

WINDOW ROCK UNIFIED SCHOOL District No. 8
Window Rock High School



WRHS SY 202-2024

Course Title: Self Management (3715A-9) “Connections Mentoring and Dream Navigator”

Mentors: Grade Level Teachers

Weekly Sessions - 7th Period Every other Wednesday

First Semester Plan

Course Description: Self-Management courses introduce students to the skills and strategies helpful in becoming more focused, productive individuals. These courses typically emphasize goal-setting; decision-making; managing time, energy, and stress; and identifying alternatives and coping strategies. They may also allow students to explore various career and lifestyle choices. It focuses on social and emotional learning of individual students. (*Board Approved: May 25, 2016*)

	CONNECTIONS MENTORING TOPICS	TEACHER COMMENT
August 9, 2023	<u>Who am i?</u> <u>Walk in Beauty Video, Navajo Way</u>	
August 23, 2023	<u>Goal Setting and Goal Achievement</u> <u>Reading Article</u>	
Sept. 6, 2023	<u>Being Grateful</u> <u>Grateful People Quote</u>	
Sept. 20, 2023	Goals Review. <u>I Feel Statements/Scenarios</u>	
Oct.4, 2023	<u>Reflection</u>	
Oct. 18, 2023	Building New Habits (<u>Habit 1- Habit 2</u>) <u>Circle of Influence vs. Circle of Concern</u> <u>7 Habits of Highly Effective Teens eBook</u>	
Nov. 1, 2023	Building New Habits (Habits 3-4)	
Nov. 15, 2023	Building New Habits (Habits 5-6)	
Dec. 6, 2023	Building New Habits (Habit 7)	

	DREAM NAVIGATOR TOPICS	TEACHER SIGNATURE/COMMENT
Aug. 16, 2023	Welcome to My Career Coach	
Aug. 30, 2023	Imagine Possibilities	
Sept. 13, 2023	My Qualities	
Sept. 27, 2023	My Life Motivators	
Oct. 11, 2023	My Hobbies	
Oct. 25, 2023	My Skills	
Nov. 8, 2023	My Educational Goals	
Nov. 29, 2023	My Interests	
Dec. 13, 2023	My Ideal Work Style	
	My Ideal Lifestyle	
	My Life Type	
	Imagining Job Possibilities for your Life	
	Imagining Job Possibilities	
	Step 2. O = Become Organized and make a plan.	
	Step 3. W = Develop Willpower.	
	Step 4. E = Build Emotional Skills.	
	Step 5. R = Achieve Results by taking action.	

	Re-take the P.O.W.E.R Coaching Quiz.	
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