



Lion's Pride Mentoring, Inc.

| SEL Lesson # and Topic | Objective |
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| Lesson #1: What is Pride? | Students will be able to describe the Pride program expectations and structure at their campus and how they will be supported during program |
| Lesson #2: The Importance of Setting Goals | Students will be able to articulate why goals are important for their life and how their vision for their life can help shape their goals |
| Lesson #3: Managing Time Effectively | Students will be able to determine when something is urgent, important, or neither and how they can plan for using their time effectively |
| Lesson #4: Personal Bias and Relationships of Power | Students will be able to determine what biases they hold and how to overcome them to be an ally to an identity different from their own |
| Lesson #5: Proactive vs. Reactive Responses | Students will be able to describe what makes a response proactive and how to avoid assumptions when working with others |
| Lesson #6: Self-Reflection and Emotional Regulation | Students will be able to reflect on how they express different emotions to better self-regulate and how to self-identify when they make a mistake |
| Lesson #7: What is Mental Health? | Students will be able to define mental health and identify one strategy they can use when they feel they are struggling with their mental well being |
| Lesson #8: Relationship Bank Account | Students will be able to determine habits that are using their energy in a positive or negative way and how to live their life with their values in mind |
| Lesson #9: Healthy Relationships | Students will be able to describe qualities of a healthy relationship and how to take care of themselves while in a relationship |
| Lesson #10: Social Media Pros and Cons | Students will be able to determine the pros and cons of using social media and create a plan to use social media in a positive way |
| Lesson #11: Positive and Negative Risk Taking | Students will be able to determine positive and negative risks and how to analyze risks before they make a decision |
| Lesson #12: Creating Accountability in Others | Students will be able to describe strategies to hold their friends accountable and how to ensure they are acting within their locus of control when doing so |
| Lesson #13: Effective Collaboration with Others | Students will be able to describe the qualities of effective collaboration and communication |





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| Lesson #14: What Do I Do After Graduation? | Students will be able to describe the non-academic benefits of college and reflect on other potential pathways that do not require a college degree |
| Lesson #15: Career Exploration and Your Pathway to Success | Students will be able to determine some potential career interests and their pathway to success in the career |
| Lesson #16: Developing Academic Perseverance | Students will be able to determine the difference between an obstacle, barrier, and excuse and how to overcome them to achieve academic success |
| Lesson #17: Effective Study Habits | Students will be able to describe the best habits for overall academic success and how to study based on their learning style |
| Lesson #18: How to Solve Problems Effectively | Students will be able to describe the problem solving method and how to both ask for help and provide help to others |
| Lesson #19: Developing Your Leadership Skills | Students will be able to describe the qualities of a leader and determine their own leadership style |
| Lesson #20: Generational Patterns and Your Legacy | Students will be able to define generational patterns and create a plan for their own legacy |

