to others. Analyze and evaluate our experiences as valuable opportunities for growth and becoming the person we hope to be.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

4.1 Own Your Life	4.2 Overcoming Limiting Beliefs	4.3 Focus Your Energy	4.4 Grow Through Life
<p>Self-Management – Students understand how their thoughts and actions affect short- and long-term outcomes in their lives.</p> <p>Decision-Making – Students develop a new perspective on their daily choices and become more intrinsically motivated to make better, intentional decisions.</p> <p>Resilience – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.</p> <p>Growth Mindset – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves.</p>	<p>Self-Awareness – Students develop the capacity to understand their own self-talk and the impact it has on their thoughts and actions.</p> <p>Self-Management – Students understand how negative thought patterns drive actions and behaviors.</p> <p>Resilience – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes.</p>	<p>Self-Management – Students learn to prioritize activities and organize their days to create better outcomes.</p> <p>Decision-Making – Students gain a new perspective on their daily priorities and connect their activities with their goals and possible consequences in the future.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p>Self-Management – Students build an understanding of the growth mindset and the process of developing their talents and interests to drive success in school and life.</p> <p>Decision-Making – Students learn how decisions affect their personal development and capacity to achieve their goals in life.</p> <p>Growth Mindset – Students develop an expanding capacity to look inside for motivation and solutions.</p>



ATTITUDE OF GRATITUDE

Recognize All the Good in Your Life, and View the World with Optimism

LEARNING OBJECTIVES

Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
5.1 Treasure Yourself	<ul style="list-style-type: none"> Understand the Attitude of Gratitude Mindset. Identify our own positive attributes and those of others around us. Become more aware of how to use strengths and assets to build a brighter outlook for greater happiness. Become more aware of our limiting beliefs to increase our levels of confidence, self-esteem, and mental well-being. 	<ul style="list-style-type: none"> Discuss the value of expressing gratitude to ourselves. Evaluate the importance of treasuring ourselves. Express the language of gratitude. 	<ul style="list-style-type: none"> Examine the value of expressing gratitude and treasuring ourselves. Communicate and embrace the language of gratitude and accepting ourselves and others. Explore how gratitude and treasuring ourselves affects thoughts, feelings, and actions. 	<ul style="list-style-type: none"> Analyze our internal dialogue and explain its impact on our health. Reflect on aspects of ourselves for which we are grateful and those we do not appreciate.
5.2 Be More Grateful	<ul style="list-style-type: none"> Understand that we all have a great deal for which to be grateful. Identify things we are personally grateful for by starting a gratitude journal. Find the positive and the possibilities in negative situations or circumstances and learn from them. 	<ul style="list-style-type: none"> Build appreciation for the supportive relationships in our lives. Determine how to show value and gratitude to the people who support us. Examine how gratitude affects thoughts, feelings, and actions. 	<ul style="list-style-type: none"> Strengthen our appreciation for the supportive relationships in our lives. Define how we can give value and show gratitude to the people who support us. Analyze how appreciation affects our own thoughts, feeling, behaviors, and actions. 	<ul style="list-style-type: none"> Explore scientific research on the effects of gratitude on health and wellness. Analyze and elaborate on the source and motivation behind gratitude and the benefits to others.
5.3 Thank It Forward	<ul style="list-style-type: none"> Recognize the importance of expressing gratitude. Identify characteristics that make those around us stand out. Advocate for a positive, respectful, school environment that supports prosocial behavior. Apply knowledge and skills that promote healthy, violence-free relationships. 	<ul style="list-style-type: none"> Strengthen our appreciation for our gifts and talents and identify how they can be shared with others. Interpret how gratitude can be expressed to influence and connect with others. Gain greater awareness and confidence in the support structures in our lives. 	<ul style="list-style-type: none"> Strengthen our appreciation for our gifts and talents and identify how we can share them with others. Define how to express gratitude to influence and connect with others. Show greater awareness and confidence in the people and support structures in our lives. 	<ul style="list-style-type: none"> Recognize the impact that “thanking it forward” has on sustaining relationships with others. Show an expression of gratitude by personally thanking those who have had a positive impact on our lives through support, inspiration, and friendship.
5.4 Elevate Your Perspective	<ul style="list-style-type: none"> Recognize the importance of seeing beauty in the world around us. Show appreciation for the little things that are important in reaching our life dreams and goals. Identify obstacles and discover possible solutions that can have a positive impact on our life. 	<ul style="list-style-type: none"> Examine how to find the good in situations while maintaining a positive attitude. Interpret challenging experiences as critical lessons and growth opportunities. Realize that we can learn, grow, and elevate our perspectives when we examine situations from the viewpoint and experiences of others. 	<ul style="list-style-type: none"> Assess and determine how to find the good in situations and maintain a positive attitude. Understand and define challenging experiences as critical lessons and growth opportunities Learn, grow, and elevate our perspectives from situations, points of view, and experiences of others. 	<ul style="list-style-type: none"> Reflect on difficult experiences and identify the good that can come from adversity. Conclude that every experience is an opportunity to grow, even when difficult. Expand our opportunities by building new connections and relationships with others.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

