



VALLEY FORGE
PUBLIC SERVICE ACADEMY
CHARTER SCHOOL

EXHIBIT 36 – Social Emotional Learning Curriculum



Boys Town Social Skills – Middle School (38 Weeks)

Scope & Sequence with Skill Steps

Valley Forge Public Service Academy Charter School

Listening to Others

1. Look at the person speaking.
2. Stay quiet while they talk.
3. Show interest with your body language (nodding, eye contact).
4. Think about what is being said.
5. Respond politely when it's your turn.

Following Instructions

1. Look at the person giving directions.
2. Say 'Okay' or acknowledge.
3. Do the task right away.
4. Check back if you don't understand.

Asking for Help

1. Decide if you can try on your own first.
2. Choose the right time and place.
3. Ask politely and clearly.
4. Say 'Thank you' after receiving help.

Saying Thank You

1. Look at the person.
2. Use a clear voice.
3. Say 'Thank you' or 'I appreciate it'.
4. Explain why, if appropriate.

Introducing Yourself

1. Smile and make eye contact.
2. Say your name clearly.
3. Offer a handshake if appropriate.
4. Ask the other person's name.

Asking Permission

1. Decide if you really need permission.
2. Choose the right time and place.
3. Ask politely.
4. Respect the answer you receive.

Accepting 'No' for an Answer

1. Look at the person.
2. Stay calm and quiet.
3. Say 'Okay' or 'I understand'.
4. If needed, ask again later in a respectful way.

Accepting Feedback

1. Look at the person.
2. Stay calm and quiet.
3. Listen carefully to the feedback.
4. Say 'Okay' or 'Thanks'.
5. Try to use the feedback.

Disagreeing Appropriately

1. Stay calm and use a respectful voice.
2. Say 'I see your point' or 'I understand'.
3. Share your side calmly.
4. Accept the final decision.

Resisting Peer Pressure

1. Look at the person.
2. Say 'No' firmly.
3. Give a reason if needed.
4. Walk away if pressure continues.

Apologizing

1. Look at the person.
2. Use a serious, sincere voice.
3. Say 'I'm sorry for...' and name the action.
4. Offer to make it right.
5. Don't repeat the mistake.

Accepting Consequences

1. Look at the person.
2. Stay calm and listen.

3. Say 'Okay'.
4. Learn from the consequence.

Expressing Feelings Appropriately

1. Stay calm and use a respectful voice.
2. Use 'I feel...' statements.
3. Explain why you feel that way.
4. Suggest a solution if needed.

Having a Conversation

1. Start with a greeting or question.
2. Take turns speaking and listening.
3. Ask follow-up questions.
4. End politely.

Asking Questions

1. Decide what you want to know.
2. Raise your hand or wait for the right time.
3. Ask clearly and respectfully.
4. Listen to the answer.

Staying on Task

1. Look at the materials or assignment.
2. Ignore distractions.
3. Focus until the task is finished.
4. Check your work before stopping.

Completing Assignments

1. Understand the directions.
2. Gather needed materials.
3. Work carefully until done.
4. Check and turn it in on time.

Making an Apology (extended practice)

1. Look at the person.
2. Say 'I'm sorry for...!'
3. Explain why it was wrong.
4. Offer to make it right.
5. Work on not repeating it.

Getting the Teacher's Attention

1. Raise your hand or wait quietly.
2. Make eye contact when called on.
3. Ask your question politely.
4. Say 'Thank you' when done.

Working with Others

1. Share ideas respectfully.
2. Listen to teammates.
3. Do your part of the work.
4. Encourage the group.

Sharing with Others

1. Offer to share when appropriate.
2. Use polite words.
3. Take turns.
4. Thank the person when they share with you.

Choosing Appropriate Friends

1. Look for friends who are respectful and kind.
2. Choose those who follow rules.
3. Spend time with people who encourage good choices.
4. Avoid those who pressure you negatively.

Avoiding Trouble

1. Notice warning signs of trouble.
2. Stay calm and walk away.
3. Choose a better activity.
4. Ask an adult for help if needed.

Ignoring Distractions

1. Keep your eyes on your work.
2. Stay quiet and calm.
3. Don't respond to the distraction.
4. Keep working until finished.

