



*Fairfield Ludlowe High School - Fairfield Warde High School*

# KNOW THYSELF: THE LITERATURE OF WELL-BEING

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Insert Teacher Name

Insert Room Number

Insert Full Year/Semester

Insert Period

Insert Email Address

## COURSE DESCRIPTION

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This is a semester course that aims to help students bring awareness to their habits and how they move through the world. This course encourages students to think critically and participate in reflective practices to inform and develop personal meaning. This class will analyze a wide range of texts (including novels of different genres, TEDTalks, films, poetry, articles, and studies) to answer questions about the human experience. Students will practice varied science-based strategies to enhance their well-being and social-emotional learning. Through literary study and experiential learning, students will learn skills to help them throughout their lives. All language standards will be addressed through students' authentic writing as they create pieces that could also be considered for inclusion in the portfolio.

## COURSE OBJECTIVES

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Students should:

- understand how being vulnerable can help create a sense of community
- read about and discuss how healthy practices can help boost and well-being
- develop an understanding of awe and how to achieve it
- research and discuss the power of mindset and goals on well-being
- explore the impact of relationships and environment on well-being
- create a personal definition of "living the good life"

## UNITS OF STUDY

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- The Portfolio
- Unit 1: Learning the Strategies
- Unit 2: Developing a Practice

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## COURSE POLICIES AND REQUIREMENTS

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### GRADING

#### Cumulative/ In- Progress Grading

- 10% of the grade will be based on formative assessments, homework completion, or behavior (see FPS BOE [Policy 6154.1AR](#))
- 90% will be based on assessments

#### End of Course Grade

- 80% of the overall course grade will reflect the student's mastery of course content and skills during the school year through the Cumulative/In-Progress Grade.
- 20% of the Semester course grade will be based on the Final Assessment.

In addition, please see [Policy 6146.1AR](#) for additional information on grade reporting and late work.

### MATERIALS

Insert Course Materials Here (ie. Textbook, Binder, Calculator, Highlighters)

### EXPECTATIONS OF STUDENTS

#### [FPS District Guidelines for use of A.I.](#)

Insert Course Expectations Here (including those for the use of AI in your class. See the AI guidelines for consistent language)

## WRITING CONFERENCES

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**Writing conferences are meetings between an English teacher and student outside of class to discuss the student's work.** They are an integral part of the Fairfield Public Schools' high school English program. Each student is required to participate in at least one writing conference per semester and at least three throughout the year.

### **When should students schedule conferences?**

Writing conferences can occur during any stage of the writing process: generating ideas, gathering evidence, drafting, editing, revising, and reflecting. A student might use a writing conference to deepen understanding and hone skills, including conceptual understanding, logical thinking, organization, development of ideas, integration of support and detail, grammar, and/or mechanics. For some assignments, teachers might require students to schedule

conferences. **For the first conference of the semester, I am happy to work with you on your ideas or drafts of College Application essays.**

### **How do students schedule conferences?**

Sign up for Writing Conferences using the “Writing Conference” App on Classlink.

### **Can students schedule conferences to discuss reading assignments?**

Yes. Developing and deepening an understanding of course content are inextricably connected to writing assignments.

### **Are students limited to three writing conferences each school year?**

No. Students may schedule more than three writing conferences as long as teachers have room in their schedules and the opportunity to meet with all of their students.

### **Are writing conferences a part of English elective courses?**

Yes. Students in English electives are expected to participate in writing conferences.