

**Lemont High School Lemont Time**  
**Scope & Sequence Year 1**  
**2023-2024**

<b>AUGUST</b>	<b>Focus:</b>	<b>Goals:</b>
“We are Lemont”	<u>BELONGING</u>	Understanding of advisory Connection between mindset and facing adversity Importance of involvement Evacuation procedure- Look, Learn, Go
<b>Connection builders</b> In-sync Step into the Circle Exit ticket Written reflection		<b>Content:</b> Kevin Atlas video “Step up- If not you, then who?” Exit ticket reflection: motivation and adversity Discussion prompt: Facing challenges & adversity “Believe in Yourself” quote: Individual written reflection Discussion prompt: Student Youth Survey Data 2022 / extracurricular involvement Evacuation procedures
<b>targeted competencies:</b> social engagement, self-confidence, self-efficacy		

<b>SEPTEMBER</b>	<b>focus:</b>	<b>Goals:</b>
“Prioritization”	<u>COURAGE</u>	Learn how to rank ‘to do list’ tasks Explore benefits of prioritizing Importance of ‘See Something, Say Something’ Grade level counselor meetings
<b>Connection builders</b> Timeo Rose, Bud, Thorn Wheel of questions		<b>Content:</b> Task prioritizing activity: sample list of tasks Post-activity discussion questions Informational slides: the brain & benefits of prioritizing Organizational template document Safety concerns: When to Say Something Counselor presentations: <i>seniors</i> : FAFSA & college applications; <i>juniors</i> : test importance & college search; <i>sophomores</i> : careers & resume; <i>Freshmen</i> : transition and careers Homecoming activities & expectations
<b>targeted competencies:</b> self-discipline, analyzing situations, evaluating, time management		

<b>OCTOBER</b>  “Test Anxiety”	<b>focus:</b>  <u>RESILIENCE</u>	<b>Goals:</b>  Differentiate between types of stress Reflect on response to academic stressors like testing Deepen understanding on how to interpret standardized testing reports
<b>Connection builders</b> Shield reflection activity Letter to parents/self Bitmoji lockers / visualization	<b>Content:</b>  Test anxiety informational slides Student generated test anxiety management strategy list: Anxiety management information: visualization, movement or breath (student choice) Group activity: select strategies to try Standardized testing information: reading score reports	
<b>targeted competencies:</b> reflecting, recognizing strengths, accurate self-perception, self-discipline		

<b>NOVEMBER</b>  “Competition”	<b>focus:</b>  <u>KINDNESS</u>	<b>Goals:</b>  Foster a spirit of healthy competition between grade level groups Provide opportunities to relieve stress through fun activities Explore the connection between gratitude and happiness Explore the connection between kindness and gratitude
<b>Connection Builders</b> Head, Shoulders, Knees, Paper Rock, Paper, Scissors Cup Stack Notecard Numbers	<b>Content:</b>  Benefits of Gratitude Connection between kindness and happiness Impact of Random Acts of Kindness Grade level competitions	
<b>targeted competencies:</b> taking others’ perspectives, recognizing strengths in others, demonstrating kindness, developing positive relationships		

<p><b>DECEMBER</b></p> <p>“Competition”</p>	<p><b>focus:</b></p> <p><u>KINDNESS</u></p>	<p><b>Goals:</b></p> <p>Foster a spirit of healthy competition between grade level groups          Provide opportunities to relieve stress through fun activities          Explore the connection between kindness and gratitude</p>
<p><b>Connection Builders</b></p> <p>Rock, Paper, Scissors          Cup Stack          Notecard Numbers</p>	<p><b>Content:</b></p> <p>Continue discussion about kindness and its impact          Grade level competitions          Sophomores, Juniors and Seniors course registration presentation</p>	
<p><b>targeted competencies:</b> taking others’ perspectives, recognizing strengths in others, demonstrating kindness, developing positive relationships</p>		