



**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
<b>1.1 Dream Big</b>	<ul style="list-style-type: none"> <li>Learn to shift our thinking from extrinsic dreams (fame, fortune, etc.) to authentic dreams, such as success in critical areas of life (family, health, etc.) that build true happiness.</li> <li>Understand the role that expectations and imagination play in accomplishing our dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of Everything Is Possible: Dream Big, Embrace Creativity, Think Positive, Act and Adjust.</li> <li>Identify how the Everything Is Possible Mindset is present in everyday life.</li> </ul>	<ul style="list-style-type: none"> <li>Analyze and define the dreams we have for our high school years.</li> <li>Determine goals for every part of our lives, from academics to family, to our health and wellness, and beyond.</li> </ul>
<b>1.2 Embrace Creativity</b>	<ul style="list-style-type: none"> <li>Recognize and model a greater appreciation for our own creativity.</li> <li>Use creative thinking to overcome challenges and move toward achieving our dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Identify creative ways to reach our goals whether personal or academic.</li> <li>Create visual representations of our dreams and goals that represent our true selves.</li> </ul>	<ul style="list-style-type: none"> <li>Define and prioritize the goals and dreams we have established for our high school years through a creative process.</li> <li>Choose the actions we can take to make our dreams a reality.</li> </ul>
<b>1.3 Think Positive</b>	<ul style="list-style-type: none"> <li>Visualize our dreams.</li> <li>Develop a positive attitude toward achieving our dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and focus on the thoughts and words that help us accomplish our dreams.</li> <li>Develop our plan to achieve our goals using positive thoughts and the four objectives of the Everything Is Possible Mindset.</li> </ul>	<ul style="list-style-type: none"> <li>Analyze and foresee the challenges we may face in our high school years.</li> <li>Develop positive thought affirmations for future high school dreams.</li> </ul>
<b>1.4 Act and Adjust</b>	<ul style="list-style-type: none"> <li>Recognize that some of our beliefs may limit our ability to achieve our dreams.</li> <li>Shift our mindset toward what can be done in the moment to overcome challenges.</li> <li>Understand how important it is to take action, adjust from setbacks, and continue to move forward.</li> </ul>	<ul style="list-style-type: none"> <li>Recognize potential obstacles and identify ways to overcome them.</li> <li>Finalize our plan to achieve our goals by acting and adjusting when facing obstacles or roadblocks.</li> <li>Finish and share the visual representations of our dreams and goals that represent our true selves.</li> </ul>	<ul style="list-style-type: none"> <li>Determine how to adjust and confront the potential challenges in our high school years.</li> <li>Develop a plan for how we will act and adjust.</li> </ul>

**MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS**

1.1 Dream Big	1.2 Embrace Creativity	1.3 Think Positive	1.4 Act and Adjust
<p><b>Decision-Making</b> – Students increase their expectations and connect current decisions and actions to future goals and consequences.</p> <p><b>Hope</b> – Effective visioning and goal setting increase students’ expectations and overall perspective on their lives and future.</p> <p><b>Self-Awareness</b> – Students build a positive self-image by recognizing their unique abilities that will help them succeed in school and life.</p>	<p><b>Growth Mindset</b> – Students gain a greater appreciation for their creative capacity and their potential to innovate and grow through life.</p> <p><b>Resilience</b> – Through creative problem-solving, students build confidence in their ability to overcome challenges and adversity.</p> <p><b>Cultural Competence</b> – Students build an appreciation for integrating other cultures and perspectives into the creative process.</p>	<p><b>Self-Management</b> – Students learn to manage their own emotions to drive better relationships and outcomes in their lives.</p> <p><b>Relationship Skills</b> – Through improved attitudes and perspectives, students become a better friend and more easily connect with others.</p> <p><b>Hope</b> – Students build their capacity to see opportunities and maintain a positive perspective to improve motivation and performance.</p> <p><b>Self-Awareness</b> – Students gain a broader perspective on their abilities and attitudes. They also learn to appreciate and connect with the world around them.</p>	<p><b>Self-Management</b> – Students develop the critical skill of correcting mistakes and adjusting their actions and behaviors to get better results.</p> <p><b>Growth Mindset</b> – Students learn that failure and risk are essential to success and act as catalysts to personal growth.</p> <p><b>Resilience</b> – Students gain a greater capacity to overcome challenges and adversity by changing their perspective on risk and failure.</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