Being a Good Sport

1. Congratulate others when they win.
2. Stay calm if you lose.
3. Follow the rules of the game.
4. Encourage teammates.

Compromising

1. Stay calm.
2. Listen to the other person's view.
3. Share your ideas respectfully.
4. Agree on a solution that works for both.

Negotiating

1. State what you want calmly.
2. Listen to what others want.
3. Offer a fair solution.
4. Agree on the best choice together.

Mediating Conflicts

1. Stay calm and neutral.
2. Listen to both sides.
3. Restate the problem clearly.
4. Help find a solution both agree on.

Expressing Concern for Others

1. Notice when someone needs help.
2. Ask how they're doing.
3. Offer support or assistance.
4. Encourage them positively.

Asking for Clarification

1. Decide what you don't understand.
2. Raise your hand or wait politely.
3. Ask specific questions.
4. Listen to the explanation.

Making a Complaint Respectfully

1. Stay calm and polite.
2. Explain the problem clearly.
3. Say what you would like done.
4. Accept the response respectfully.

Responding to Teasing

1. Stay calm and don't react strongly.
2. Use humor or ignore it.
3. Say 'Stop' firmly if needed.
4. Walk away if it continues.

Managing Anger

1. Notice your body signals.
2. Take deep breaths or count.
3. Calmly express your feelings.
4. Walk away if you need space.

Dealing with Accusations

1. Stay calm and polite.
2. Listen to the accusation.
3. Explain your side respectfully.
4. Accept the outcome or consequence.

Resisting Unsafe Group Pressure

1. Say 'No' firmly.
2. Give a reason if needed.
3. Suggest another activity.
4. Walk away from the group.

Showing Respect to Authority

1. Look at the person.
2. Listen quietly.
3. Follow directions politely.
4. Respond respectfully.

Making a Good Decision

1. Stop and think about the choices.
2. Consider consequences.
3. Choose the best option.
4. Act on it responsibly.

Setting Goals and Planning Ahead

1. Decide what you want to achieve.
2. Break it into small steps.
3. Set a timeline.
4. Work consistently toward your goal

SEL - SOCIAL SKILLS CURRICULUM For Middle School

Week	Skill	CASEL Competencies	Monday (Introduce)	Tuesday (Review)	Wednesday (Role Play)	Thursday (Journal)	Friday (Rehearse)
1	Listening to Others	Social Awareness, Relationship Skills	Teacher models steps & examples	Class reviews steps; identify do's/don'ts	Role play listening with partner	Journal: 'When I listen well...'	Rehearse in group with feedback
2	Following Instructions	Self-Management, Responsible Decision-Making	Introduce steps & model	Review with scenarios	Role play classroom tasks	Journal: 'Why it helps to follow directions'	Practice with teacher-given tasks
3	Asking for Help	Self-Awareness, Relationship Skills	Define & model polite requests	Review good vs poor examples	Role play asking a teacher/peer	Journal: 'Times I need help at school'	Practice in real classroom tasks
4	Saying Thank You	Social Awareness, Relationship Skills	Introduce importance & model	Review contexts to use thanks	Role play giving/receiving thanks	Journal: 'How gratitude feels'	Class gratitude circle
5	Introducing Yourself	Relationship Skills, Social Awareness	Teach steps of introductions	Review & brainstorm situations	Role play peer introductions	Journal: 'When I meet someone new...'	Practice introductions in groups
6	Asking Permission	Self-Management, Responsible Decision-Making	Model respectful requests	Review polite vs rude requests	Role play school scenarios	Journal: 'Why asking matters'	Rehearse in common school settings
7	Accepting 'No' for an Answer	Self-Management, Responsible Decision-Making	Model calm responses	Review helpful/unhelpful reactions	Role play refusals	Journal: 'When I heard no...'	Practice through scenarios
8	Accepting Feedback	Self-Awareness, Self-Management	Teach how to listen/respond	Review respectful reactions	Role play feedback situations	Journal: 'A time I grew from feedback'	Practice teacher-given feedback

