

Identifying Personal Strengths: Scope and Sequence

Unit 1: Identifying Personal Strengths

Pre-Course Assessment

Course Introduction

Lesson 1: What are Strengths? What are Needs?

Lesson 2: Understanding Assessment Results

Lesson 3: Character Strengths, Part 1 (Courage, Honesty, and Wisdom and Knowledge)

Lesson 4: Character Strengths, Part 2 (Transcendence, Gratitude, Humor, Kindness, Social Intelligence, and Humanity)

Lesson 5: Character Strengths, Part 3 (Temperance, Forgiveness, and Self-Regulation)

Connect to Home: Conduct an Interview

End of Unit Wrap-Up and Reflection

Unit 2: Writing About Personal Strengths

Lesson 1: Paragraph Writing

Lesson 2: Brainstorming

Lesson 3: Introductions and Topic Sentences

Lesson 4: Supporting Details

Lesson 5: Conclusions

Lesson 6: Write Your Paragraph

Connect to Home: Write a Newspaper or News Story

End of Unit Wrap-Up and Reflection

Unit 3: Speaking About Personal Strengths

Lesson 1: Introduction to Public Speaking

Lesson 2: Body Language

Lesson 3: Verbal Communication

Lesson 4: Speech Writing

Connect to Home: Practice Your Speech

End of Unit Wrap-Up and Reflection

Objective: By the end of this course, students will be able to identify and articulate their personal strengths for post-school transition success.

Outcome: By the end of this course, students will be able to identify their own personal strengths and articulate them in a written, verbal, or visual presentation.

Goal: Students will build self-awareness and communication skills.

Time: Students can work through the 20 lessons of this course at their own pace.

Prerequisite: TAGG or another transition assessment is strongly recommended.

Common Core State Standards (CCSS): RI.9-10.4, RI.9-10.7, SL.9-10.1, SL.9-10.2, W.9-10.4, W.9-10.5, W.9-10.6, W.9-10.10, L.9-10.1, L.9-10.4

Texas Essential Knowledge and Skills (TEKS): 110.31.(b)(1)(A), 110.31.(9), 110.31.(24)-(26), 110.31.(12), 110.31.(13), 110.31.(17), 110.31.(b)(1)(b)-(e)

Competencies: Self-awareness, communication skills, interpersonal skills

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Unit 4: Active Listening

Lesson 1: Listening Skills

Lesson 2: Active and Passive Listening

Lesson 3: Listening Practice

Lesson 4: Summative Assessment, Part 1

Lesson 5: Summative Assessment, Part 2

Connect to Home: Practice Active Listening at Home

End of Unit Wrap-Up and Reflection

End of Course Wrap-Up and Reflection

Post-Course Assessment and Evaluation