<b>2.1 Focus on Your Strengths</b>	<ul style="list-style-type: none"> <li>Understand why exploring our passions is important for achieving our dreams.</li> <li>Become aware of different types of strengths, such as, physical, academic, situational, and personality-based ones.</li> <li>Understand that resilience and leveraging our strengths can help us through struggle and failure.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of Passion First: Focus on Your Strengths, Explore Your Interests, Take a Stand, and Be Authentic.</li> <li>Identify ways to live the Passion First Mindset in every area of your life.</li> </ul>	<ul style="list-style-type: none"> <li>Broaden our definition of what qualifies as a strength.</li> <li>Identify and use the specific strengths we can leverage to be able to achieve our dreams.</li> </ul>
<b>2.2 Explore Your Interests</b>	<ul style="list-style-type: none"> <li>Identify our interests.</li> <li>Learn that exploring our interests and achieving our goals and dreams in school and life are interrelated.</li> </ul>	<ul style="list-style-type: none"> <li>Identify our interests and how they connect to our dreams.</li> <li>Connect our strengths with our interests.</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate our current interests.</li> <li>Analyze and foresee how we can use our interests and strengths in our high school years.</li> </ul>
<b>2.3 Take a Stand</b>	<ul style="list-style-type: none"> <li>Understand and identify our core values.</li> <li>Understand why identifying our core values is an important step toward achieving our dreams.</li> <li>Understand why identifying our core values is an important step toward achieving our dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Focus on guiding our decisions based on our core values.</li> <li>Prioritize our core values to ensure that our decisions move us toward accomplishing our dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Define our core values.</li> <li>Determine who we want to be as we enter our high school years.</li> </ul>
<b>2.4 Be Authentic</b>	<ul style="list-style-type: none"> <li>Understand that happiness is far more attainable when we focus on our strengths, explore our interests, pursue our passions, and integrate core values into our dreams.</li> <li>Understand the importance of being more comfortable with who we are and less affected by peer pressure.</li> <li>Develop a complete understanding of the Passion First Mindset.</li> </ul>	<ul style="list-style-type: none"> <li>Apply the Passion First Mindset in our lives.</li> <li>Identify failures and how they can be overcome while engaging in our passions.</li> <li>Leverage strengths and interests to align with our core values and with what matters most to us.</li> </ul>	<ul style="list-style-type: none"> <li>Broaden our definition of what it means to stay authentic to who we are.</li> <li>Plan our potential high school activities and involvements to fit our strengths and interests.</li> </ul>

**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><b>Self-Awareness</b> – Students gain greater knowledge and appreciation for their talents and the value they bring to themselves, their school, and their community.</p> <p><b>Cultural Competence</b> – Students build a greater appreciation for their capabilities and perspectives, and those from people of different backgrounds, abilities, and cultures.</p> <p><b>Hope</b> – Students gain greater clarity on a positive future that leverages their innate abilities and strengths.</p>	<p><b>Self-Awareness</b> – Students gain greater knowledge of and appreciation for their interests.</p> <p><b>Self-Management</b> – Students learn to align their interests and passions to more positive and purposeful actions and outcomes.</p> <p><b>Hope</b> – Students gain greater clarity on a positive future that leverages their innate interests and desires.</p>	<p><b>Self-Awareness</b> – Students gain a greater knowledge and appreciation for their values and their impact on their lives, school, and community.</p> <p><b>Cultural Competence</b> – Students gain a greater knowledge and appreciation for all cultures and build empathy to create fairness and equity.</p> <p><b>Hope</b> – Students envision a positive future that leverages their personal values.</p> <p><b>Resilience</b> – By connecting more deeply to their core values, students can navigate life’s complexities and stay focused on what is important.</p>	<p><b>Self-Awareness</b> – Students learn how to leverage their strengths, interests, values, and personal desires in their daily lives and for the future.</p> <p><b>Cultural Competence</b> – Students learn to appreciate the power of unique perspectives and diverse cultures.</p> <p><b>Hope</b> – 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
<b>3.1 Embrace Everyone</b>	<ul style="list-style-type: none"> <li>List new relationships we want to develop and identify existing relationships we want to strengthen.</li> <li>Learn about strategies that can improve negative or unhealthy relationships.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of We Are Connected: Embrace Everyone, Maximize Positive Relationships, Build Your Dream Team, and Lead with Value.</li> <li>Identify the true meaning of embracing others.</li> </ul>	<ul style="list-style-type: none"> <li>Analyze and rate our current communication skills.</li> <li>Practice enhancing our communication skills, such as making eye contact to strengthen our connections.</li> </ul>