9	Disagreeing Appropriately	Relationship Skills, Responsible Decision-Making	Introduce respectful steps	Review positive/negative examples	Role play disagreements	Journal: 'When I disagreed calmly...'	Rehearse in debates/scenarios
10	Resisting Peer Pressure	Self-Management, Responsible Decision-Making	Teach 'Say No/Walk Away' steps	Review peer pressure types	Role play peer pressure scenes	Journal: 'When I said no'	Practice with skits
11	Apologizing	Self-Awareness, Relationship Skills	Model sincere apology	Review weak vs strong apologies	Role play conflicts	Journal: 'Why apologies matter'	Class apology practice
12	Accepting Consequences	Self-Management, Responsible Decision-Making	Teach importance & model	Review natural vs logical consequences	Role play classroom issues	Journal: 'When I accepted a consequence'	Rehearse with practice scenarios
13	Expressing Feelings Appropriately	Self-Awareness, Self-Management	Teach 'I feel...' statements	Review positive expression	Role play sharing emotions	Journal: 'I feel ____ when...'	Group sharing practice
14	Having a Conversation	Relationship Skills, Social Awareness	Teach steps (start, respond, end)	Review with class	Role play casual talks	Journal: 'Best conversation I had'	Rehearse with peers
15	Asking Questions	Self-Awareness, Relationship Skills	Model curiosity & respect	Review strong vs weak questions	Role play question-asking	Journal: 'A good question I asked'	Class Q&A practice
16	Staying on Task	Self-Management	Teach focus strategies	Review distractions vs focus	Role play work sessions	Journal: 'How I stay focused'	Practice timed task
17	Completing Assignments	Self-Management, Responsible Decision-Making	Teach organization skills	Review routines	Role play homework situations	Journal: 'Why I finish work'	Practice with checklist
18	Making an Apology (extended practice)	Relationship Skills, Self-Awareness	Deep dive into sincere apology	Review scenarios	Role play extended situations	Journal: 'A time I really meant sorry'	Group rehearsal

19	Getting the Teacher's Attention	Relationship Skills, Social Awareness	Teach respectful signals	Review effective vs ineffective	Role play in class setting	Journal: 'When I needed attention'	Practice classroom role plays
20	Working with Others	Relationship Skills, Social Awareness	Model teamwork	Review positive teamwork	Role play group tasks	Journal: 'I like group work when...'	Practice team activity
21	Sharing with Others	Relationship Skills, Social Awareness	Teach importance of sharing	Review situations	Role play sharing	Journal: 'A time I shared'	Rehearse sharing games
22	Choosing Appropriate Friends	Responsible Decision-Making, Relationship Skills	Teach qualities of friends	Review good/bad choices	Role play friend scenarios	Journal: 'Qualities of a good friend'	Practice friendship role plays
23	Avoiding Trouble	Responsible Decision-Making, Self-Management	Teach recognizing danger signs	Review scenarios	Role play 'walk away'	Journal: 'I avoided trouble when...'	Rehearse with skits
24	Ignoring Distractions	Self-Management	Model ignoring techniques	Review distracting behaviors	Role play classroom distractions	Journal: 'What distracts me'	Practice focused activity
25	Being a Good Sport	Relationship Skills, Social Awareness	Teach sportsmanship steps	Review poor vs good examples	Role play game settings	Journal: 'I showed sportsmanship when...'	Rehearse with classroom games
26	Compromising	Relationship Skills, Responsible Decision-Making	Teach give-and-take steps	Review scenarios	Role play compromise	Journal: 'A time I compromised'	Practice with partner
27	Negotiating	Relationship Skills, Responsible Decision-Making	Teach fair negotiation steps	Review positive vs negative	Role play mock negotiations	Journal: 'Negotiating is hard when...'	Group practice
28	Mediating Conflicts	Responsible Decision-Making, Relationship Skills	Teach mediator role	Review conflict examples	Role play mediator	Journal: 'I could mediate by...'	Practice with groups

