

**Union County Educational Services Commission
High School Course Syllabus**

Title: Success Seminar - Grit and Mindset

Timeline: Full Year; 5 Credits

Course Description:

In this course, students will be introduced to strategies and attitudes that will help maximize their potential for success in high school, college, and career. Students learn skills that can increase their ability to cope with stress, pain, and the challenges of everyday life. Students learn about the science behind mindfulness, and the effect it has on our entire body. They will learn how stress and anxiety manifest in our bodies and can take over our lives. This course will introduce students to skills that will help them to be fully present in their lives and help them to effectively communicate with and listen to others.

Course Outline:

- I. Goal Setting - Personal and Professional
- II. Grit
- III. Mindset
- IV. Using Grit and Mindset in College and Career

Refer to the attached curriculum map for a detailed outline of course objectives.

Curriculum Alignment:

New Jersey Student Learning Standards - Career Readiness, Life Literacies & Key Skills
New Jersey Student Learning Standards - Social Studies

Grading Procedures:

Do Now	10%
Participation	20%
Class Assignments	50%
Assessments	20%

Adoption Date:

June 2024

**Union County Educational Services Commission
Mapping– Success Seminar – Grit and Mindset**

	Unit 1	Unit 2	Unit 3	Unit 4
Number of Weeks	approx. 2 weeks	approx. 3 weeks	approx. 3 weeks	approx. 2 weeks
Topic	Goal Setting – Personal and Professional	Grit	Mindset	Using a Grit and Mindset in College and Career
Standards	<p>CLKS- Consider the environmental, social and economic impacts of decisions Students understand the interrelated nature of their actions and regularly make decisions that positively impact and/or mitigate negative impact on other people, organization, and the environment. They are aware of and utilize new technologies, understandings, procedures, materials, and regulations affecting the nature of their work as it relates to the impact on the social condition, the environment and the profitability of the organization.</p>	<p>CLKS- Demonstrate creativity and innovation Students regularly think of ideas that solve problems in new and different ways, and they contribute those ideas in a useful and productive manner to improve their organization. They can consider unconventional ideas and suggestions as solutions to issues, tasks or problems, and they discern which ideas and suggestions will add greatest value. They seek new methods, practices, and ideas from a variety of sources and seek to apply those ideas to their own workplace. They take action on their ideas and understand how to bring</p>	<p>CLKS- Demonstrate creativity and innovation Students regularly think of ideas that solve problems in new and different ways, and they contribute those ideas in a useful and productive manner to improve their organization. They can consider unconventional ideas and suggestions as solutions to issues, tasks or problems, and they discern which ideas and suggestions will add greatest value. They seek new methods, practices, and ideas from a variety of sources and seek to apply those ideas to their own workplace. They take action on their ideas and understand how to bring</p>	<p>CLKS- Act as a responsible and contributing community members and employee Students understand the obligations and responsibilities of being a member of a community, and they demonstrate this understanding every day through their interactions with others. They are conscientious of the impacts of their decisions on others and the environment around them. They think about the near-term and long-term consequences of their actions and seek to act in ways that contribute to the betterment of their teams, families, community and</p>

		<p>innovation to an organization.</p> <p>CLKS- Utilize critical thinking to make sense of problems and persevere in solving them Students readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem. They are aware of problems when they occur and take action quickly to address the problem; they thoughtfully investigate the root cause of the problem prior to introducing solutions. They carefully consider the options to solve the problem. Once a solution is agreed upon, they follow through to ensure the problem is solved, whether through their own actions or the actions of others.</p> <p>CLKS- Utilize critical thinking to make sense of</p>	<p>innovation to an organization.</p> <p>CLKS- Utilize critical thinking to make sense of problems and persevere in solving them Students readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem. They are aware of problems when they occur and take action quickly to address the problem; they thoughtfully investigate the root cause of the problem prior to introducing solutions. They carefully consider the options to solve the problem. Once a solution is agreed upon, they follow through to ensure the problem is solved, whether through their own actions or the actions of others.</p> <p>CLKS- Utilize critical thinking to make sense of</p>	<p>workplace. They are reliable and consistent in going beyond the minimum expectation and in participating in activities that serve the greater good.</p> <p>CLKS- Utilize critical thinking to make sense of problems and persevere in solving them Students readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem. They are aware of problems when they occur and take action quickly to address the problem; they thoughtfully investigate the root cause of the problem prior to introducing solutions. They carefully consider the options to solve the problem. Once a solution is agreed upon, they follow through to ensure the problem is solved, whether through their</p>
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Content	<p>Personal Goals</p> <p>Professional Goals</p> <p>Long-Term Goals</p> <p>Short-Term Goals</p>	<p>Topics from Grit by Angela Duckworth</p> <p>NJDOE Social and Emotional Competencies</p>	<p>NJDOE Social and Emotional Competencies</p> <p>The Secret Art of Listening</p>	<p>NJDOE Social and Emotional Competencies</p> <p>Topics from Grit by Angela Duckworth</p>

Skills	Distinguishing between small and large goals Understanding the steps required to meet both short-term and long-term goals	Identify Triggers: Environmental, Personal, Social Developing self-management skills	Meditation Listening Present in the moment Stress-reduction strategies	Developing skills in: <ul style="list-style-type: none"> - communication - listening - perseverance - compassion - self-advocacy Develop independence skills in mindfulness and grit
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