<b>3.2 Maximize Positive Relationships</b>	<ul style="list-style-type: none"> <li>Understand the significance of the people we surround ourselves with and the impact these relationship choices have on our lives.</li> <li>List our five most empowering relationships and discuss strategies for strengthening them.</li> </ul>	<ul style="list-style-type: none"> <li>Identify people who empower us and push us toward accomplishing our dreams.</li> <li>Set aside time to regularly interact with people who empower us and push us toward our dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate our current relationships.</li> <li>Plan how we can strengthen and empower existing relationships.</li> </ul>
<b>3.3 Build Your Dream Team</b>	<ul style="list-style-type: none"> <li>Identify the critical roles others play in our lives.</li> <li>Think about the new relationships we need to develop to help us in school and beyond.</li> </ul>	<ul style="list-style-type: none"> <li>Identify members of our dream team and how they benefit us and the dream team.</li> <li>Recognize the critical role the dream team plays in our lives.</li> <li>Examine our most significant relationships and identify how to improve and grow them.</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate our current Dream Team.</li> <li>Begin to create an Academic Dream Team.</li> </ul>
<b>3.4 Lead with Value</b>	<ul style="list-style-type: none"> <li>Develop ways we can demonstrate our value to our Dream Team.</li> <li>Develop a full understanding of the We Are Connected Mindset.</li> <li>Understand how important it is to help others as we work toward reaching our own goals and dreams.</li> </ul>	<ul style="list-style-type: none"> <li>Discover the importance of leading with value when trying to make connections with others.</li> <li>Identify ways we can lead with value both now and in the future.</li> <li>Broaden our perspectives of others by learning more about their unique circumstances and experiences.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and define ways in which we can lead with value in everyday relationships.</li> <li>Plan how we will lead with value specifically as related to our Academic Dream Team.</li> </ul>

**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><b>Social-Awareness</b> – Students become more intrinsically motivated to build empowering relationships and understand other cultures and perspectives.</p> <p><b>Relationship Skills</b> – Students develop strategies for making connections and building meaningful relationships with others.</p> <p><b>Cultural Competence</b> – Students build an appreciation for all backgrounds, talents, and cultures others bring to collective efforts.</p> <p><b>Empathy</b> – Students attain broader perspectives on relationships and begin to understand the unique circumstances and abilities of others.</p>	<p><b>Social Awareness</b> – Students gain a better understanding of how to impact relationships and more positive and productive interactions with others.</p> <p><b>Relationship Skills</b> – Students learn to discern positive and negative influences and choose positive social and emotional interactions.</p> <p><b>Empathy</b> – Students attain broader perspectives and begin to understand the unique circumstances and abilities of others.</p> <p><b>Resilience</b> – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p><b>Social Awareness</b> – Students gain a better understanding of how to impact relationships and more positive and productive interactions with others.</p> <p><b>Relationship Skills</b> – Students learn to discern positive and negative influences and choose positive social and emotional interactions.</p> <p><b>Empathy</b> – Students attain broader perspectives and begin to understand the unique circumstances and abilities of others.</p> <p><b>Resilience</b> – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p><b>Empathy</b> – Students strengthen their understanding of the unique circumstances and abilities of others.</p> <p><b>Cultural Competence</b> – Students build skills to reach out and connect with people from different cultures and backgrounds.</p> <p><b>Resilience</b> – 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
<b>4.1 Own Your Life</b>	<ul style="list-style-type: none"> <li>Learn to take control of behaviors and actions that produce positive outcomes in our lives.</li> <li>Explain how we can begin to take ownership of our lives.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of 100% Accountable: Own Your Life, Overcome Limiting Beliefs, Focus Your Energy, and Grow Through Life.</li> <li>Examine how the 100% Accountable Mindset is applied in everyday life.</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate our current academic progress.</li> <li>Determine strategies that strengthen our academic efforts and guide them towards achieving our high school graduation goals.</li> </ul>
