

- The Educator will learn all concepts on TWO Levels:
- 1) To use in support of all student SEL/Mental Health
 - 2) Most importantly, to apply these concepts to their own wellbeing.

UNIT 1: My Unique Self

Lesson	Enduring Understandings
1-Welcome!	Review EmpowerU mission and program design.
	Be introduced to curriculum overview.
	Review logistics.
2-Locus of Control	Differentiate between an external versus internal locus of control and how it impacts hope and ability to cope.
	Identify if they have more of an internal or external locus of control.
	Evaluate how developing an internal locus of control could help them meet goals in this course and in life.
3-My Values	Identify core values.
	Analyze how aligned they are to their values in day-to-day life.
	Reflect on how to live more aligned with values.
4-Your Strengths!	Analyze past experiences and the strengths used to get through struggles.
	Complete a strengths assessment to identify personal core strengths.
	Reflect on how strengths help them meet goals.
5-Where I Want to Make Change	Take a Starting Point Quiz about different goal areas in life and determine personal satisfaction with aspects of each area.
	Decide changes they want to make and goals they want to set.

UNIT 2: Learning How to Make Effective Personal Change

Lesson	Enduring Understandings
1-Habits and Routines	Describe how positive habits can help meet goals and how negative habits can be obstacles.
	Identify one positive habit that will help to meet a personal goal.
	Identify one negative habit that is an obstacle that gets in the way of meeting personal goals.
2-Small Steps for Change	Name the Five Phases of Change.
	Explain why making minor changes is sustainable.
	Reflect on where to begin making a minor change.
3-Expectations and Motivation	Describe inner and outer expectations.
	Analyze how dominant response to expectations will help increase motivation.
	Apply strategies for most successful change.
4-Habit Change Strategies	Identify different habit change strategies.
	Apply a habit change strategy to the habit they either want to increase or decrease.
	Analyze how all strategies can help meet goals better.
5-Changing Habits	Identify strategies that will help overcome unwanted behaviors or temptations and help build healthy ones.
	Choose strategies that can help make change.

UNIT 3: The Power of Thoughts – Cultivating our Inner Coach

Lesson	Enduring Understandings
1-Your Thoughts Have Power	Explain the pathway of a thought.
	Define neuroplasticity and how it can help.
	Describe how thoughts build in the brain.
	Identify personal thought patterns.
2-Subconscious Thoughts	Identify and detail the diverse types of thoughts and how they build.
	Recognize the current thoughts that they can change.
	Describe why fear is present and recognize the ability to control responses to it.
3-Thinking Traps	Understand how a negative subconscious distorts thoughts and beliefs over time.
	Identify the diverse types of Thinking Traps.
	Examine personal Thinking Traps as a way to start increasing the Inner Coach.
4-Self-Empathy and Inner Coach	Identify specific strategies to access the Inner Coach.
	Identify Inner Coach statements to develop a growth mindset
	Explain the importance of self-empathy.
	Begin to develop personal growth mindset through application and practice.
5-Thoughts and Emotions	Identify how emotions/fear response can take over the brain and cut off access to the PFC or logical thinking.
	Examine how using the Inner Coach to identify the emotion and talk back to it can keep personal control.
6-Disrupting a Negative Cycle	Demonstrate the hand model and “Flip Your Lid.”
	Examine how to disrupt a negative cycle when emotions are big.
	Identify strategies to disrupt negative cycles.
7-Realistic Thinking	Examine ways to change hurtful subconscious thought patterns.
	Demonstrate the ability to utilize realistic thinking as a strategy using the 3 Cs to change hurtful thoughts to realistic thoughts that can help.
8-Focusing on My Inner Coach	Identify the Inner Coach, even when it’s small.
	Identify how even the small or realistic voice can be helpful.
	Apply the use of the small Inner Coach voice to daily life.

