



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 (goal) is something we are willing to work hard for to achieve Identify our own long- or short-term dreams. Simple Dream Big Project | <ul style="list-style-type: none"> Create an academic, behavior, or social goal. Discover how goals and dreams are not always easy to reach, but they are possible if we work hard. | <ul style="list-style-type: none"> Explain why it is important to have dreams. Determine how we can dream bigger to overcome challenges while pursuing our dreams. |
| 1.2 Embrace Creativity | <ul style="list-style-type: none"> Identify what it means to use our imagination. Understand different ways to be creative. Simple Dream Big Project. | <ul style="list-style-type: none"> Compare being creative versus trying new things and using our imaginations. Choose something to create that we have not created before. | <ul style="list-style-type: none"> Show how embracing creativity can help us achieve goals we have not achieved before. Choose different ways we can embrace creativity to reach our dreams. |
| 1.3 Think Positive | <ul style="list-style-type: none"> Identify what it means to believe in ourselves. Begin to understand the importance of believing in ourselves and our ability to achieve our dreams. Dream Big Project. | <ul style="list-style-type: none"> Explain why it is important to find the positives in every situation. Compare how negative and positive thinking can impact our day in different ways. | <ul style="list-style-type: none"> Compare how positive versus negative thinking has a different impact. Evaluate how negative or positive thoughts impact on our goals. Determine what it means to think positively and become a problem-solver. |
| 1.4 Act and Adjust | <ul style="list-style-type: none"> Discuss the essential elements we have learned throughout the Everything Is Possible Mindset. Share Big Dream Project. | <ul style="list-style-type: none"> Solve problems when things do not go as planned. Discover how learning from our mistakes and rising above challenges helps us achieve our goals. | <ul style="list-style-type: none"> Summarize why we need to learn how to act and adjust. Explain why it is important to learn from challenges rather than giving up. |

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 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 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; 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"> Understand the meaning of the word "passion." Identify what it means to have strengths. | <ul style="list-style-type: none"> Articulate the meaning of a strength. Interpret the importance of focusing on things we are good at and enjoy doing. | <ul style="list-style-type: none"> Connect the strengths we have to the passions we pursue. Explore how to focus on our strengths and passions when facing challenges. |
| 2.2 Explore Your Interests | <ul style="list-style-type: none"> Understand that we do not have to be good at something to be passionate about it; we should love it! Identify our passions, strengths, and interests. | <ul style="list-style-type: none"> Be able to make the connection between our passions and the things we authentically enjoy doing. Compare our individual passions with those of others. | <ul style="list-style-type: none"> Identify our interests. Analyze why we should spend more time learning about our interests and passions. |
| 2.3 Take a Stand | <ul style="list-style-type: none"> Understand that not everyone has the same interests. Accept others who do not have the same strengths and interests as we do. Learn what it means to take a stand for our passion or something we strongly believe in. | <ul style="list-style-type: none"> Learn the importance of courage and curiosity as character traits. Develop an understanding of why it is important to stay true to ourselves. | <ul style="list-style-type: none"> Develop a plan to overcome challenges when pursuing our passions. Explain why our passions matter to us and our lives. |
| 2.4 Be Authentic | <ul style="list-style-type: none"> Share Passion Pictures with classmates through discussion and display. Understand that "being authentic" means being ourselves. Discuss the essential elements learned throughout the Passion First Mindset. Continue to apply the Passion First Mindset in our lives. | <ul style="list-style-type: none"> Identify a passion that is very important to you. Create a goal that aligns with your passion and dreams. | <ul style="list-style-type: none"> Show appreciation for the importance of being ourselves. Assess how our passions relate to our true selves. |