<b>4.2 Overcoming Limiting Beliefs</b>	<ul style="list-style-type: none"> <li>Understand that we can overcome real and perceived obstacles.</li> <li>Identify obstacles we perceive and develop strategies to overcome them.</li> </ul>	<ul style="list-style-type: none"> <li>Identify limiting beliefs.</li> <li>Write an accountability statement to overcome limiting beliefs.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss any limiting beliefs we currently have about high school.</li> <li>Develop a plan to transform limiting beliefs into empowering statements.</li> </ul>
<b>4.3 Focus Your Energy</b>	<ul style="list-style-type: none"> <li>Recognize how important it is to maximize our time with empowering activities.</li> <li>List activities that empower us and identify why they are important.</li> </ul>	<ul style="list-style-type: none"> <li>Utilize the 100% Accountable Mindset.</li> <li>Apply an understanding of the 100% Accountable Mindset to overcome limiting beliefs.</li> </ul>	<ul style="list-style-type: none"> <li>Analyze and discuss how we currently spend our time.</li> <li>Plan and identify strategies that will allow us to maintain a life-study balance as we enter our high school years.</li> </ul>
<b>4.4 Grow Through Life</b>	<ul style="list-style-type: none"> <li>Recognize the importance of identifying how we can continuously grow and develop.</li> <li>Develop an understanding of the 100% Accountable Mindset.</li> </ul>	<ul style="list-style-type: none"> <li>Identify ways in which we can learn from the challenges we face.</li> <li>Accept 100% accountability when we make choices that have negative consequences.</li> </ul>	<ul style="list-style-type: none"> <li>Identify, analyze, and discuss struggles we have seen in older siblings or friends.</li> <li>Plan and define how to maintain a growth mindset over the next four years.</li> </ul>

**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><b>Self-Management</b> – Students understand how their thoughts and actions affect short-term and long-term outcomes in their lives.</p> <p><b>Decision-Making</b> – Students develop a new perspective on their daily choices and become more intrinsically motivated to make better, more intentional decisions.</p> <p><b>Resilience</b> – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.</p> <p><b>Growth Mindset</b> – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves.</p>	<p><b>Self-Awareness</b> – Students develop the capacity to understand their own self-talk and its impact on their thoughts and actions.</p> <p><b>Self-Management</b> – Students understand how negative thought patterns drive actions and behaviors.</p> <p><b>Resilience</b> – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.</p>	<p><b>Self-Management</b> – Students learn to prioritize activities and organize their days to create better outcomes.</p> <p><b>Decision-Making</b> – Students gain a new perspective on their daily priorities and connect their activities with their goals and possible consequences in the future.</p> <p><b>Resilience</b> – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p><b>Self-Management</b> – 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><b>Decision-Making</b> – Students learn how decisions affect their personal development and capacity to achieve their goals in life.</p> <p><b>Growth Mindset</b> – 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
<b>5.1 Treasure Yourself</b>	<ul style="list-style-type: none"> <li>Identify our positive attributes.</li> <li>Understand the connection between celebrating who we are and living an extraordinary life.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of Attitude of Gratitude: Treasure Yourself, Be More Grateful, Thank It Forward, and Elevate Your Perspective.</li> <li>Discover our hidden and/or inner treasures.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the importance of recognizing all that is wonderful about ourselves.</li> <li>Identify things we value most about ourselves and explain why.</li> </ul>
<b>5.2 Be More Grateful</b>	<ul style="list-style-type: none"> <li>Understand that we all have so much for which to be grateful.</li> <li>Identify and list the things that we are personally grateful for by starting a Gratitude Journal.</li> </ul>	<ul style="list-style-type: none"> <li>Recognize how to apply the Attitude of Gratitude Mindset in our lives.</li> <li>Identify the things we are grateful for.</li> </ul>	<ul style="list-style-type: none"> <li>Decide what we are grateful for in the present.</li> <li>Prioritize the people we are grateful for who are helping us on our path toward our dreams.</li> </ul>
