



# SCHOOL DISTRICT OF MONROE

*Preparing for the Future, One Child at a Time*

## Positive Action

### Course Description:

The curriculum for this course is developed from the [Wisconsin Department of Public Instruction Social and Emotional Learning Competencies](#) and the [American School Counselor Association Mindsets and Behaviors](#). This course is a one-quarter required encore course for sixth grade students. Students will explore topics and practice skills related to positive self-concept and growth mindset, academic success, managing self and emotions, healthy friendships and peer relationships, and career exploration. The information in this course overview outlines what students should understand and be able to do by the end of the quarter.

### Mastery Standards:

Social-Emotional Learning: Wisconsin Department of Public Instruction Social and Emotional Learning Competencies

- Self-Awareness: Learners will be able to use optimism and a “growth mindset” to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop. (7)
- Focus Attention: Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals. (4)
- Self-Management: Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger. (3)
- Decision Making and Relationship Skills: Learners will be able to identify the impact of their decisions on personal safety and relationships. (22)

Career Readiness: American School Counselor Association Mindsets and Behaviors

- Learners will understand that postsecondary education and life-long learning are necessary for long-term career success. (M 4)

Unit	Description of Unit and Learning Targets
<p><b>Unit Title: Self-Concept and Growth Mindset</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>• What makes me the person I am?</li> <li>• How can I recognize strengths in myself and develop these strengths?</li> <li>• How can I work to stay determined when I face challenges?</li> </ul>	<p>Students will.....</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>• Recognize strengths and positive qualities in themselves</li> <li>• Define growth and fixed mindset and explain the benefits of having a growth mindset</li> <li>• Apply growth mindset in challenging situations</li> </ul>
<p><b>Unit Title: Scholar Skills</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>• What strategies can I use and what skills can I improve upon in order to be a successful scholar who is capable of achieving long and short term goals?</li> </ul>	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>• Examine their personal strengths and areas to improve as a scholar</li> <li>• Identify and utilize organizational, time management, and study skills and strategies that can help them achieve academic goals</li> </ul>
<p><b>Unit Title: Emotions &amp; Coping Skills</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>• What triggers a strong emotional reaction in me, what are signs this is happening, and what healthy coping strategies can I use in response?</li> </ul>	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>• Identify what triggers a strong emotional reaction in them and signs that this is happening</li> <li>• List and apply several healthy coping strategies that they can use in response to emotional triggers</li> </ul>

<p><b>Unit Title: Peer Relationships</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>• How can I be a good friend and maintain healthy and safe friendships and peer relationships?</li> </ul>	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>• Describe qualities of healthy and unhealthy friendships and examine whether their own friendships are healthy or unhealthy</li> <li>• Explain the difference between rude vs. mean vs. bullying behavior</li> <li>• Identify ways to respond in a safe and helpful way if they witness or experience bullying</li> </ul>
<p><b>Unit Title: Career Exploration</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>• What goals do I have for my future and how can I take steps now to achieve these goals?</li> </ul>	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>• Determine which career(s) they may be interested in pursuing based on their interests, skills, and goals</li> <li>• Describe steps that they can currently take to achieve future educational, career, and life goals</li> </ul>