

Developing Self-Management

Unit 1: Self-Discipline

Lesson 1: What is Self-Discipline?

Lesson 2: Prioritizing

Lesson 3: Saying Yes and No

Lesson 4: Persistence and Grit

Unit 2: Impulse Control

Lesson 1: What is Impulse Control?

Lesson 2: Self-Regulation

Lesson 3: Interrupting

Lesson 4: Managing Frustration and Fear

Unit 3: Self-Motivation

Lesson 1: What is Self-Motivation?

Lesson 2: Positive Attitudes

Lesson 3: Strengths

Lesson 4: Interests

Unit 4: Goal-Setting

Lesson 1: Short and Long Term Goals

Lesson 2: SMART Goals

Lesson 3: Setting Goals

Lesson 4: Assessing and Evaluating

Unit 5: Organizational Skills

Lesson 1: What are Organizational Skills?

Lesson 2: Asking for Help

Lesson 3: Asking or Refusing Help

Lesson 4: Developing Resources

Unit 6: Stress Management

Lesson 1: What is Stress Management?

Lesson 2: Journaling

Lesson 3: Meditating and Other Calming Strategies

Lesson 4: Summative Assessment

Emotional Focus: Frustration and Fear

Essential Questions: How do I keep my cool? How do I stay in control?