<b>5.3 Thank It Forward</b>	<ul style="list-style-type: none"> <li>Recognize the importance of expressing gratitude.</li> <li>Understand that doing something for someone else makes us feel better and become happier.</li> </ul>	<ul style="list-style-type: none"> <li>Identify how to apply the Attitude of Gratitude Mindset in our lives.</li> <li>Choose people we are grateful for in our school.</li> </ul>	<ul style="list-style-type: none"> <li>Brainstorm ways we can show appreciation and thank it forward on a regular basis.</li> <li>Choose five people we want to thank right now.</li> </ul>
<b>5.4 Elevate your Perspective</b>	<ul style="list-style-type: none"> <li>Understand the importance of maintaining a positive attitude in difficult situations.</li> <li>Identify and list the good that may come from negative experiences.</li> </ul>	<ul style="list-style-type: none"> <li>Understand how to apply the Attitude of Gratitude Mindset to generate a positive impact on our lives.</li> <li>Apply the Mindset by elevating our perspective.</li> <li>Apply the Mindset by recognizing the positive in adversity and challenges.</li> </ul>	<ul style="list-style-type: none"> <li>Foresee some of the adversities we may face and determine how we can confront those situations.</li> <li>Formulate the next steps of our Graduation Goals Action Plan.</li> </ul>

**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><b>Self-Awareness</b> – Students develop a deeper understanding of their positive qualities and how they affect their attitudes and perspectives.</p> <p><b>Resilience</b> – Students create a more positive self-image and a greater belief in their capacity to succeed and be happy.</p> <p><b>Hope</b> – Students become more aware of their strengths and assets and how to use them to build a bright future.</p>	<p><b>Social Awareness</b> – Students gain a greater understanding of the positive influences and support structures in their lives and the lives of others from different cultures, backgrounds, and experiences.</p> <p><b>Relationship Skills</b> – Students become more mindful of others and learn strategies to execute positive social exchanges and develop deeper positive relationships.</p> <p><b>Resilience</b> – Students gain confidence in the support structures around them by building a more positive view of others.</p>	<p><b>Social Awareness</b> – Students develop the capacity to recognize and reinforce the positive impact of others on their lives.</p> <p><b>Relationship Skills</b> – Students become more aware of the influence of others and develop strategies to build relationships.</p> <p><b>Resilience</b> – Students become more mindful of others and develop deeper positive relationships in varied situations.</p> <p><b>Empathy</b> – Students become more aware of their impact on others and their ability to have a positive impact.</p>	<p><b>Resilience</b> – Students learn to find the good in situations and maintain positive attitudes and perspectives through adversity.</p> <p><b>Growth Mindset</b> – Students understand the critical lessons and growth opportunities that failure and adversity present.</p> <p><b>Cultural Competence</b> – 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
6.1 Stretch Yourself	<ul style="list-style-type: none"> <li>Understand how living our dreams has a positive impact on others.</li> <li>Explain how we can give to the world by stretching ourselves and living our best lives.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of Live to Give: Stretch Yourself, Make a Difference, Receive Gracefully, and Create a Legacy.</li> <li>Identify what the Live to Give Mindset looks like in everyday life</li> <li>Select a <b>Live to Give service project</b>.</li> </ul>	<ul style="list-style-type: none"> <li>Focus on how we can take transformative actions to have the greatest positive impact during our high school years.</li> <li>Brainstorm what new things we want to try to stretch ourselves once in high school.</li> </ul>
6.2 Make a Difference	<ul style="list-style-type: none"> <li>Understand the power of kindness and being of service.</li> <li>Understand that we can be of service by identifying ways we can make a difference.</li> </ul>	<ul style="list-style-type: none"> <li>Discover ways to make a difference in other people’s lives.</li> <li>Discover ways we can make a difference at school or in the community.</li> </ul>	<ul style="list-style-type: none"> <li>Generate ways we can do something each day to make a difference.</li> <li>Plan and implement a week of a “One Small Thing” task to foster the habit of giving in our lives.</li> </ul>
6.3 Receive Gracefully	<ul style="list-style-type: none"> <li>Learn how important it is to receive support and help from others.</li> <li>Understand how to receive gifts and genuine compliments from others gracefully.</li> </ul>	<ul style="list-style-type: none"> <li>Practice giving and receiving genuine compliments.</li> <li>Continue planning our <b>Live to Give projects</b>.</li> </ul>	<ul style="list-style-type: none"> <li>Practice giving and receiving compliments.</li> <li>Brainstorm who the people are who we might ask for help.</li> <li>Determine how we can receive gracefully in an appropriate manner.</li> </ul>
