



Lion's Pride Mentoring, Inc.

SEL Curriculum Overview

<i>SEL Lesson # and Topic</i>	<i>Objective</i>
Lesson #1: 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 #2: 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 #3: Personal Bias	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 #4: Relationships of Power	Students will be able to understand the history of power in the US and how they can use their personal power to positively impact their communities
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: How to Cope with Crisis Situations	Students will be able to determine types of crises and discover new coping strategies to use for themselves or with others in the event of future crises.
Lesson #9: Self Advocacy	Students will be able to determine when and how to advocate for their needs in various settings
Lesson #10: 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 #11: 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 #12: Social Media Pros and Cons	Students will be able to vet credible sources on social media platforms, learn about the pros and cons of using social media, and create a plan to use social media in a positive way
Lesson #13: 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





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Lesson #14: 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 #15: Effective Collaboration with Others	Students will be able to describe the qualities of effective collaboration and communication
Lesson #16: 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 #17: 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 #18: Our Chicago Community	Students will be able to understand the history of Chicago and the opportunities that exist for them to make the city a better place
Lesson #19: Love Languages	Students will be able to identify their love style and articulate how using personality tests to understand themselves impacts their relationships with others
Lesson #20: Generational Patterns and Your Legacy	Students will be able to define generational patterns and create a plan for their own legacy





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Social Emotional Learning Standards and Lion's Pride Mentoring Critical Skills Alignment

<u>SEL Lesson and Topic</u>	<u>ISBE SEL Standard</u>	<u>Lion's Pride Mentoring Critical Skill</u>
Lesson #1: The Importance of Setting Goals	1C.4a	Self-Reflection, Time Management
Lesson #2: Managing Time Effectively	3B.4a	Time Management
Lesson #3: Personal Bias	2A.4a, 2B.4a, 2B.4b	Empathy, Self-Reflection
Lesson #4: Relationships of Power	2B.4a, 2B.4b, 3A.4b	Empathy, Self-Reflection
Lesson #5: Proactive vs. Reactive Responses	3A.4a	Communication, Self-Reflection
Lesson #6: Self-Reflection and Emotional Regulation	2A.4a, 3B.4b	Communication, Self-Reflection
Lesson #7: What is Mental Health?	2C.4a	Empathy, Self-Reflection
Lesson #8: How to Cope with Crisis Situations	1C.4a	Communication, Empathy, Self-Reflection
Lesson #9: Self Advocacy	1B.4b, 2C.4a, 3B.4b	Communication, Self-Reflection
Lesson #10: Relationship Bank Account	3A.4a	Collaboration, Communication
Lesson #11: Healthy Relationships	2D.4a	Collaboration, Communication, Empathy, Self-Reflection
Lesson #12: Social Media Pros and Cons	3A.4a, 3A.4b	Communication, Self-Reflection
Lesson #13: Positive and Negative Risk Taking	1A.4a, 3B.4a	Self-Reflection
Lesson #14: Creating Accountability in Others	2A.4b, 3B.4b	Collaboration, Communication, Self-Reflection
Lesson #15: Effective Collaboration with Others	2C.4b, 2D.4a, 3B.4b	Collaboration, Communication, Self-Reflection
Lesson #16: What Do I Do After Graduation?	1C.4a	Self-Reflection
Lesson #17: Developing Academic Perseverance	1C.4b	Communication, Self-Reflection, Time Management
Lesson #18: Our Chicago Community	2C.4b, 3C.4b	Collaboration, Empathy
Lesson #19: Love Languages	2A.4b, 2C.4a	Communication, Empathy, Self-Reflection
Lesson #20: Generational Patterns and Your Legacy	2C.4b	Communication, Self-Reflection