5.1 Treasure Yourself	5.2 Be More Grateful	5.3 Thank It Forward	5.4 Elevate Your Perspective
<p>Self-Awareness – Students develop a deeper understanding of their positive qualities and how those qualities affect their attitudes and perspectives.</p> <p>Resilience – Students create a more positive self-image and a greater belief in their capacity to succeed and be happy.</p> <p>Hope – Students become more aware of their strengths and assets and how to use them to build a bright future.</p>	<p>Social Awareness – Students gain a greater understanding of the positive influences and support structures in their lives and the lives of others, including those from different cultures, backgrounds, and experiences.</p> <p>Relationship Skills – Students become more mindful of others, learning strategies to execute positive social exchanges and develop deeper positive relationships.</p> <p>Resilience – Students gain confidence in the support structures around them by building a more positive view of others.</p>	<p>Social Awareness – Students develop the capacity to recognize and reinforce the positive impact of others on their lives.</p> <p>Relationship Skills – Students become more aware of the influence of others and develop strategies to build relationships.</p> <p>Resilience – Students become more mindful of others and develop deeper positive relationships in varied situations.</p> <p>Empathy – Students become more aware of their impact on others and their ability to have a positive impact.</p>	<p>Resilience – Students learn to find the good in situations and maintain positive attitudes and perspectives through adversity.</p> <p>Growth Mindset – Students understand the critical lessons and growth opportunities that are present in failure and adversity.</p> <p>Cultural Competence – Students become open-minded about other cultures, developing the ability to build new connections and embrace differences.</p>