29	Expressing Concern for Others	Social Awareness, Relationship Skills	Teach empathy skills	Review scenarios	Role play concern for peers	Journal: 'I showed care when...'	Rehearse empathy activities
30	Asking for Clarification	Self-Awareness, Relationship Skills	Teach asking respectfully	Review clear vs unclear	Role play clarification	Journal: 'I asked for clarity when...'	Practice in class
31	Making a Complaint Respectfully	Relationship Skills, Responsible Decision-Making	Teach respectful complaint steps	Review examples	Role play scenarios	Journal: 'When I complained calmly'	Practice classroom rehearsal
32	Responding to Teasing	Self-Management, Relationship Skills	Teach ignore/neutralize steps	Review reactions	Role play teasing scenarios	Journal: 'Teasing is hard because...'	Practice with skits
33	Managing Anger	Self-Awareness, Self-Management	Teach calming strategies	Review triggers	Role play anger control	Journal: 'When I felt angry I...'	Practice relaxation drills
34	Dealing with Accusations	Responsible Decision-Making, Self-Management	Teach calm response	Review fair vs unfair	Role play scenarios	Journal: 'When I was accused...'	Practice classroom examples
35	Resisting Unsafe Group Pressure	Responsible Decision-Making, Self-Management	Teach refusal skills	Review peer pressure tactics	Role play unsafe pressure	Journal: 'I stay safe by...'	Practice with skits
36	Showing Respect to Authority	Relationship Skills, Responsible Decision-Making	Teach respectful actions	Review positive examples	Role play authority figures	Journal: 'Respect is important because...'	Practice teacher/role scenarios
37	Making a Good Decision	Responsible Decision-Making	Teach decision steps	Review good/bad outcomes	Role play choices	Journal: 'My best decision was...'	Practice decision games
38	Setting Goals and Planning Ahead	Responsible Decision-Making, Self-Management	Teach SMART goals	Review examples	Role play goal planning	Journal: 'One goal I have is...'	Class goal-setting workshop



Boys Town Social Skills – High School (38 Weeks)

Scope & Sequence with Skill Steps

Valley Forge Public Service Academy Charter School

Giving Constructive Feedback

1. Choose the right time and place.
2. Begin with something positive.
3. State your feedback clearly and respectfully.
4. Suggest a solution or improvement.
5. Thank the person for listening.

Accepting Diversity and Differences

1. Recognize that everyone has unique backgrounds and perspectives.
2. Listen respectfully without interrupting.
3. Avoid making assumptions or judgments.
4. Respond with curiosity and kindness.
5. Include others in conversations and activities.

Standing Up for Yourself Respectfully

1. Stay calm and use a confident voice.
2. Clearly state what you need or believe.
3. Avoid blaming or name-calling.
4. Repeat your point calmly if necessary.
5. Walk away if the situation escalates.

Active Listening in Groups

1. Face the speaker and maintain eye contact.
2. Show you are engaged with nods or brief responses.
3. Do not interrupt others.
4. Ask clarifying questions if needed.
5. Summarize what was said to show understanding.

Asking for Academic Support

1. Identify the area where you need help.
2. Approach the teacher or counselor at an appropriate time.

3. Explain your difficulty clearly.
4. Ask politely for specific support or accommodations.
5. Thank the person for their help.

Engaging in Respectful Debate

1. Listen to the other side fully before responding.
2. Speak calmly and respectfully.
3. Support your points with facts or evidence.
4. Acknowledge valid points from the other side.
5. End the debate respectfully, even if you disagree.

Professional Introductions

1. Smile and make eye contact.
2. Say your first and last name clearly.
3. Offer a handshake if appropriate.
4. State your role or reason for introduction.
5. Ask the other person's name and remember it.

Clarifying Misunderstandings

1. Stay calm and polite.
2. Repeat back what you thought you heard.
3. Ask for clarification if something is unclear.
4. Listen carefully to the explanation.
5. Confirm you now understand.

Participating in Class Discussions

1. Raise your hand or wait for the right time.
2. Stay on topic with your comments.
3. Respectfully respond to others' ideas.
4. Speak clearly so everyone can hear.
5. Thank the group or teacher when finished.

Handling Stress in Healthy Ways

1. Recognize when you are stressed.
2. Take slow, deep breaths.
3. Use positive self-talk.
4. Take a short break if possible.
5. Return to the task with a calm focus.

Practicing Mindfulness

1. Focus on your breathing for a few moments.
2. Notice your thoughts without judgment.
3. Bring your attention back when your mind wanders.
4. Stay present in the moment.

5. Practice regularly to build skill.

Disagreeing Without Escalation

1. Stay calm and respectful.
2. Listen fully to the other viewpoint.
3. Share your perspective using 'I' statements.
4. Offer compromise if possible.
5. Accept differences without anger.

Receiving Criticism from Authority

1. Stay calm and listen without interrupting.
2. Look at the person giving feedback.
3. Acknowledge what they said.
4. Ask clarifying questions if needed.
5. Apply the feedback to improve.

