



THE MIND TREK

themindtrek.com

Unit 1: Understanding Self

Unit 2: Understanding Others

Unit 3: Mindset

Unit 4: Decision Making Process

Scope and Sequence 12th Grade

Lesson Title	Objective
Lesson 1: Regulating Emotions	Identify and practice ways to positively regulate emotions.
Lesson 2: Reappraisal	Identify and practice reappraisal techniques.
Lesson 3: Priorities	Identify and discover personal priorities.
Lesson 4: Diversity	Identify others' perspectives. Understand how perspectives can impact empathy.
Lesson 5: Active Listening and Body Language	Identify the purpose of body language. Practice identifying body language and its meaning.
Lesson 6: Leadership	Identify ways to work as a team. Practice working as team.
Lesson 7: Unhealthy Relationships	Understand the statistics of teenage dating violence. Identify healthy and unhealthy qualities in relationships.
Lesson 8: Finding Resources	Identify resources. Understand how to locate and identify trustworthy resources.
Lesson 9: Flexible Thinking	Understand flexible thinking and how it can help solve problems. Practice techniques to increase flexible thinking.
Lesson 10: Overcoming Obstacles	Identify common obstacles to goals and ways to overcome obstacles.
Lesson 11: Experience	Understand how experiences can impact decisions.
Lesson 12: Reflection	Identify the steps in the decision making process. Understand the importance of reflecting on decisions.
Lesson 13: Culture/Influence	Identify how we are influenced by media and culture.
Lesson 14: Drugs and Alcohol	Understand and identify the impacts of drugs and alcohol.