LIVE TO GIVE

Be Empathetic and Serve Others to Live a Better and Happier Life

LEARNING OBJECTIVES

Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
6.1 Stretch Yourself	<ul style="list-style-type: none"> Understand the meaning of the Live to Give Mindset. Understand the significant impact we can have on others by giving of ourselves. 	<ul style="list-style-type: none"> Analyze how the Live to Give Mindset impacts our ability to help others. Compare the gifts we receive to the gifts we give to find balance. Demonstrate what it means to stretch yourself when showing others kindness. 	<ul style="list-style-type: none"> Analyze the Live to Give Mindset and validate and show what it means to “stretch oneself”. Understand and assess the impact we have on others just by being our best selves. Analyze the importance of setting goals and dreams that go beyond our immediate selves. 	<ul style="list-style-type: none"> Challenge ourselves to do things we are uncertain about, and that may or may not be successful. Realize that we are more capable than we think, especially when others support us. Identify things we believe in enough to sacrifice valued assets such as time, money, or cherished belongings.
6.2 Make a Difference	<ul style="list-style-type: none"> Understand the power of service and the impact it has on the world and on our own lives. Understand that we can be of service right now. 	<ul style="list-style-type: none"> Understand the role we can take in our different communities. Identify needs within a community and ways that those needs can be met. Consider our ability to meet the needs of our communities. 	<ul style="list-style-type: none"> Provide an explanation of the impact that service to others has on the world and on ourselves. Recognize that we can begin to be of service right now. 	<ul style="list-style-type: none"> Analyze and identify areas that are important to us in which we can make a difference. Contemplate what others are working on to make a difference and how we can contribute to those efforts now and in the future.
6.3 Receive Gracefully	<ul style="list-style-type: none"> Determine how important it is to receive support from others. Accept compliments and/or gifts gracefully. 	<ul style="list-style-type: none"> Observe how people respond when they are given compliments and compare their reactions to our own. Elaborate on our response when people give us compliments. Attempt to identify the source of our reaction so that we can start to receive compliments gracefully. 	<ul style="list-style-type: none"> Demonstrate how to receive positive expressions and support from others. Provide examples of how different people accept compliments and/or gifts gracefully and differently. 	<ul style="list-style-type: none"> Identify and recognize our unconscious feelings regarding needing and asking for help. Validate that if we are willing to give help, we must also be willing to accept it.
6.4 Create a Legacy	<ul style="list-style-type: none"> Understand that we have the power to provoke change at any age. Have a positive impact on the people around us. Develop a full understanding of the Live to Give Mindset. 	<ul style="list-style-type: none"> Consider the long-term impact of the actions and decisions that we make today. Distinguish the difference between our personal legacy and our family or generational legacies. Create a plan for what we want our legacy to be. 	<ul style="list-style-type: none"> Analyze and evaluate how we can use our power to bring about change. Develop a plan to have a positive impact on the people around us. Conclude that the legacy we leave is directly related to the actions we take and the decisions we make at present. 	<ul style="list-style-type: none"> Examine the impact that the legacy of others has left on our life. Generate opportunities to pass something of ourselves on to someone else in our high school.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

6.1 Stretch Yourself	6.2 Make a Difference	6.3 Receive Gracefully	6.4 Create a Legacy
<p>Self-Awareness – Students utilize a better understanding of themselves and how their lives impact others, their community, and the world.</p> <p>Growth Mindset – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p>Hope – Students expand their perspectives on the future and identify significant possible outcomes for their lives.</p>	<p>Self-Awareness – Students gain understanding and practice the importance of serving others and being a positive influence.</p> <p>Cultural Competence – Students build a broader global perspective and seek an impact that creates fairness and equality for all.</p> <p>Empathy – Students build perspective on the needs of others and identify the positive impact they can have on people's lives through service.</p>	<p>Social Awareness – Students connect with people from other cultures and backgrounds and learn to receive compliments and recognition from others in a positive, constructive way.</p> <p>Relationship Skills – Students learn specific strategies to relate to others more positively and purposefully.</p> <p>Empathy – Students learn to be sensitive to the vulnerabilities of others during critical interactions.</p>	<p>Self-Awareness – Students utilize a better understanding of themselves to identify the impact and influence they want to have with their lives.</p> <p>Growth Mindset – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p>Cultural Competence – Students build a fair-minded perspective and work toward problem-solving solutions that benefit everyone.</p> <p>Hope – Students expand their perspectives on the future and identify significant possible outcomes for their lives.</p>