Managing Test Anxiety

1. Prepare by studying ahead of time.
2. Get a good night's sleep.
3. Take deep breaths before starting.
4. Focus on one question at a time.
5. Use positive self-talk during the test.

Setting Boundaries with Peers

1. Know what behaviors are not okay with you.
2. Communicate your boundary clearly and calmly.
3. Say 'no' firmly if needed.
4. Stand by your boundary respectfully.
5. Walk away if it is not respected.

Recovering from Mistakes

1. Acknowledge what went wrong.
2. Take responsibility without blaming others.
3. Apologize if necessary.
4. Make a plan to fix or improve.
5. Move forward without dwelling on the past.

Peer Conflict without Aggression

1. Stay calm and lower your voice.
2. Listen to the other person.
3. Explain your point respectfully.
4. Look for common ground.
5. Agree to a peaceful resolution.

Regulating Digital Use

1. Set limits on screen time.
2. Prioritize school and responsibilities first.
3. Avoid technology late at night.
4. Think before posting online.
5. Take regular breaks from devices.

Responding to Provocation

1. Stay calm and avoid reacting immediately.
2. Decide if the comment is worth addressing.
3. Respond with calm words or humor.
4. Tell the person to stop if needed.
5. Walk away if it continues.

Demonstrating Empathy

1. Pay attention to others' feelings.
2. Listen without interrupting.
3. Acknowledge their emotions.
4. Offer support or help.
5. Show kindness through actions.

Encouraging Others

1. Notice others' efforts.
2. Give specific compliments.
3. Offer positive words in difficult times.
4. Show support through actions.
5. Celebrate others' successes.

Building Trust

1. Be honest in your words and actions.
2. Follow through on promises.
3. Respect confidentiality.
4. Admit mistakes when they happen.
5. Be reliable over time.

Balancing School, Work, Activities

1. List all your responsibilities.
2. Prioritize what is most important.
3. Create a schedule and stick to it.
4. Say no to extra tasks if needed.
5. Take time for self-care.

Planning and Leading Projects

1. Define the goal clearly.
2. Break tasks into smaller steps.
3. Assign roles to group members.
4. Encourage and check progress.
5. Celebrate success together.

Networking & Professional Relationships

1. Introduce yourself confidently.
2. Ask polite questions.
3. Listen and show interest in others.
4. Exchange contact information if appropriate.
5. Follow up with a thank-you message.

Managing Group Conflict as Leader

1. Stay neutral and calm.
2. Listen to all sides of the conflict.
3. Restate the problem clearly.
4. Guide the group toward a compromise.
5. Ensure everyone agrees on the solution.

Supporting a Friend in Crisis

1. Notice warning signs of distress.
2. Ask how they are doing.
3. Listen without judgment.
4. Encourage them to get help if needed.
5. Check in regularly afterward.

Handling Romantic Relationship Issues

1. Stay calm when discussing problems.
2. Express feelings with 'I' statements.
3. Listen respectfully to your partner.
4. Work together to find a solution.
5. Respect boundaries at all times.

Practicing Allyship/Advocacy

1. Notice when someone is being treated unfairly.
2. Speak up respectfully on their behalf.
3. Offer support to the person targeted.
4. Encourage fairness and inclusion.
5. Model allyship for others.

Interviewing Skills

1. Research the organization beforehand.
2. Dress appropriately for the interview.
3. Greet politely with eye contact.
4. Answer questions clearly and honestly.
5. Thank the interviewer at the end.

Writing Professional Emails

1. Use a clear subject line.
2. Begin with a polite greeting.
3. State your purpose clearly.
4. Keep the message brief and respectful.
5. End with a thank you and signature.

Advocating in College/Work

1. Know your rights and needs.
2. Plan what you want to say.
3. Communicate respectfully and clearly.
4. Ask for specific accommodations or changes.
5. Follow up if needed.

Time Management & Prioritization

1. List your tasks and deadlines.
2. Prioritize most urgent tasks first.
3. Break tasks into manageable steps.
4. Set aside focused work time.
5. Review and adjust your plan daily.

Financial Responsibility Basics

1. Track your income and expenses.
2. Create a simple budget.
3. Save a portion regularly.
4. Spend within your means.
5. Avoid unnecessary debt.

Decision-Making for Long-Term Goals

1. Identify the decision clearly.
2. Consider all options.
3. Think about short- and long-term consequences.
4. Seek advice if needed.
5. Choose the best option and act.

