



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
1.1 Dream Big	<ul style="list-style-type: none"> Understand that a dream is a highly desired goal or purpose. Begin to understand that the first step in achieving our dreams is visualizing and identifying them. 	<ul style="list-style-type: none"> Discover those parts of our big dreams that might be a challenge. Create a plan and set goals that will help us attain our big dreams. 	<ul style="list-style-type: none"> Formulate a plan to attain our big dreams. Evaluate why it is important to dream big.
1.2 Embrace Creativity	<ul style="list-style-type: none"> Begin to understand that if we want things to change, we must do things we have never done before. Determine that the definition of "creativity" is to have the ability to think of new ideas or make new things. 	<ul style="list-style-type: none"> Work together to illustrate our biggest dreams. Relate creativity to the importance of dreaming big. 	<ul style="list-style-type: none"> Explore ways to embrace creativity while working towards dreams. Determine if you are embracing creativity while trying to attain your dreams. Recognize ways we can embrace creativity and innovative ideas to help others.
1.3 Think Positive	<ul style="list-style-type: none"> Learn that those who have brighter outlooks are happier and more accomplished in life. Understand that they can turn negative into positive thoughts. 	<ul style="list-style-type: none"> Demonstrate the ability for positive thinking, even when experiencing negative situations. Change negative thinking to positive thinking. 	<ul style="list-style-type: none"> Modify negative thoughts and substitute them with positive thoughts when obstacles arise. Evaluate the outcomes of a positive mindset and how it allows you to have an impact on others.
1.4 Act and Adjust	<ul style="list-style-type: none"> Adjust and respond with a plan of action when facing obstacles and do not give up on our dreams. Recognize setbacks and learn from them. 	<ul style="list-style-type: none"> Discover that mistakes are part of pursuing big dreams. Begin to demonstrate the ability to celebrate and learn from mistakes, rather than fear them. 	<ul style="list-style-type: none"> Define ways in which to act and adjust when working toward dreams. Assess the impact that acting and adjusting has on our dreams.

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 increase 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 the 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 a better friend 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. They also 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 get better results.</p> <p>Growth Mindset – Students learn that failure and risk are essential to success and act as catalysts for personal growth.</p> <p>Resilience – 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
2.1 Focus on Your Strengths	<ul style="list-style-type: none"> Identify a passion and strength that we possess. Begin to explain how our passions and strengths help us achieve our dreams. 	<ul style="list-style-type: none"> Demonstrate that we understand that our strengths make us strong. Begin to make choices that focus on strengths, rather than weaknesses. 	<ul style="list-style-type: none"> Evaluate their individual strengths. Connect our strengths to our passions.
2.2 Explore Your Interests	<ul style="list-style-type: none"> Understand that an interest is not only something that we enjoy, but something we want to learn more about. Brainstorm ways that we can continue learning about the things that we are authentically interested in. 	<ul style="list-style-type: none"> Show connections between personal interests and passions. Use the connection between our interests and passions to drive our passions forward. 	<ul style="list-style-type: none"> Compare and contrast the importance of doing what you love versus doing something that brings you a lot of money. Describe how exploring your interests can lead to greater success.
2.3 Take a Stand	<ul style="list-style-type: none"> Understand what our core values are and how they relate to our passions. Begin to understand that we are strongest and most successful when we act according to our values. 	<ul style="list-style-type: none"> Practice standing up for our values or something we believe in. Show the connection between our values and passions. 	<ul style="list-style-type: none"> Assess how we can approach challenges as we pursue our passions. Formulate ways in which we can connect our beliefs and core values to our passions.
2.4 Be Authentic	<ul style="list-style-type: none"> Learn that being authentic means staying true to who we are and what we believe in. Begin to understand that for us to do extraordinary things in life we must be authentic and who we truly are. 	<ul style="list-style-type: none"> Build knowledge and understanding of how we can pursue our passions without losing our authenticity. Create a design that represents our authenticity, passions, and/or interests. 	<ul style="list-style-type: none"> Assess how authentic we are while following our passions. Describe how we can persevere and persist while simultaneously working towards our passions and staying true to our authentic selves. Describe how it feels to follow your passion and achieve your dream.

