

Dear parents,

The Middle & High School years are a crucial time for young people to discover and practice the social and emotional skills necessary for a meaningful and successful life. These years present a tremendous opportunity to engage young people in deeper thinking to help them confidently own the advancement of their social and emotional development.

Core Lessons is an age-appropriate, discussion-focused curriculum to challenge students to develop who they are from the inside out and develop skills that increase their ability to be successful in school...and beyond. Core Lessons is grounded in evidence-based research which supports our long-held belief that academic performance and Social-Emotional Learning (SEL) go hand-in-hand.

Our values of *Honesty, Experience, Connection, Positive Influence, Service Leadership, and Intention* are at the heart of every service we provide. With an emphasis on skill and character development, The Core Project does not use Core Lessons to endorse any specific ideology, such as Critical Race Theory. Rather, we remain committed to supporting schools in their efforts to serve students and families by providing a positive and meaningful school environment where students can come as they are, get what they need, and leave prepared for whatever is next.

Therefore, our focus on Social and Emotional Learning (SEL) remains strictly devoted toward the development of Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. Schools that adopt Core Lessons as their SEL Curriculum can be confident knowing that they are respectfully partnering with parents to contribute to developing healthy and whole citizens who are socially and emotionally competent.

As an overview of Core Lessons, you will find the Core Messages, objectives, and outcomes for each Middle School and High School Core Lesson. We invite you to familiarize yourself with this information and reach out to your school's administrator if you have any questions.

The Core Project

We value...



Social-Emotional Learning (SEL)

The Research

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), Social-Emotional Learning (SEL) involves developing social and emotional competencies in adults and children. Social and emotional skills are critical to being a good student, worker, and citizen. Many different risky behaviors such as drug use, violence, bullying, and dropout can be prevented or reduced when multi-year, integrated efforts develop students' social and emotional skills. CASEL has identified five interrelated sets of cognitive, affective, and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

The Core Lessons Model

Core Lessons™ combines the research of Social-Emotional Learning with the proven methods of experiential education. Research shows that the best learning happens when young people are guided by supportive adults who demonstrate SEL competencies within a challenging, experiential, and relevant system. Core Lessons provide classroom-based instruction in SEL skills for students in a multi-year approach. Core Lessons introduce SEL skills through engaging, experiential-based activities and classroom discussions facilitated by supportive and trained adult educators.

SEL Competencies:

SELF-AWARENESS: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

SELF-MANAGEMENT: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

SOCIAL AWARENESS: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

RELATIONSHIP SKILLS: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

RESPONSIBLE DECISION MAKING: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

Reference: Collaborative for Academic, Social, and Emotional Learning. (2013). 2013 CASEL guide: Effective social and emotional learning programs. Chicago, IL: Author. Retrieved from <http://www.casel.org/guide/>



Curriculum Overview

Design & Implementation

The best Social-Emotional Learning strategies are school-wide and integrated within every part of the culture. The Core Project brings awareness to SEL in a respectful manner and prepares the entire school to be actively engaged in the implementation.

STAFF DEVELOPMENT

Building Awareness and Cultivating SEL Competencies

Administrators, teachers, and classified staff make up the core of every school and deserve to be supported in the process by cultivating their own SEL competencies as they prepare to guide SEL for students. The Core Project Staff Development Training brings awareness to SEL in an enlightening, engaging, and affirming manner. The training cultivates SEL competencies within staff, ensures program fidelity, and prepares staff to use experiential education techniques to facilitate weekly lessons.

