

# Course Syllabus

## Course: Social and Emotional Success

**Course Title:** Social and Emotional Success

**School Level:** Middle School and High School

### *Course Purpose & Objective:*

Our social lives and our emotions are two important aspects that contribute to our happiness. In this course, you will focus on understanding and controlling your emotions, and explore how to balance that with a meaningful and vibrant social life. Get ready to go to the next level.

### *Description:*

Social & Emotional Success is a course is designed to strengthen a student's social capacity and their emotional intelligence (EQ). Through a study of mindfulness, students develop a strong sense of self, enabling them to develop successful relationships, make healthy decisions, and achieve their goals. On top of developing EQ skills students will be equipped to handle trauma, developing coping skills, understand the consequences of drugs and how to find help when feeling vulnerable and abused.

In this course, students use a systematic approach to apply knowledge, attitudes, and skills to manage their emotions and social connections. By participating in the activities and discussions in this course, students will learn how to empathize with others and create long-lasting relationships. Upon completing this course, students will be empowered with the skills to identify problems, utilize critical thinking to evaluate and reflect on solutions, and engineer their own philosophy towards mindfulness.

By participating in activities and discussions in this course, students build the self and social skills that lead to personal and societal safety. Upon completing this course, students will understand how and what soft skills are needed to find success in life, the importance of mindfulness, how to overcome barriers in their life and the different aspects of trauma, abuse and drugs and how to find help to stay safe and maintain a healthy lifestyle.

### *Course Outcomes:*

After completing this course students will be able to:

1. Manage healthy decision making, evaluate different social skills they want to enhance, build and sustain healthy relationships and understand how to live from purpose.
2. Utilize and understand mindfulness practices, develop healthy communication skills and create a framework for positive self-awareness and self-management.
3. Build decision making skills for trauma, develop crisis management skills, enhance resiliency for pain in life and create skills to manage traumatic life experiences.
4. Understand drug consequences and how to find help, develop the skills for intervention, develop social and self-awareness skills, and enhance coping skills for safety.

## ***Course Outline:***

Unit 1: Important Life Skills  
Unit 2: Mindfulness  
Unit 3: Barriers to Success  
Unit 4: Redirecting My Life

## ***Resources Included:***

Lesson content is embedded directly in the course and can be removed or reordered within the system. No additional costs or materials are needed to complete this course.

## ***Scoring System:***

The default grading weight in the Edgenuity LMS is as follows:

Quizzes: 10%  
Assignments (Call to Action, Assessment and Reflection, and Mentor Activity): 90%  
Total: 100%

All grading weights may be modified by checking the box of the desired course or module and choosing “Edit Course Options” from the drop-down bar that appears. Educators also have the option to customize courses to add/remove/etc. activities and designate their category for the grade weight.

## ***Graded Assignments:***

- Call to Action Assignments
- Wrap-Up – Assessment and Reflection
- Wrap-Up – Quiz
- Wrap-Up – Mentor Activities

## ***Course Implementation & Schedule:***

This course is comprised of 20 lessons and can be implemented in a single semester, trimester, or a full year of instruction. Courses are flexible and can be offered fully online, hybrid, or whole classroom. Lessons are sequenced purposefully within a unit, to ensure connections between larger ideas and concepts within that unit. However, all units and lessons can be customized into any order that suits the implementation.