education lifeskills

COURSE OVERVIEW

Initiative

SCH 213

COURSE DESCRIPTION

This course empowers young teens by helping them discover and nurture their motivation to become their best selves. Through understanding the causes of apathy, students will take ownership of their learning and personal development. The course equips students with coping strategies to address the roots of apathy, while fostering grit and resilience through self-discovery and positive thinking skills. Students will learn to set meaningful goals, identify their strengths, measure success, and ultimately find purpose and direction in their lives.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Students will explore their level of motivation, strengths and weaknesses.
- Students will explore the concept of apathy, its origins, and consequences.
- Students will learn strategies to address apathy, and develop positive thinking skills.
- Students will take ownership of their learning and development, recognizing that teaching does not equal learning.
- Understand the positive connection between well-being, motivation, and its role in combating apathy.
- Students will learn about grit and resilience, and their value in working through challenges.
- Students will understand the importance and power of setting meaningful goals.

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 and
Item Number: SCH 213
eLearning Length: 170 Slides
Course Length: ~4 hours
Scientific Model: Cognitive Restructuring
Instructor Guide: G 605

COURSE CONTENT

Unit 1: I DON'T CARE
Understanding Apathy.

Unit 2: SUBCONSCIOIUS PROGRAMMING
Discovering your values, attitudes, and beliefs.

Unit 3: LIVING IN FORWARD
Increase your levels of grit and resilience.

Unit 4: GOAL SETTING & SUCCESS
Start with the end in mind.

PURCHASE OPTIONS

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

eLEARNING ACTIVITIES

Narration & Story Telling
Animated Thoughts
Self Assessments