

**Grade Level Lessons:**

**Freshmen:**

[Freshmen Wellness Lesson - Slides](#)

[Freshmen Wellness Lesson - Video Presentation](#)

[Self Care Planning Template](#)

[Freshmen Lesson- Part 1](#)

[Freshmen Lesson- Part 2](#)

**Sophomores:**

[Sophomore Lesson - Part 1](#)

[Sophomore Lesson - Part 2](#)

**Juniors:**

[Junior Lesson - Part 1](#)

[Junior Lesson - Part 2](#)

[Letters of Recommendation Instructions](#)

[Virtual College Tours](#)

[College and Career Readiness Updates from DPI](#)

**Seniors:**

[Senior Naviance Reminder](#)