Edgenuity + **PURPOSEPREP**

Course Syllabus
Course: Personal Development

Course Title: Personal Development
School Level: Middle School and High School

Course Purpose & Objective:

Personal development is the most powerful investment one can make. This course will enable students to take control of their future and become the best version of themselves. Buckle up!

Description:

Personal Development is a course designed to increase a student's success in school, at work, and in their personal life. Each of the lessons in this course provide students with practical insights, stories, discussion questions, and activities designed to enhance self-awareness, boost self-esteem, and help develop the motivation it takes to overcome personal challenges.

By participating in course activities and discussions, students build a valuable record of their goals, dreams, skills, interests, and values. Students will also develop the skills necessary to make informed and responsible decisions about their own well-being, as well as the well-being of others.

Personal development is a vital part of growth, maturity, success, and happiness. It is the foundation of emotional, physical, intellectual, and spiritual health. Rather than considering personal development to be a selfish act, this course provides students with an opportunity to understand the benefits that it brings to those around them. Upon completing this course, students will understand how to live with intention in everything they do, and how to experience more happiness and fulfillment in their lives.

Course Outcomes:

After completing this course students will be able to:
1. Get out of their comfort zones and become a better personal leader
2. Create a life strategy around their personal brand, passion, purpose and motivations
3. Find value in themselves and others and develop personal management skills
4. Create a personal framework for their health in several areas, including: physical disciplines, mental well-being, financial responsibility and emotional health

Course Outline:

Unit 1: Develop Yourself
Unit 2: Strategic Planning
Unit 3: Self-Esteem
Unit 4: Complete Health

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.