6.4 Create a Legacy	<ul style="list-style-type: none"> <li>Understand that we have the power to provoke change at any age.</li> <li>Understand how we can have a positive impact on the people around us.</li> </ul>	<ul style="list-style-type: none"> <li>Apply the elements of Live to Give to our lives.</li> <li>Examine progress on our <b>Live to Give project(s)</b> and set goals for completion.</li> <li>Discover what it means to Create a Legacy.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the legacy we hope to leave and create during high school.</li> <li>Determine potential legacy projects.</li> <li>Brainstorm the legacy we want to leave as we move toward our dreams.</li> </ul>

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

6.1 Stretch Yourself	6.2 Make a Difference	6.3 Receive Gracefully	6.4 Create a Legacy
<p><b>Self-Awareness</b> – Students utilize a better understanding of themselves and how their lives impact others, their community, and the world.</p> <p><b>Growth Mindset</b> – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p><b>Hope</b> – Students expand their perspectives on the future and identify significant possible outcomes for their lives.</p>	<p><b>Self-Awareness</b> – Students utilize a better understanding of themselves and how their lives impact others, their community, and the world.</p> <p><b>Growth Mindset</b> – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p><b>Hope</b> – Students expand their perspectives on the future and identify significant possible outcomes for their lives.</p>	<p><b>Social-Awareness</b> – 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><b>Relationship Skills</b> – Students learn specific strategies to positively and purposefully relate to others.</p> <p><b>Empathy</b> – Students learn to be sensitive to the vulnerabilities of others during critical interactions.</p>	<p><b>Self-Awareness</b> – Students utilize a better understanding of themselves to identify the impact and influence they want their lives to have.</p> <p><b>Growth Mindset</b> – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p><b>Cultural Competence</b> – Students build a fair-minded perspective and work towards problem-solving solutions that benefit everyone.</p> <p><b>Hope</b> – 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
<b>7.1 Embrace Every Moment</b>	<ul style="list-style-type: none"> <li>Understand that the greatest power we have exists in this moment.</li> <li>Learn to live in the moment and think of life as a journey of taking purposeful actions.</li> </ul>	<ul style="list-style-type: none"> <li>Review the four components of The Time Is Now: Embrace Every Moment, Get in the Zone, Let Yourself Be Vulnerable, and Act with Purpose.</li> <li>Identify what The Time Is Now Mindset looks like in everyday life.</li> <li>Present our <b>Live to Give Projects</b>.</li> </ul>	<ul style="list-style-type: none"> <li>Focus on how we can generate the greatest positive impact for our high school years.</li> <li>Brainstorm what new things we want to try to stretch ourselves.</li> </ul>
<b>7.2 Get in the Zone</b>	<ul style="list-style-type: none"> <li>Identify situations and things that make us feel our best.</li> <li>Understand that getting in the zone has an impact on our actions in the present.</li> </ul>	<ul style="list-style-type: none"> <li>Apply the Time Is Now Mindset to our lives.</li> <li>Identify specific steps we can take to get in the zone.</li> <li>Present our <b>Live to Give projects</b>.</li> </ul>	<ul style="list-style-type: none"> <li>Identify, analyze, and discuss circumstances and situations in which our emotions caused us to act inappropriately.</li> <li>Brainstorm ways we can deal with our emotions and ensure we are not unnecessarily projecting ourselves onto others.</li> </ul>
<b>7.3 Let Yourself Be Vulnerable</b>	<ul style="list-style-type: none"> <li>Learn what it means to be vulnerable.</li> <li>Know that allowing ourselves to be vulnerable is one of the most powerful states of being.</li> <li>Identify our fears and ways to overcome them.</li> </ul>	<ul style="list-style-type: none"> <li>Identify the counter-mindset of The Time Is Now.</li> <li>Analyze why it is important to act and adjust, rather than not acting at all.</li> </ul>	<ul style="list-style-type: none"> <li>Identify, analyze, and discuss fears that are associated with trying new things and taking risks.</li> <li>Plan and define the new experiences we can commit to trying once in high school.</li> </ul>
<b>7.4 Act with Purpose</b>	<ul style="list-style-type: none"> <li>Learn that acting with purpose means to have a goal in mind and take the necessary steps to achieve that goal.</li> <li>Act with a purpose to support our values and dreams now.</li> </ul>	<ul style="list-style-type: none"> <li>Identify how we can act with purpose.</li> <li>Determine ways to make purposeful decisions to reach our goals and dreams.</li> <li>Act with purpose to move toward the life we want.</li> </ul>	<ul style="list-style-type: none"> <li>Analyze and assess our actions and how they are affecting our progress toward our dreams.</li> <li>Ascertain what actions we need to take to make our dreams a reality.</li> </ul>

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