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 of 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 their impact on their lives, school, and 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"> Understand the meaning of the word “connected.” Identify ways we can respect and embrace others. | <ul style="list-style-type: none"> Determine what similarities you have with a new friend. Share advice on how to make new friends. | <ul style="list-style-type: none"> Learn what can happen when others do not embrace us. Explain why it is important to embrace everyone. |
| 3.2 Maximize Positive Relationships | <ul style="list-style-type: none"> Understand how important good friends are in our lives. Identify the qualities of a good friend. | <ul style="list-style-type: none"> Explain why it is important to be a good friend. Identify ingredients or positive character traits that build good friendships. | <ul style="list-style-type: none"> Learn why positive relationships are important. Evaluate which relationships are positive in our lives. |
| 3.3 Build Your Dream Team | <ul style="list-style-type: none"> Begin to understand the meaning of working together. Understand and describe the idea of a “dream team.” | <ul style="list-style-type: none"> Determine which people in our life help us live our dreams. Determine the purpose of the members of our dream team. | <ul style="list-style-type: none"> Select the people we want on our dream team. Determine how our dream team can help us live our dreams. |
| 3.4 Lead with Value | <ul style="list-style-type: none"> Share Dream Team Project with classmates through discussion and display. Understand that to have a friend, you must be a friend first. Continue to apply the We Are Connected Mindset in our lives. | <ul style="list-style-type: none"> Learn character traits we need to lead with value. Articulate why we should offer help before we ask for help. | <ul style="list-style-type: none"> Understand the importance of helping others, just as others help us. Plan ways in which we can offer help to others. |

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 diverse 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"> Understand the meaning of the word “accountable.” Identify ways in which we can be accountable for our feelings and thoughts. | <ul style="list-style-type: none"> Learn to formulate an opinion and explain the importance of having our own thoughts. Explain why we should not let negative opinions influence us. | <ul style="list-style-type: none"> Learn how to think for ourselves. Determine the importance of thinking for ourselves. |
| 4.2 Overcoming Limiting Beliefs | <ul style="list-style-type: none"> Understand the difference between a good fear and a bad fear. Be able to explain how fears sometimes keep us from doing important things. | <ul style="list-style-type: none"> Identify fears we have due to limiting beliefs about ourselves. Explain the importance of believing in ourselves. | <ul style="list-style-type: none"> Demonstrate how important it is to face our fears and overcome our limiting beliefs. Create an action plan that can be implemented when limiting beliefs arise. |
| 4.3 Focus Your Energy | <ul style="list-style-type: none"> Understand the meaning of owning our happiness and not letting anyone steal it. Identify people, places, or things in our lives that bring us happiness. | <ul style="list-style-type: none"> Recognize what gives us energy and makes us happy. Apply focus when facing challenges Focus energy on creating positive situations to reach our potential. | <ul style="list-style-type: none"> Focus our energy, even when challenges arise. Use our ability to focus our energy to help achieve our dreams. |
| 4.4 Grow Through Life | <ul style="list-style-type: none"> Remember what it means to be accountable for our own lives. Share Encouragement Posters with classmates through discussion and display. | <ul style="list-style-type: none"> Determine the importance of learning from good and bad situations. Discover how mistakes help us grow. | <ul style="list-style-type: none"> Think about how learning from our experiences helps us live our dreams. Consider that good and bad experiences are opportunities that allow us to learn and grow. |

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 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 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"> Understand the meaning of the word “gratitude” and what it means to be grateful. Define what “treasuring yourself” means. Recognize what treasures we can share with others. | <ul style="list-style-type: none"> Establish the importance of being grateful for ourselves. List what makes us special. | <ul style="list-style-type: none"> Decide which qualities and talents make us unique. Consider why it is important to treasure ourselves. |
| 5.2 Be More Grateful | <ul style="list-style-type: none"> Understand that being thankful is having an attitude of gratitude. Identify something to be grateful for about ourselves, others, and the world. | <ul style="list-style-type: none"> Recognize the importance of being grateful. List what makes us grateful. Deepen our understanding of gratitude. | <ul style="list-style-type: none"> Learn how gratitude affects how we view negative circumstances. Reinforce why it is important to be more grateful. |
| 5.3 Thank It Forward | <ul style="list-style-type: none"> Identify people in our lives whom we should thank more often. Begin to understand how expressing gratitude makes the giver and receiver feel good. | <ul style="list-style-type: none"> Express the importance of showing gratitude. Discover the impact that showing gratitude has on others. | <ul style="list-style-type: none"> Determine the benefits of saying “thank you.” Practice the power of thanking others and being thanked. |
| 5.4 Elevate Your Perspective | <ul style="list-style-type: none"> Understand that when we elevate our perspectives, we change a negative to a positive. Identify people in the school community whom we should thank. Discuss the essential elements learned throughout the Attitude of Gratitude Mindset. Continue to apply the Attitude of Gratitude Mindset in our lives. | <ul style="list-style-type: none"> Practice seeking the positives in all situations. Discover how staying positive helps us achieve our goals and dreams. | <ul style="list-style-type: none"> Discuss why challenges are helpful to our achieving our goals. Determine why it is important to find the positives when things seem difficult. |

