

**Course Title:** Personal Life Skills

**Department:** Electives

**Course Number:** 5525

**Grade Level:** 9-12

**Length of Course:** Year

**Prerequisites:** None

**UC/CSU (A-G) Req:** None

**Brief Course Description:** This course meets District graduation requirements for elective credit. Personal Life Skills is an elective course focused on social emotional learning skills. In this course, students will learn soft skills, how the brain works and how to optimize their learning and social emotional health. Students will identify their "spark" as they develop industry related soft skills as they investigate and plant their future and career options.

## **I. GOALS**

The students will:

- A. Create a personal plan to develop top five character strengths
- B. Understand Mindfulness, transfer skills to practice and changes in brain chemistry when using Mindfulness
- C. Develop an understanding of the mental benefits of Mindfulness
- D. Discover the impact of positive emotions on physical and mental health
- E. Learn and reflect on the ripple effect of kindness acts
- F. Apply guided mindfulness tools to personal practice
- G. Understand and apply "Kindfulness"
- H. Develop and complete a problem-solution project

## **II. OUTLINE OF CONTENT FOR MAJOR AREAS OF STUDY**

### **Semester 1**

- A. Personal areas of challenge and strengths
- B. Personal plan
- C. Mindfulness
- D. Physical and mental health

### **Semester 2**

- A. “Kindfulness”
- B. Problem-solution project
- C. Gratitude project

## **III. ACCOUNTABILITY DETERMINANTS**

- A. Key Assignments
  - 1. Personal plan
  - 2. Problem-solution project
  - 3. “Kindfulness” project
  - 4. Gratitude project
- B. Assessment Methods
  - 1. Skill mastery and quality of work
  - 2. Classwork/homework
  - 3. Performance tasks
  - 4. Projects
  - 5. Presentations
  - 6. Quizzes
  - 7. Response questions
  - 8. Multiple choice tests
  - 9. End of unit exams
  - 10. Semester final exams

## **IV. INSTRUCTIONAL MATERIALS AND METHODOLOGIES**

- A. Required Textbook(s):  
Social Emotional Learning Curriculum (license); Collaborative Learning Solutions. [www.clsteam.net](http://www.clsteam.net)

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**B. Supplemental Materials**

1. Videos, Podcast, Internet Searches, Ted Talks, “Happify” website.
2. Non-fiction articles related to social-emotional learning, Mindfulness and Emotional Intelligence
3. Supplemental readings:
  - a. Path to Purpose
  - b. What Makes a Good Life, Harvard Research Study
  - c. Desmond Tutu’s Global Forgiveness Project
  - d. Seven Benefits of Doing Good Deeds
  - e. 8 Traits of Successful People

**C. Instructional Methodologies**

1. Teacher lectures/direct instruction
2. Class discussions
3. Cooperative learning
4. Guided Inquiry
5. Simulation activities
6. Close reading
7. Collaborative peer review
8. Teacher and student lead inquiry
9. Group projects/presentations