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 for their talents and the value they bring to themselves, their school, and their community.</p> <p>Cultural Competence – Students build a greater appreciation for their capabilities and perspectives and those from people of different backgrounds, abilities, and cultures.</p> <p>Hope – Students gain greater clarity on 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 on a positive future that leverages their innate interests and desires.</p>	<p>Self-Awareness – Students gain a greater knowledge and appreciation for 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 for 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
3.1 Embrace Everyone	<ul style="list-style-type: none"> Learn that every person who comes into our lives can either help us, hurt us, or have no impact at all. Begin to understand that individuals who live great lives embrace everyone and look for ways to be of service to them. 	<ul style="list-style-type: none"> Show ways to embrace everyone we meet. Begin to demonstrate the ability to embrace people outside of our friendship group. 	<ul style="list-style-type: none"> Elaborate on the connection that exists between embracing the people we meet and our success in life. Explain what would happen if we showed more compassion and embraced everyone.
3.2 Maximize Positive Relationships	<ul style="list-style-type: none"> Learn that maximizing positive relationships means spending more time with the people who empower us. Begin to identify the people in our lives who empower us and help us reach our fullest potential. 	<ul style="list-style-type: none"> Discover the importance and impact of positive relationships on our lives. Demonstrate ways to maximize positive relationships in our lives. 	<ul style="list-style-type: none"> Determine how to maximize positive relationships in our lives. Consider how positive relationships can help us reach our dreams.
3.3 Build Your Dream Team	<ul style="list-style-type: none"> Identify the people on our own personal dream team. Identify the characteristics of the people on our dream team and how they can help us live our best lives. 	<ul style="list-style-type: none"> Create a dream team of people who will move us closer to our dreams. Prepare a list of characteristics that are important to have on our dream team. 	<ul style="list-style-type: none"> Choose members of our dream team. Formulate and explain reasons why each person plays a vital role as we work towards our dreams.
3.4 Lead with Value	<ul style="list-style-type: none"> Brainstorm ideas and start to identify some ways in which we can show kindness to those around us. Begin to understand that we show kindness without expecting anything in return. 	<ul style="list-style-type: none"> Practice helping others to build stronger relationships. Discover ways that we can lead with value in relationships. 	<ul style="list-style-type: none"> Evaluate how giving to others makes our relationships stronger. Reflect on how we can strengthen and supercharge the positive relationships in our lives.

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 develop 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 impact relationships and more positive and productive interactions with others.</p> <p>Relationship Skills – Students learn to discern 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
4.1 Own Your Life	<ul style="list-style-type: none"> Explain what characteristics make us unique. Begin to describe ideas and beliefs that make us unique. 	<ul style="list-style-type: none"> Develop an understanding that we are in control when we own our lives. Compare how other people's opinions can affect us versus staying true to our own opinions. 	<ul style="list-style-type: none"> Assess how much we own our lives rather than being controlled by others. Explain how we can continue to own our lives.
4.2 Overcoming Limiting Beliefs	<ul style="list-style-type: none"> Identify a limiting belief and understand how it is keeping us from reaching our goals. Begin to understand that reprogramming or reframing our thinking from "I Can't" to "I Can" allows us to try new things and reach new or more goals. 	<ul style="list-style-type: none"> Practice overcoming negative thoughts to be able to achieve our big dreams. Analyze and challenge the limiting beliefs that keep us from reaching our dreams. 	<ul style="list-style-type: none"> Generate a list of limiting beliefs. Reformulate limiting beliefs into empowering statements.
4.3 Focus Your Energy	<ul style="list-style-type: none"> Begin to understand that distractions in our lives prevent us from focusing on our dreams and goals. Begin to understand the importance of structuring our time and energy as steps we must take to reach our dreams. 	<ul style="list-style-type: none"> Practice maximizing our time by focusing our energy. Relate focusing our energy to making the most of our time. 	<ul style="list-style-type: none"> Analyze how well our time is being used. Describe ways in which we can focus our energy and use our time wisely.
4.4 Grow Through Life	<ul style="list-style-type: none"> Identify ways we have grown through life and continue to grow by improving and learning new things. Begin to understand that all experiences give us new knowledge, skills, and perspectives 	<ul style="list-style-type: none"> Apply the understanding that to grow, multiple attempts, and mistakes must be made. Practice growing through life by adjusting when mistakes are made. 	<ul style="list-style-type: none"> Describe ways we have grown through life thus far. Determine ways in which we can continue to grow in the future.

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-term 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, more 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 its impact 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 in their lives.</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 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
5.1 Treasure Yourself	<ul style="list-style-type: none"> Identify the things we can do or have within us that we can be grateful for. Begin to understand how to appreciate the value that you are. 	<ul style="list-style-type: none"> Change the way we think about ourselves and recognize the importance of being able to treasure who we are. Practice identifying the traits about ourselves that make us wonderful and unique. 	<ul style="list-style-type: none"> Describe parts of yourself that you treasure. Evaluate why it is important to value and treasure yourself.
5.2 Be More Grateful	<ul style="list-style-type: none"> Recognize that the more gratitude we show, the happier our lives will become. Recognize that if we focus on jealousy, anger, or resentment, we will experience more negative circumstances in life. Identify who you would like to express gratitude for. 	<ul style="list-style-type: none"> Practice applying greater thankfulness for our lives. Create a list of things we are thankful for. 	<ul style="list-style-type: none"> Generate a list of things in your life that you are grateful for. Challenge ourselves to be even more grateful.
5.3 Thank It Forward	<ul style="list-style-type: none"> Begin to understand how to create a cycle of gratitude. Describe different ways of showing gratitude. 	<ul style="list-style-type: none"> Demonstrate the ability to thank it forward to people in our lives who have had an impact on us. Think about who they are and what they have done. Write a letter to thank it forward to someone who has had an impact on our life. 	<ul style="list-style-type: none"> Generate a list of people for whom we are grateful. Describe ways we can show our gratitude to the people we are grateful for.
5.4 Elevate your Perspective	<ul style="list-style-type: none"> Begin to understand what it means to elevate our perspective and find the positives in negative situations. Learn how to approach new or challenging situations with a positive attitude. 	<ul style="list-style-type: none"> Modify the way we think about negative situations so we can find the positive within them. Practice identifying positive aspects within negative situations. 	<ul style="list-style-type: none"> Identify moments of adversity and challenges encountered while working toward your dreams. Explore ways in which you can elevate your perspective when facing moments of challenge.

