

Self-Management Curriculum Guide

Mr. Stanley - 2017-2018 SY – Period 2 – 8th Grade

Sequoia is a culture of DIVERSITY, Tolerance and EMPOWERMENT

QUARTER 1

Week 1: Intro to Growth Mindset, Success and Happiness Concept/Goals. Handbook, Syllabus, Policy, Procedures, Icebreakers, Social Contract and Cornell Notes.

Goal of Self - Management: The goal of Self – Management is to build your knowledge and personal power to demonstrate effective goal setting and decision making skills to enhance all 6 (7) areas of one's health and wellness.

The goal of the Social Contract is to promote a healthy and safe learning environment

5 Core Values 1. Respect (to look again) 2. Trust (Trustworthy) 3. Honest and Kind 4. Compassion (helping others) 5. Responsibility (ownership of thoughts, feelings, actions/choices) I promise..... (teacher's promise) Lizzie Velasquez Ted X Talk

Week 2: List 3 things you value Inky Johnson – Impose your will (video)

Objective: I will be able to articulate what Self-Management is along with the goal of the Social Contract. Define Core Values – Love and Value Yourself – everything starts with me. (Utilize Cornell notes and write summary) Interviews Pt 1

Week 3: List 3 things that make you feel loved. List 3 things you do to make others feel loved. 5 Love Languages, Dopamine and Choices. Self-Management means managing ALL areas of your HEALTH (All things are permissible but not all things are beneficial)

Objective: I will be able to articulate the Value of Love and how it empowers myself and others. Affirm the essential worth and value of human beings/people.

Interviews Pt 2

Week 4: Objective: I will be able to articulate the influence my culture and media has on my goals and values. I will be able to articulate the differences and values behind competitive mindsets and cooperative mindsets. (Documentary "I AM") "Survival of the fittest versus love and belonging"

Week 5 Objective: I will be able to articulate the differences between healthy and unhealthy relationships and choices. What do healthy and unhealthy relationships look like? Respect video

Week 6 Objective: I will be able to identify values and my core values that promote self-motivation, goal setting and decision making. (In Memoriam – Documentary) Value Identification Worksheet. Trust video

Week 7 Objective: I will be able to identify 6 strategies to help me advocate for health and good decision making to achieve my goals. Strategy/decision making handouts. Group work and group presentations on decision making strategies and how to use them. Responsibility video

Week 8 Review ALL objectives and write a 5 paragraph essay on what they have learned this quarter. (handout) What is empowerment self –evaluation and I AM self-reflection/

Week 9 – Parent Teacher Conferences – Synthesize knowledge

QUARTER 2

Week 10 and 11 Objective: I will be able to articulate the characteristics of the right and left brain and the differences between a growth and fixed mindset along with if I am right, left or whole brain oriented. Caring Video Stroke of Insight Ted Talk

Week 12 and 13 Objective: IWBAT articulate how to grow intelligence and to evaluate myself on the Effective Effort Rubric. Read aloud and discuss “You can grow your intelligence”. Go through the Effective Effort Rubric and discuss and self-evaluate. Optional resource: We Need All Types of Minds Ted Talk (intro talking to the text)

Week 14 Objective: IWBAT understand and articulate what Multiple Intelligence (MI) is and evaluate my primary learning styles that help me be successful and happy. Courage video Vocab Benchmark 2

Week 15 Objective: IWBAT articulate what passive, aggressive and assertive communication is and how it influences overall health. 7 C’s of Communication

Week 16-17 Objective: IWBAT articulate 3 communication blockers and 3 key points of active listening and demonstrate it with my teachers and classmates. Gaslight (passive aggressive manipulation) Fairness video

Week 18 Review semester Review ALL objectives – Present on 1 of them or Jeopardy on Vocabulary

Quarter 3

Week 19 – Semester 1 Review Pt 1 and 2 - 20 questions that cover all concepts

Week 20 , 21, 22, 23- Objective: IWBAT articulate 10 of 16 immature to mature coping skills that can be used to deal with challenges and problems. I will also do a self-reflection on the ones that I am currently using and how they are effective or ineffective in helping me reach my goals and promoting healthy or unhealthy relationships. 20: DM 1-6 21:DM Worksheet, Integrity Video 22:Dm 7-10 23:DM 12-15 Review ALL

Week 24 Benchmarks Week – Remember the Titans List Self-Management Skills and Character Traits for Coach Boone, Give 3-5 examples from movie and Write a review of the movie

Week 25, 26 27 : Objective – IWBAT reflect on Maslow’s Hierarchy of needs and articulate my place in the hierarchy. IWBAT articulate the various characteristics of what makes someone a self -actualized person and the steps to achieve our full potential. Worksheet on “knowing yourself and others”

Quarter 4

Week 28 - Objective – IWBAT articulate 4 Mindsets that create conflict and collusion of conflict with others. “Don’t feed the bears”. Know yourself and get to know others communication worksheet.

Week 29 – Character traits – self- evaluation and exercises

Week 30 – AZ Merit and catch up all work and work on 100 word vocabulary project

Week 31 – The Dash – reflection and summary

Week 32 1. Who packs your parachute? Review and write 5 Thank you cards or letters to people who are helping you be successful 2. Identity Mapping Exercise Resources Garbage Orchestra

Week 33 -36 Review Year – Benchmark Vocabulary Final