



THE MIND TREK

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Unit 1: Understanding Self

Unit 2: Understanding Others

Unit 3: Mindset

Unit 4: Decision Making Process

Scope and Sequence 11th Grade

Lesson Title	Objective
Lesson 1: Attitude and Emotions	Identify the relationship between emotions and the thought process including attitudes.
Lesson 2: Mindfulness-Acceptance	Identify how mindfulness can reduce stress. Identify and practice mindful techniques.
Lesson 3: Time Management	Identify and practice time management skills.
Lesson 4: Perspective	Identify others' perspectives. Understand how perspectives can impact empathy.
Lesson 5: Give and Receive Feedback	Identify and practice ways to give and receive feedback.
Lesson 6: Teamwork	Identify ways to work as a team. Practice working as team.
Lesson 7: Balancing Relationships	Understand the importance of balancing relationships. Identify ways to balance relationships.
Lesson 8: Understanding Weakness	Identify personal weaknesses and how those can be turned into strengths. Practice finding strengths out of weaknesses.
Lesson 9: Grit	Identify the attitudes of Grit. Discover your intrinsic motivation.
Lesson 10: Planning Ahead	Understand the importance of planning ahead. Practice breaking goals into smaller plans.
Lesson 11: Priorities	Understand how experiences can impact decisions.
Lesson 12: Evaluating Options	Identify the steps in the decision making process. Understand how to evaluate positive and negative consequences of decisions.
Lesson 13: Standing Up for Others	Identify and practice ways to stand up for others.
Lesson 14: Impaired Driving	Understand what is impaired and distracted driving. Identify ways to get out of these situations and arrive home safely.