THE TIME IS NOW
Act Now to Create a Better Future

LEARNING OBJECTIVES				
Units	Course 1 - Remember and Understand	Course 2 - Analyze and Apply	Course 3 - Evaluate and Create	Course 4 - Evaluate and Create
7.1 Embrace Every Moment	<ul style="list-style-type: none"> Become familiar with The Time Is Now Mindset. Understand that the greatest power we have exists in this moment. 	<ul style="list-style-type: none"> Determine that embracing every moment can be about the impact we choose to have on ourselves and others. Consider the role that we play in bringing peace and joy into our lives and that of others. 	<ul style="list-style-type: none"> Recognize that we can act in the present to prevent future regrets. Analyze and plan how we can better embrace every moment. 	<ul style="list-style-type: none"> Differentiate between circumstances that facilitate or prevent us from being present in the moment. Reflect on what has been of greatest significance in our life over the past year. Recognize that what we do in the present is helping to shape our life in the future.
7.2 Get in the Zone	<ul style="list-style-type: none"> Identify the situations and things that make us feel good about ourselves and what we are doing. Understand the impact that “getting in the zone” has on actions taken in the present. 	<ul style="list-style-type: none"> Build skills and strategies to empower ourselves to “stay in the zone.” Explore how we can “get in the zone,” especially when our feelings and fears get in the way Apply strategies to counteract negative emotions that are often more powerful than positive ones. 	<ul style="list-style-type: none"> Identify ways in which we communicate nonverbally and its impact on relationships. Evaluate the impact that “getting in the zone” has on acting in the present. Develop skills and strategies to “get in the zone” when we are struggling or facing challenges. 	<ul style="list-style-type: none"> Self-assess the value of emotions as related to our overall growth. Critically evaluate the power of emotional connections to memories and experiences.
7.3 Let Yourself Be Vulnerable	<ul style="list-style-type: none"> Understand how being vulnerable is necessary for a productive life. Understand the significance of vulnerability and how it affects our life. Identify our fears and ways to overcome them. 	<ul style="list-style-type: none"> Explain that vulnerability is different from weakness. Evaluate situations where our vulnerability has allowed us to grow. Consider the situations and people who help us embrace vulnerability in a positive way. 	<ul style="list-style-type: none"> Evaluate the pros and cons of being vulnerable. Determine the importance and power of being vulnerable. Identify situations that make us fearful or uncomfortable and generate strategies to overcome them. 	<ul style="list-style-type: none"> Understand that fear is a normal and valid feeling; everyone is afraid of something. Determine that fear limits us from developing our full potential and from living happy, successful lives. Consider small steps toward overcoming a fear.
7.4 Act with Purpose	<ul style="list-style-type: none"> Learn that to achieve what we want in life we must act with intention now. Develop a full understanding of how to apply The Time is Now Mindset to our everyday life. 	<ul style="list-style-type: none"> Make the connection between our goals and decisions to ensure they are aligned. Provide examples that verify that acting with purpose is both an individual and community mindset. Look for ways that our actions can inspire and create positive change in our communities. 	<ul style="list-style-type: none"> Prioritize planning for the future and design a blueprint for the next five years. Connect our current actions with our goals for the future. Determine and explain the connection between our goals and our purpose. 	<ul style="list-style-type: none"> Elaborate on the importance of having a purpose that is greater than our own wants and needs. Begin to define our life’s purpose in a thesis statement that can help guide our future actions.

MINDSETS/SOCIAL EMOTIONAL LEARNING ALIGNMENTS

7.1 Embrace Every Moment	7.2 Get in the Zone	7.3 Let Yourself Be Vulnerable	7.4 Act with Purpose
<p>Self-Management – Students learn to become more thoughtful and present, bringing their full capacity to their decisions and actions.</p> <p>Social Awareness – Students develop strategies to become more engaged in the present and to act more thoughtfully and constructively.</p> <p>Decision-Making – Students become more present and learn new approaches to decision-making.</p>	<p>Self-Management – Students learn how their state of mind affects their actions and decisions.</p> <p>Social Awareness – Students understand social norms and the impact of their perspectives and emotions on interactions with others.</p> <p>Decision-Making – Students learn how their feelings, thoughts, and emotions affect their decisions.</p>	<p>Self-Awareness – Students build their capacity to share themselves authentically with comfort and confidence.</p> <p>Relationship Skills – Students learn to be more open, sincere, and authentic with others.</p> <p>Resilience – Students develop a healthy perspective on risk-taking by realizing the necessity of taking chances and learning through failure.</p>	<p>Self-Management – Students learn the effects of their actions and develop the capacity to prioritize meaningful, productive activities.</p> <p>Decision-Making – Students learn to make purposeful decisions and prioritize actions that benefit themselves and others.</p> <p>Growth Mindset – Students seek opportunities to develop their capabilities and work constructively toward their goals.</p>