



SKILLS FOR LIFE OUTLINE

I – SELF-AWARENESS SKILLS

1. Orientation and learning names
2. Establishing class agreements
3. Getting to know you
4. The challenging years ahead
5. Positive Values: Guideposts for living
6. Setting a positive goal
7. The three-legged stool of self-confidence
8. Sharing successes

II - INTERPERSONAL RELATIONSHIP AND COMMUNICATION

1. Are you listening?
2. The art of effective listening
3. Listening with empathy
4. Replacing put-downs with build-ups
5. Respecting yourself and others
6. Growing in response-ability
7. Communicating with “What, Why, and How” messages
8. Giving and receiving feedback

III - COPING WITH EMOTIONS AND STRESS IN POSITIVE WAYS

1. Exploring emotions
2. Deepening empathy
3. Coping with emotions Part I
4. Coping with emotions Part II
5. Understanding our anger buttons
6. Handling strong emotions
7. Dealing with frustration and disappointment
8. Managing stress

IV - CRITICAL THINKING AND DECISION-MAKING SKILLS

1. Identifying cause and effect
2. Stepping up to good decisions
3. Keeping cool about good decisions
4. Selecting positive friendships Part I and II
5. Pressure: Inside and Out
6. Ask: Three steps to stand up for yourself

V- PROBLEM SOLVING AND CONFLICT RESOLUTION SKILLS

1. Exploring Conflict
2. Analyzing responses to conflict
3. Choosing responses to conflict
4. Cooling down conflicts
5. Dealing with intimidation
6. S-O-L-V-E-D steps for solving problems and resolving

VI - SETTING GOALS FOR PRODUCTIVITY AND SUCCESS

1. The path of my life: looking ahead
2. Growing by setting goals Part I
3. Growing by setting goals Part II
4. Managing time for productivity
5. Profiles in courage: Trying, overcoming challenges, and starting again
6. My story: five years from now
7. Summing Up the Course