

Unit 1: Understanding Self

Unit 2: Understanding Others

Unit 3: Mindset

Unit 4: Decision Making Process

Scope and Sequence 9th Grade

Lesson 1: Emotions and Thinking Lesson 2: Emotional Expression Lesson 3: Self- Awareness Lesson 4: Empathy vs. Sympathy Lesson 5: Conflict Lesson 6: Conflict Lesson 7: Types of Relationships Lesson 9: Growth Mindset Lesson 10: Goals Lesson 11: Rules/ Lesson 11: Rules/ Lesson 11: Rules/ Lesson 12: Lesson 12: Lesson 12: Lesson 13: Lesson 12: Lesson 14: Lesson 15: Lesson 15: Conflict Lesson 16: Conflict Lesson 17: Conflict Lesson 18: Conflict Lesson 19: Conflict Lesson 19: Conflict Lesson 10: Goals Lesson 10: Goals	Lesson Title	Objective
Thinking Lesson 2: Emotional Expression Lesson 3: Self- Awareness Lesson 4: Empathy vs. Sympathy Lesson 5: Conflict Lesson 6: Conflict Lesson 7: Types of Relationships Lesson 8: How I Study Lesson 9: Growth Mindset Lesson 10: Goals Lesson 11: Dulce/ Lesson 11: Dulce/ Lesson 11: Dulce/ Lesson 2: Identify and understand how you express emotions. Identify healthy ways to express emotions. Lentify the differences between empathy and sympathy. Practice empathetic responses. Identify types of conflict. Understand the positive and negative impacts of conflict. Understand that conflict is normal. Identify the 3 most common ways to deal with conflict. Understand boundaries and how to have healthy relationships. Identify and discover personal learning styles and study skills. Describe a growth mindset and the advantages of having a growth mindset. Identify your mindset. Understand why it is important to have goals. Write SMART Goals. Identify rules, norms, and manners in your culture. Understand the		
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CONSOURABLE TO DESKIND THE PARTY		consequences for breaking rules, norms,
Norms/Manners and manners.	Norms/Manners	
Lesson 12: Identify the steps in the decision making	Lesson 12:	
Decision Making process. Practice using the decision		
Process making process.		
Lesson 13: Peer Identify and practice ways to respond to		
Pressure peer pressure.	Pressure	
Understand that what is posted on the		Understand that what is posted on the
internet is permanent and one is	Losson 14: Cybor	internet is permanent and one is
Lesson 14: Cyber Choices responsible for everything they post.		responsible for everything they post.
Understand that private may not actually	CHOICES	
be private on the internet.		be private on the internet.