

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

AUGUST “We are Lemont”	Focus: <u>BELONGING</u>	Goals: Understanding of advisory Connection between mindset and facing adversity Importance of involvement Evacuation procedure- Look, Learn, Go
Connection builders In-sync Step into the Circle Exit ticket Written reflection	Content: 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	
targeted competencies: social engagement, self-confidence, self-efficacy		

SEPTEMBER “Prioritization”	focus: <u>COURAGE</u>	Goals: Learn how to rank ‘to do list’ tasks Explore benefits of prioritizing Importance of ‘See Something, Say Something’ Grade level counselor meetings
Connection builders Timeo Rose, Bud, Thorn Wheel of questions	Content: 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	
targeted competencies: self-discipline, analyzing situations, evaluating, time management		

OCTOBER “Test Anxiety”	focus: <u>RESILIENCE</u>	Goals: Differentiate between types of stress Reflect on response to academic stressors like testing Deepen understanding on how to interpret standardized testing reports
Connection builders Shield reflection activity Letter to parents/self Bitmoji lockers / visualization	Content: 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	
targeted competencies: reflecting, recognizing strengths, accurate self-perception, self-discipline		

NOVEMBER “Competition”	focus: <u>KINDNESS</u>	Goals: 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
Connection Builders Head, Shoulders, Knees, Paper Rock, Paper, Scissors Cup Stack Notecard Numbers	Content: Benefits of Gratitude Connection between kindness and happiness Impact of Random Acts of Kindness Grade level competitions	
targeted competencies: taking others’ perspectives, recognizing strengths in others, demonstrating kindness, developing positive relationships		

DECEMBER “Competition”	focus: <u>KINDNESS</u>	Goals: 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
Connection Builders Rock, Paper, Scissors Cup Stack Notecard Numbers	Content: Continue discussion about kindness and its impact Grade level competitions Sophomores, Juniors and Seniors course registration presentation	
targeted competencies: taking others’ perspectives, recognizing strengths in others, demonstrating kindness, developing positive relationships		

JANUARY “Checkpoint”	focus: <u>GOALS & PLANS</u>	Goals: Deepen understanding of student academic progress Identify opportunities for academic and/or personal growth Explore college & career readiness via Schoolinks Explore college & career preparations via Schoolinks
Connection Builders Check-in Ball in the Air Vision Board	Content: Explore careers of interest and necessary coursework via Schoolinks (9/10) Explore collegiate interests and opportunities via Schoolinks (11) Explore necessary income to support desired lifestyle via Schoolinks (12) Individual conversations with facilitator about: Reflect on first semester academic progress Identify individualized opportunities for improvement Explore ways to improve in the identified areas	
targeted competencies: reflecting, recognizing strengths, accurate self-perception, goal setting, self-motivating		