Central High School

High School Social Skills Syllabus

Instructor: Tracy Chavez

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Conference: 3rd period 10:50-11:39

Classroom: Newton Room # 104

Tutorials: Wednesday 7:45-8:10 or 4:10-4:30/Thursday 7:45-8:10 or 4:10-4:30

Assignments and Grading

Average by quarter:

Daily Assignments	40%	Practice, notes, participation, quizzes
Major Assignments	60%	Projects and Tests

Student Code of Conduct: https://www.saisd.org/departments/student-services/student-code-of-conduct
Student Handbook: https://www.saisd.org/departments/student-services/student-handbook
SAISD grading guidelines: https://www.saisd.org/students-parents/grading-guidelines

Course Description:
This course is designed to help high school students develop essential social skills for personal and professional success. The curriculum will cover communication techniques, relationship building, conflict resolution, empathy, self-awareness, and digital etiquette.

Course Objectives:

By the end of the year, students will be able to:
1. Demonstrate effective verbal and non-verbal communication skills.
2. Build and maintain healthy relationships.
3. Resolve conflicts constructively.
4. Show empathy and understanding in various social contexts.
5. Develop self-awareness and emotional regulation.
6. Practice appropriate digital etiquette.

Required Materials:
- Notebook and pen/pencil
- Access to a computer/tablet with internet for online activities

Course Outline:

Introduction to Social Skills:
- Overview of course and objectives
- Importance of social skills
- Self-assessment activities

Communication Skills:
- Verbal and non-verbal communication
- Active listening techniques
- Public speaking basics

Building Relationships:
- Establishing trust and rapport
- Understanding different types of relationships (friends, family, peers)
- Boundaries and respect

Conflict Resolution:
- Identifying sources of conflict
- Strategies for conflict resolution
- Role-playing conflict scenarios

Empathy and Understanding:
- Definition and importance of empathy
- Practicing empathy in daily interactions
- Case studies and discussions

Self-Awareness and Emotional Regulation:
- Self-awareness exercises
- Identifying and managing emotions
- Techniques for stress and anxiety management

Digital Etiquette:
- Online communication dos and don’ts
- Cyberbullying and its impact
- Creating a positive digital footprint

Group Project:
- Group presentations on a chosen topic related to social skills
- Peer evaluations and feedback

Classroom Expectations:

1. Respect each other's opinions and ideas.
2. Participate actively in class discussions and activities.
3. Complete assignments and projects on time.
4. Follow classroom rules and guidelines.

Note: The schedule and content are subject to change based on class progress and student needs.