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 diverse 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 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 |
|------------------------|--|---|--|
| 6.1 Stretch Yourself | <ul style="list-style-type: none"> Understand that one of the best ways to give happiness is to stretch ourselves and use our talents to give back to others. Identify a talent and use it and our gifts to help others. Learn that we can make a difference no matter how small our act of giving. | <ul style="list-style-type: none"> Consider the importance of giving to others. Discover how to stretch ourselves to live our best lives. | <ul style="list-style-type: none"> Show how giving to others inspires more giving. Develop ways we can give back to others. |
| 6.2 Make a Difference | <ul style="list-style-type: none"> Understand what it means to make a difference. Identify ways in which we can give to others. | <ul style="list-style-type: none"> Establish the importance of spreading kindness. Discover how being kind makes a difference not only in the lives of others, but also in our own. | <ul style="list-style-type: none"> Learn the impact we can have by making a difference in someone's life. Develop ways we can make a difference in the lives of others. |
| 6.3 Receive Gracefully | <ul style="list-style-type: none"> Discuss how to receive gracefully. Identify how to respond to the new and wonderful things that may come into our lives. | <ul style="list-style-type: none"> Utilize the cycle of giving. Discover how receiving gracefully can have a positive impact on our lives. | <ul style="list-style-type: none"> Understand the importance that giving and receiving have. Determine why we must receive gracefully. Learn what is meant by continuing the cycle of giving. |
| 6.4 Create a Legacy | <ul style="list-style-type: none"> Discuss what it means to create a legacy. Identify all the different ways that we can live to give. | <ul style="list-style-type: none"> Determine what it means to leave a legacy. Discover how leaving a legacy can have a positive impact on those around us. | <ul style="list-style-type: none"> Learn what it means to leave a legacy. Generate ideas for the type of legacy we will leave behind. |

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 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 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"> Identify what it means to be happy. Begin to understand the meaning of the concept “the time is now.” Discuss what it means to embrace every moment. | <ul style="list-style-type: none"> Explain what it means to embrace every moment. Discover how negative situations can have positive outcomes. | <ul style="list-style-type: none"> Share why it is important to embrace every moment. Discuss why it is important to surround ourselves with positive people and situations. |
| 7.2 Get in the Zone | <ul style="list-style-type: none"> Understand the meaning of “getting in the zone.” Identify ways we can “get in the zone.” Discuss ways we can act appropriately in different situations. Learn why it is important to think before we act. | <ul style="list-style-type: none"> Explain why we should think before we act. Choose ways to “get in the zone.” | <ul style="list-style-type: none"> Plan strategies we can use to get in the zone. Display how to manage feelings and emotions. |
| 7.3 Let Yourself Be Vulnerable | <ul style="list-style-type: none"> Begin to understand how taking a safe risk or facing a challenge allows us to grow and learn. Discuss what being vulnerable means and how it can help us. Identify a safe risk that each student would like to take. | <ul style="list-style-type: none"> Explain what it means to be vulnerable. Understand why being vulnerable is important. | <ul style="list-style-type: none"> Determine how being vulnerable is a sign of bravery, not weakness. Determine ways we can allow ourselves to be vulnerable. |
| 7.4 Act with Purpose | <ul style="list-style-type: none"> Identify a goal we are working toward. Identify steps we can take toward achieving our goal. | <ul style="list-style-type: none"> Explain what it means to act with purpose. Show steps we can take to reach our goals. | <ul style="list-style-type: none"> Modify our actions to align them with our dreams. Choose actions that will ensure our success in achieving our goals and 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 novel 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> |