

Discovering Self-Awareness

Unit 1: Identifying Emotions

Pre-Course Assessment

Lesson 1: What is Social-Emotional Learning?

Lesson 2: What is Self-Awareness?

Lesson 3: Emotions: Optimism and Pessimism

Lesson 4: Identifying and Reacting to Emotions

Emotional Focus: Optimism and Pessimism

Essential Questions: What am I feeling? How do I know?

Unit 2: Recognizing Assets and Needs

Lesson 1: Identifying Assets

Lesson 2: Identifying Needs

Lesson 3: Connect to Emotions

Lesson 4: Self-Determination and Self-Efficacy

Unit 3: Self-Perception

Lesson 1: What is Self-Perception?

Lesson 2: Self-Monitoring

Lesson 3: Connect to Emotions

Lesson 4: Appreciating Diversity

Unit 4: Self-Confidence

Lesson 1: What is Self-Confidence?

Lesson 2: Growth Mindset and Resilience

Lesson 3: Connect to Emotions

Lesson 4: Self-Advocacy Role-Play