Ethical Problem Solving

1. Define the problem.
2. Identify values and principles involved.
3. Consider possible consequences.
4. Choose the most ethical option.
5. Reflect on the outcome afterward.

Preparing for Transitions

1. Identify the transition ahead.
2. List possible challenges.
3. Plan steps to adjust.
4. Seek support from mentors or peers.
5. Stay flexible and positive.

Goal Setting & Planning Ahead

1. Decide what you want to achieve.
2. Make your goal specific and measurable.
3. Break it into steps.
4. Set a timeline.
5. Review progress and adjust as needed.

SEL - SOCIAL SKILLS CURRICULUM For High School

Week	Skill	CASEL Competencies	Monday (Introduce)	Tuesday (Review)	Wednesday (Role Play)	Thursday (Journal)	Friday (Rehearse)
1	Giving Constructive Feedback	Relationship Skills, Social Awareness	Teacher models respectful feedback steps	Class reviews good vs bad feedback examples	Students role play giving feedback to peers	Journal: 'A time I gave or received helpful feedback'	Practice peer-to-peer constructive feedback
2	Accepting Diversity and Differences	Social Awareness, Relationship Skills	Define diversity and respect	Review inclusive vs exclusive behaviors	Role play scenarios of respecting differences	Journal: 'Why diversity makes us stronger'	Group rehearsal in real-life scenarios
3	Standing Up for Yourself Respectfully	Self-Awareness, Relationship Skills	Teach assertive vs aggressive	Review examples	Role play handling peer pressure	Journal: 'When I stood up for myself...'	Practice in simulated peer situations
4	Active Listening in Groups	Relationship Skills, Social Awareness	Teach steps for active listening	Review cues of good listening	Role play small group discussions	Journal: 'How listening changes a conversation'	Rehearse in group academic talk
5	Asking for Academic Support	Self-Awareness, Advocacy	Model asking teachers for help	Review scenarios of self-advocacy	Role play asking for accommodations	Journal: 'When I needed extra help'	Practice with mock teacher meetings
6	Engaging in Respectful Debate	Decision-Making, Relationships	Teach debate rules	Review strong vs weak arguments	Role play structured debate	Journal: 'How I argue respectfully'	Rehearse with debate team format
7	Professional Introductions	Relationship Skills, Social Awareness	Teach networking introductions	Review common settings	Role play job interview intros	Journal: 'Why first impressions matter'	Practice speed networking
8	Clarifying Misunderstandings	Relationships, Decision-Making	Model clarifying politely	Review helpful phrases	Role play misunderstandings	Journal: 'A time I was misunderstood'	Practice peer clarification scenarios

9	Participating in Class Discussions	Relationships, Social Awareness	Teach respectful participation	Review teacher expectations	Role play raising hand/discussion	Journal: 'How I share my ideas'	Practice in group discussion
10	Handling Stress in Healthy Ways	Self-Management	Teach stress management strategies	Review unhealthy vs healthy coping	Role play test day stress	Journal: 'My stress relief strategies'	Practice stress-busting activities
11	Practicing Mindfulness	Self-Awareness, Self-Management	Teach breathing/focus skills	Review mindfulness routines	Role play stress scenarios	Journal: 'How mindfulness helps me'	Rehearse mindfulness exercise
12	Disagreeing Without Escalation	Self-Management, Relationships	Teach calm responses	Review negative vs positive responses	Role play arguments	Journal: 'A time I disagreed calmly'	Practice mock debates
13	Receiving Criticism from Authority	Self-Awareness, Relationships	Teach listening calmly	Review criticism examples	Role play teacher feedback	Journal: 'What I do with criticism'	Practice with mock boss/teacher
14	Managing Test Anxiety	Self-Management	Teach calming strategies	Review success stories	Role play test day routine	Journal: 'How I prepare for tests'	Rehearse relaxation before quiz
15	Setting Boundaries with Peers	Self-Awareness, Decision-Making	Teach boundary phrases	Review healthy vs unhealthy	Role play peer boundary scenarios	Journal: 'My personal boundaries'	Rehearse saying no
16	Recovering from Mistakes	Self-Awareness, Self-Management	Teach accountability	Review apology and repair	Role play mistake recovery	Journal: 'A mistake I learned from'	Practice redo/repair role plays
17	Peer Conflict without Aggression	Relationships, Self-Management	Teach calm discussion steps	Review conflict vs aggression	Role play peer arguments	Journal: 'When I solved a conflict peacefully'	Rehearse group conflict scenario
18	Regulating Digital Use	Self-Management, Decision-Making	Teach screen-time balance	Review healthy vs unhealthy use	Role play digital boundaries	Journal: 'My digital habits'	Rehearse scenarios