UNIT 4: Managing Stress in a Healthy Way

Lesson	Enduring Understandings
1-What is Stress?	Describe the response of stress.
	Analyze how stress triggers a range of emotions.
	Describe the unhealthy effects of unattended stress.
2- Fight/Flight/Forget	Distinguish between the Fight, Flight, Forget It modes in response to stress triggers.
	Apply the Attend and Manage mode to address and manage stress.
3-Pause and Check In	Explain the importance of recognizing early responses to stress.
	Identify personally unique, early responses to stress building
	Examine personal levels of stress in response to different daily experiences.
4-Controllable Stressors	Differentiate between the two types of stress: controllable vs. uncontrollable stress.
	Identify the importance of outcome.
	Develop the Inner Coach to check in for controllable and the importance of outcome.
5-Self-Empathy and Stress	Demonstrate an understanding of using self-empathy and daily check-ins to manage stress.
	Understand how action starts with self-empathy in order to create change
	Recognize the importance of processing thoughts and emotions frequently as a stress management strategy.
6-Strategies to Manage Stress	Demonstrate an understanding of proactive and reactive stress management strategies.
	Identify personal current level of participation in these strategies.
	Determine when to use strategies in relation to levels of stress.
7-Big, Uncontrollable Stressors	Identify how to manage big, uncontrollable stressors through radical acceptance and recruiting the Inner Coach to process big emotions.
	Practice the use of strategies for managing big, uncontrollable stressors.
8-Mindfulness	Analyze mindfulness and how it can help to Attend and Manage stress.
	Practice mindfulness strategies.

UNIT 5: Meaningful Connections

Lesson	Enduring Understandings
1-Belonging	Assess where they feel valued and included for who they are.
	Differentiate between belonging and fitting in.
	Examine how feeling a sense of belonging is an important piece of community.
2- Levels of Friendship	Examine personal friendships and supports.
	Determine the value of acquaintances and circumstantial friends and supports.
	Apply understanding of what is expected of a friend at this level.
3-Close Friends and Supports	Discover what is important for people to move to Close Friends and Supports.
	Evaluate relationships and whether to move them to the next friendship level.
	Analyze the changes necessary to move to the next level of friendship, including safe disclosure and reasonable expectations of self and others.
4- Best Friends and Supports	Determine the qualities necessary in Best Friends & Supports.
	Apply reflection to understanding the behaviors of current friends and supports.
	Examine the changes entailed in moving to the next level of friendship, including safe disclosure and reasonable expectations of self and others.
5- Walls Up, Walls Down	Examine reciprocity (give and take) within friendships.
	Analyze appropriate timing for personal disclosure.
	Identify mismatches in previous relationships that often lead to poor friendship maintenance.
6-Friendship Changes	Reflect on the various ways in which friendships change and why.
	Learn strategies to help cope with friendship changes.

UNIT 5: Motivation and Grit

Lesson	Enduring Understandings
1-My Future Self	Use the imagination to predict a personal future self.
	Plan how “right-now [you]” can become the best self and work toward “future [you].”
2- Energy and Priorities	Identify how daily activities affect energy levels.
	Identify how personal daily activities align (or do not align) with personal values/priorities.
3-Managing My Energy	Identify any personal habits that may be comfort escapes.
	Examine how energy-zapping tasks in personal daily routines may be leading to routinely falling into comfort escapes.
	Identify different habits that may help decrease the onset of comfort escapes
	Select strategies to successfully incorporate high importance activities into the day.
4- Procrastination	Identify if and how procrastination may be leading to unsuccessful habit change or goals.
	Identify if and where procrastination may be part of personal routines.
	Formulate a plan to self-motivate to participate in top priority activities and decrease low priority activities to work toward general goals.
5- Life Balance	Devise ways to find new pockets of time to help create balance.
	Identify meaningful activities and strategies to incorporate into personal routines.

Course Wrap Up

Enduring Understandings
Take a Next Point Assessment similar to the Starting Point Assessment taken at the beginning of the course
Compare the Next Point Assessment to the Starting Point Assessment to determine what they want to work on after this course is complete.
Identify strategies based on learning from this course to help be successful in meeting a goal/s after the course is complete.
Finish by completing a course survey.