



COURSE OVERVIEW

Humanity

SCH 214



COURSE DESCRIPTION

The Humanity course is designed to foster a deep understanding of humanity and human connection. Students will explore bias and prejudice, and the ways in which they disconnect us from each other. Students will also learn to develop empathy as a skill, a vital part of making meaningful connections with others. With case studies of historical figures who exemplify high levels of humanity and empathy, students will be encouraged to take personal responsibility for developing these skills in themselves. Students will be equipped with the tools to create inclusive environments, embrace differences, and build up their communities.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- **Self-Exploration:** The course encourages introspection and self-reflection in exploring the meaning of humanity and the importance of human connection.
- **Bias and Prejudice Awareness:** The course addresses bias and prejudice, and the ways in which they disconnect us.
- **Overcoming Mistreatment:** Through real-life examples, the course highlights the impact of prejudice on relationships and the importance of acknowledging harm caused, even if unintended.
- **Empathy Development:** The course focuses on developing empathy as a skill, recognizing its significance in fostering meaningful connections with others.
- **Personal Responsibility:** Successful students understand the significance of personal responsibility in developing high levels of humanity, empathy, and community building.
- **Community Building:** The course defines community building as an intentional and focused effort, promoting connection through recognizing biases, developing empathy, embracing differences, and serving others.



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a parent or mentor.
- **Group**—To be completed at school in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.
- **Live Instruction**—Facilitator led digital curriculum, suitable for both in class or virtual.



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills

Course Format: eLearning

Item Number: SCH 214

eLearning Length: 170

Scientific Model: Cognitive Restructuring

Course Length: ~4 hours



COURSE CONTENT

UNIT 1: Humanity — Discover your level of humanity.

UNIT 2: Where does Bias come from? — Connecting your thoughts to your forms of bias and prejudice.

UNIT 3: Mistreatment and Its Many Forms — Taking responsibility for your impact on others.

UNIT 4: Empathy — Empathy is a skill and source of power.

UNIT 5: Community Builders — Becoming a giver, not just a taker.



PURCHASE OPTIONS

- eLearning site license
- Purchase individual courses
- School referral
- Parent enrollment
- License to Reprint



eLEARNING ACTIVITIES

Narration, Story Telling
Animated Thoughts
Self Assessments
Interactive Images