There are two training options to prepare for Core Lessons:

1. In-person, school-wide SEL Educator Training
2. Video-based SEL Educator Training

STUDENT DEVELOPMENT

Building and Practicing SEL Skills Through Core Lessons

Core Lessons provide intentional, school-wide implementation through which staff and students begin to share common language, beliefs, and understanding of SEL. Core Lessons cover five SEL competencies: **self-awareness, self-management, social awareness, relationship skills, and responsible decision making.** Designed for middle and high school classrooms, Core Lessons are instructed by educators one-day per week over the course of 25/35 weeks. Each lesson takes approximately 30 minutes. Using methods of experiential learning, educators are equipped to engage all students in interactive sessions followed by relevant discussion, application, and weekly practice of SEL concepts. Teachers access the web-based curriculum with individual user accounts. Print-ready lessons are also available to download. Core Lessons begin and end with Pre- and Post-Surveys to gauge student readiness and growth.

AT-A-GLANCE

Grade Range	5th-12th
Sessions per Year	25/35
Multi-Year Integration	✓
Lesson Duration	30 Minutes
Staff Development	✓

MORE INFO

- Easy-to-access lessons in digital and print-ready formats
- Video tutorials of lesson activities
- Step-by-step lesson plans
- Staff and student development
- Ongoing educator and administrator support
- Research-based curriculum using evidence of the Collaborative for Social-Emotional Learning (CASEL)
- Pre- and post-surveys

Scope & Sequence

Each course contains 35 lessons. 30-minute lessons are implemented one day a week for 35 weeks:

Course 1

- 1: Making Connections
- 2: Valuing Names
- 3: Facing Challenges
- 4: Appreciating Differences
- 5: Core Check-In
- 6: Grit
- 7: Empathy
- 8: Responsible Decision Making
- 9: Common Ground
- 10: Core Check-In
- 11: Attitude
- 12: Belonging
- 13: Cooperation
- 14: Social Awareness
- 15: Core Check-In
- 16: Stress
- 17: Including Others
- 18: Kindness
- 19: Diversity
- 20: Core Check-In
- 21: Goal Setting
- 22: School Culture
- 23: Making Connections 2
- 24: Vision
- 25: Core Check-In
- 26: Effective Communication
- 27: Teamwork
- 28: Honesty
- 29: Success
- 30: Core Check-In
- 31: Gratitude
- 32: Support
- 33: Listening
- 34: Affirmations
- 35: Core Check-In

Course 2

- 1: Making Connections
- 2: Valuing Names
- 3: Facing Challenges
- 4: Appreciating Differences
- 5: Core Check-In
- 6: Grit
- 7: Empathy
- 8: Responsible Decision Making
- 9: Friendship
- 10: Core Check-In
- 11: Respect
- 12: Belonging
- 13: Cooperation
- 14: Social Awareness
- 15: Core Check-In
- 16: Stress
- 17: Influence and Impact
- 18: Kindness
- 19: Diversity
- 20: Core Check-In
- 21: Goal Setting
- 22: School Culture
- 23: Getting Involved
- 24: Expecting Greatness
- 25: Core Check-In
- 26: Effective Communication
- 27: Teamwork
- 28: Honesty
- 29: Success
- 30: Core Check-In
- 31: Gratitude
- 32: Support
- 33: Understanding
- 34: Affirmations
- 35: Core Check-In

Course 3

- 1: Making Connections
- 2: Valuing Names
- 3: Facing Challenges
- 4: Appreciating Differences
- 5: Core Check-In
- 6: Conflict Management
- 7: Empathy
- 8: Responsible Decision Making
- 9: Gossip
- 10: Core Check-In
- 11: Habits
- 12: Belonging
- 13: Cooperation
- 14: Social Awareness
- 15: Core Check-In
- 16: Stress
- 17: Influence and Impact
- 18: Kindness
- 19: Diversity
- 20: Core Check-In
- 21: Goal Setting
- 22: School Culture
- 23: Getting Involved
- 24: Optimism
- 25: Core Check-In
- 26: Effective Communication
- 27: Teamwork
- 28: Personal Responsibility
- 29: Success
- 30: Core Check-In
- 31: Gratitude
- 32: Support
- 33: Listening
- 34: Affirmations
- 35: Core Check-In