



Character Strong

Frank L Madla and Early College High School

SCOPE AND SEQUENCE

Thursday, Nov. 2, 2023	S1: Welcome Welcome to Session 1! This session helps set the stage for the “What”, the “How”, and the “Why” for this year. It helps create clarity for both the educator and students that sets the program up for success.
Thursday, Nov. 9, 2023	S2: Building Connections This is the 1st of 2 sessions about building community. Connecting with peers and building friendships and relationships are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.
Thursday, Nov. 30, 2023	S3: Building Community This is the 2nd of 2 sessions about building community through connecting with peers and beginning to build friendships and relationships that are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in the classroom
Thursday, Dec. 7, 2023	S4: Community Agreements This session is designed to develop Community Agreements. This process is meant to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements are designed to help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements are designed to serve as guidelines we can refer to throughout the year.

Thursday, Dec. 14, 2023	S5: To Be, Lists Part 1 This is the 1st of 3 sessions related to values. Thinking about and identifying personal values we feel are important can help us make good decisions and can guide our actions in positive directions. This session opens up the conversation about our To Do List and our “To Be List.” Importantly, this session introduces the To Be List process - a way to put our values (and the session content) into action. After this session, nearly all sessions will include the To Be List process. Remember: These challenges are invitations, not demands! The power is in the conversation.
Friday, Jan. 19, 2024	S6: To Be, Lists Part 2 This is the 2nd of 3 sessions exploring values. In this session we will think about various personal values we might hold and how hard or easy they are to put into action. Students will identify three words that will become their To Be List Goal. In this session it is the first time that we will experience the full To Be Challenge process: 1st, reflect on the previous To Be Challenge, and 2nd, introduce the new challenge (both parts include some discussion). Remember: To Be Challenges are invitations, not demands! The power is in the conversation.
Friday, Jan. 26, 2024	S7: To Be. Lists Part 3. This is the 3rd of 3 sessions related to clarifying our personal values. This session brings the 3 sessions together with a focus on each of us developing a clear set of 3 values that we will work to put into practice.
Friday, Feb. 2, 2024	S8: Worries & Wonders Belonging This Session utilizes videos that bring student voices forward with the goal of helping quell worries our students might have at the beginning of high school. This session focuses on Belonging.
Friday Feb. 9, 2024	S9: Worries & Wonders Tests This Session utilizes videos that bring student voices forward with the goal of helping quell worries our students might have at the beginning of high school. This session focuses on Belonging.

Friday, Feb. 16, 2024	S10: Stress and Coping. This session is focused on stress. High school students often report stress as one of their main challenges. In this session, we learn some basic ways to think about, approach and manage stress.
Friday, March 1, 2024	S11: Introducing Perspective Taking This is the 1st of 2 sessions on perspective-taking. This session introduces the topic of perspective-taking, which is important for building relationships, resolving conflicts, and putting empathy into action. A perspective-taking challenge we explore in this session is understanding the experience of people whose lives and backgrounds may differ from our own.
Friday, March 8, 2024	S12: Practicing Perspective-Taking This is the 2nd of 2 sessions on perspective-taking. In this session, we explore our own and others' opinions to broaden our understanding of ways we are both alike and different.
Friday, March 22, 2024	S13: Helpful Helping This is the 1st of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is by getting support from others. However, social support can backfire if we only focus on the person's problems and difficult emotions. In this session, we reflect on and learn about ways to ensure that the support we provide to others is truly helpful.
Friday, April 5, 2024	S14: Helpful Supports This is the 2nd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is by getting support from others. In this session, we focus on ways to ask others for, and overcome barriers to seeking, social support.
Friday April 12, 2024	S15: Social Belonging This is the 3rd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is by getting support from others. We are often better at giving advice to others

	<p>than to ourselves. In this session, we harness that through identifying things we could use support for at different times in our lives and giving good advice and support to ourselves.</p>
<p>Friday, April 19, 2024</p>	<p>S16: Connecting Values & Friendship This is the 1st of 3 sessions on values. In this session, we explore our values by reflecting on influential people in our lives and the values they demonstrate.</p>
<p>Friday, May 3, 2024</p>	<p>S17: Giving Support to Friends This is the 2nd of 3 sessions on values. In this session, we work to combine our personal values with what we have learned about social support to think further about ways we can support each other.</p>
<p>Friday, May 10, 2024</p>	<p>S18: Staying True to You This is the 3rd of 3 sessions on values. In this session we reflect on ways we may often fail to put our values into action to help us identify ways to focus on living our values more strongly.</p>
<p>Friday, May 17, 2024</p>	<p>S19: Developing Future Plans This is a review session where we utilize reflecting on our pasts to help us form goals for our futures. We will look back at our To Be list words students have focused on this year and identify one area they want to narrow their focus on as they prepare for the end of the year and next year.</p>
<p>Monday, May 20, 2024</p>	<p>S20: Reflections This is a review session focused on thinking back and reflecting on things we've learned and ways we've grown this year. This reflection process is important for students to cement the learning we have done this year through a process called a Sankofa Session. During this process, students will identify what was most valuable, what they used or benefitted from, and what they'll keep trying to use.</p>