

<b><u>Social/Emotional</u></b>	<b>Feelings</b>	<b>Respect</b>	<b>Empathy</b>	<b>Self-Regulation</b>	<b>Health/Safety</b>	<b>Culture and Diversity</b>
<b><u>Lesson 1</u></b>	Feeling Introduction	Respect Introduction	Empathy Introduction	Self-Regulation Introduction	Health/Safety Introduction	Culture and Diversity Introduction
<b><u>Lesson 2</u></b>	Primary Feelings	Respect for Self	Kindness	Coping Skills	Personal Safety	Assumptions
<b><u>Lesson 3</u></b>	Secondary Feelings	Respect for Others	Mental Filter	Conflict Resolution	Social Distancing and Hygiene	Inclusion
<b><u>Lesson 4</u></b>	Feelings Review	Respect Review	Empathy Review	Self-Regulation Review	Health/Safety Review	Culture and Diversity Review

<b><u>Academic</u></b>	<b>Mindfulness</b>	<b>Accountability</b>	<b>Goal-Setting</b>	<b>Organization</b>	<b>Study Skills</b>	<b>Lifelong Learning</b>
<b><u>Lesson 1</u></b>	Mindfulness Introduction	Accountability Introduction	Goal-Setting Introduction	Organization Introduction	Study Skills Introduction	Lifelong Learning Introduction
<b><u>Lesson 2</u></b>	Positive Self-Talk	Initiative	Short Term Goals	Organization and Remote Learning	Study Skills and Remote	Success and Failure
<b><u>Lesson 3</u></b>	Growth Mindset	Integrity	Long Term Goals	Time Management	Test Taking Skills	Challenges and Strengths
<b><u>Lesson 4</u></b>	Mindfulness Review	Accountability Review	Goal-Setting Review	Organization Review	Study Skills Review	Learning Review

<b><u>Career</u></b>	<b>Career Exploration</b>	<b>Career Pathways</b>	<b>Lifestyle Planning</b>	<b>Getting Hired/Accepted</b>	<b>Work Habits</b>	<b>Dream Big</b>
<b><u>Lesson 1</u></b>	Career Exploration Introduction	Career Pathways Introduction	Lifestyle Planning Introduction	Getting Hired/Accepted	Work Habits Introduction	Dream Big Introduction
<b><u>Lesson 2</u></b>	Career Clusters	Higher Education	Cost of Living	Applications and Resumes	Hard Skills	Raising Standards
<b><u>Lesson 3</u></b>	Career Interests	Additional Career Path Options	Work/Life Balance	Interviews	Soft Skills	Resiliency
<b><u>Lesson 4</u></b>	Career Exploration Review	Career Pathways Review	Lifestyle Planning Review	Getting Hired/Accepted Review	Work Habits Review	Dream Big Review