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 they 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 from different cultures, backgrounds, and experiences.</p> <p>Relationship Skills – Students become more mindful of others and learn 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 failure and adversity present.</p> <p>Cultural Competence – Students become open-minded about other cultures, developing the ability to build new connections with others 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"> Know that by being our best selves every day we will be able to live our best lives. Identify ways to stretch ourselves and spread kindness. 	<ul style="list-style-type: none"> Analyze personal traits and identify which can have a positive impact on the world around us. Prepare a plan with simple ways that we can have a positive impact on the world around us. 	<ul style="list-style-type: none"> Consider how much we are stretching ourselves in our lives. Determine actions that will help us become the best version of ourselves and give to others.
6.2 Make a Difference	<ul style="list-style-type: none"> Begin to understand what it means to make a difference in someone's life. Brainstorm how to make a difference at home, at school, and in the community. 	<ul style="list-style-type: none"> Relate small acts of kindness to making a difference in the world around us. Write a list of small ways we can make a difference in the world around us. 	<ul style="list-style-type: none"> Generate ideas of how people can make a difference in the world. Draw conclusions about how positive actions have an impact on the world around us.
6.3 Receive Gracefully	<ul style="list-style-type: none"> Learn what the word "gracefully" means and how we can receive gracefully. Practice receiving a compliment, gift, or gesture of kindness without feeling uncomfortable or undeserving. 	<ul style="list-style-type: none"> Practice applying the understanding that we are worthy of receiving good things from others. Demonstrate the ability to receive compliments gracefully. 	<ul style="list-style-type: none"> Assess how gracefully we receive compliments, gifts, and kindness from others. Develop a plan to receive more gracefully.
6.4 Create a Legacy	<ul style="list-style-type: none"> Understand what the word "legacy" means. Begin to understand how the Mindsets Live to Give and Passion First are related. 	<ul style="list-style-type: none"> Identify what kind of legacy we want to leave. Examine different types of traits that will impact others and the world in a positive way. 	<ul style="list-style-type: none"> Summarize the legacy you would like to leave. Explain how leaving a legacy can have an impact for years to come.

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 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 positively and purposefully relate to others.</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 their lives to have.</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 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
7.1 Embrace Every Moment	<ul style="list-style-type: none"> Begin to understand what embracing every moment in life means. Identify circumstances that bring us joy, love, and gratitude. 	<ul style="list-style-type: none"> Demonstrate the ability to embrace every moment by finding the joy in life. Practice finding joy in all situations. 	<ul style="list-style-type: none"> Determine how we can appreciate and value every moment in our daily lives. Determine how to embrace every moment now and in the future.
7.2 Get in the Zone	<ul style="list-style-type: none"> Understand that we must think about our words and actions before we act. Understand that when we think before we act, we create more positive outcomes. 	<ul style="list-style-type: none"> Practice challenging ourselves to regulate our emotions appropriately. Demonstrate that we are in the zone by focusing our emotions and thinking before acting. 	<ul style="list-style-type: none"> Explain how to manage feelings of frustration, anxiety, boredom, and anger that can take us out of the zone. Generate a plan to determine how to think before we act. Determine why it is important to reach a “flow state” or get in the zone to energize our focus and performance.
7.3 Let Yourself Be Vulnerable	<ul style="list-style-type: none"> Practice showing emotions and letting ourselves be vulnerable. Begin to understand how to allow ourselves to be vulnerable, especially so we can experience some of the greatest moments in our lives. 	<ul style="list-style-type: none"> Identify why it is difficult to be open about our feelings. Practice letting ourselves be vulnerable by sharing things that make us feel vulnerable. 	<ul style="list-style-type: none"> Evaluate our ability to be vulnerable. Take the challenge to be more vulnerable.
7.4 Act with Purpose	<ul style="list-style-type: none"> Understand that when we act with purpose, we do not simply react, but think about the consequences of our actions. Begin to understand that every action we take relates directly to the goals and dreams that we have for ourselves. 	<ul style="list-style-type: none"> Analyze the choices we are making and determine if they are intentional. Write down the steps we can take to act with purpose while working towards our big dreams. 	<ul style="list-style-type: none"> Analyze the choices we make in relation to our dreams. Determine how we can make more purposeful choices as we work toward our dreams.

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 moment 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 and focus on 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>