19	Responding to Provocation	Self-Management, Decision-Making	Teach ignore/de-escalate steps	Review overreactions	Role play teasing	Journal: 'How I respond to provocation'	Practice calm responses
20	Demonstrating Empathy	Social Awareness, Relationships	Teach empathy steps	Review examples	Role play empathy scenarios	Journal: 'A time I showed empathy'	Practice with peer role play
21	Encouraging Others	Relationships, Social Awareness	Teach encouragement phrases	Review weak vs strong encouragement	Role play teammate support	Journal: 'Encouraging others matters because...'	Practice group cheer scenarios
22	Building Trust	Relationships, Decision-Making	Teach reliability and honesty	Review scenarios	Role play trust-building	Journal: 'How I earn trust'	Practice peer trust games
23	Balancing School, Work, Activities	Self-Management, Decision-Making	Teach balance strategies	Review time-use examples	Role play schedule conflicts	Journal: 'How I manage my time'	Practice prioritization exercise
24	Planning and Leading Projects	Relationships, Decision-Making	Teach planning steps	Review leadership traits	Role play leading a project	Journal: 'What makes a good leader'	Practice mock group project
25	Networking & Professional Relationships	Relationships, Social Awareness	Teach networking do's/don'ts	Review scenarios	Role play career fair	Journal: 'Networking helps me because...'	Practice professional conversations
26	Managing Group Conflict as Leader	Decision-Making, Relationships	Teach mediation role	Review conflict solutions	Role play as group leader	Journal: 'When leaders solve problems'	Practice mock group disputes
27	Supporting a Friend in Crisis	Social Awareness, Relationships	Teach listening/support	Review safe vs unsafe responses	Role play support conversations	Journal: 'How I help friends in need'	Practice role play crisis talk

28	Handling Romantic Relationship Issues	Decision-Making, Relationships	Teach respect and boundaries	Review examples	Role play relationship scenarios	Journal: 'Respect in relationships'	Practice scenarios respectfully
29	Practicing Allyship/Advocacy	Social Awareness, Relationships	Teach standing up for others	Review advocacy vs aggression	Role play allyship scenarios	Journal: 'When I was an ally'	Rehearse peer advocacy
30	Interviewing Skills	Relationships, Decision-Making	Teach interview steps	Review do's and don'ts	Role play interviews	Journal: 'My strongest skills'	Practice mock interviews
31	Writing Professional Emails	Self-Management, Relationships	Teach email etiquette	Review strong vs weak emails	Role play drafting messages	Journal: 'Why email tone matters'	Practice peer email reviews
32	Advocating in College/Work	Self-Awareness, Decision-Making	Teach self-advocacy	Review scenarios	Role play professor/boss talks	Journal: 'How I can self-advocate'	Practice role play
33	Time Management & Prioritization	Self-Management, Decision-Making	Teach scheduling tools	Review time-wasters	Role play planning day	Journal: 'How I manage time'	Practice planning activities
34	Financial Responsibility Basics	Decision-Making, Self-Management	Teach budgeting basics	Review money scenarios	Role play purchases	Journal: 'How I use money wisely'	Practice budgeting activity
35	Decision-Making for Long-Term Goals	Decision-Making	Teach decision model	Review long-term vs short-term	Role play scenarios	Journal: 'A big decision I face'	Practice mock choices
36	Ethical Problem Solving	Decision-Making, Self-Awareness	Teach ethics framework	Review dilemmas	Role play integrity choices	Journal: 'My values guide me when...'	Practice ethical debates
37	Preparing for Transitions	Decision-Making, Self-Management	Teach transition planning	Review challenges	Role play moving away/job start	Journal: 'My next transition'	Practice mock planning
38	Goal Setting & Planning Ahead	Decision-Making, Self-Management	Teach SMART goals	Review examples	Role play planning process	Journal: 'My personal goals'	Practice peer goal setting

