



Future Focus - SEL

2025 - 2026

Sophomore Level SEL

Student Guide



Lola High School will lead the state in college & career readiness!

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Career Research - SEL

Important Websites

- Google Classroom: Class Code - yemb3qzp
- Changing Perspectives Curriculum:
https://portal.changingperspectivesnow.org/#!/planner/shared/PLAN_dRW3IRjM3KwI7Hytrs7TGg3Wyuq

Important Things to Know

1. Curriculum:

- a. The curriculum that will be used in this course has been curated by Changing Perspectives.

2. Expectations:

- a. Students are expected to complete these assignments. Most of this will mean that you simply participate in the classroom activity for the day.
- b. Students need to bring a **charged Chromebook** to every class.
- c. Being absent from class does not excuse students from the assignment. Students must make them up outside of class and then get them approved by their teacher.

3. Grading Scale:

- a. The following grading scale will be used for **each class period**
 - i. 10 pts - full participation and completed assignments
 - ii. 5 pts - “below average” participation (either did not take assignment seriously by just click through things or did not fully participate)
 - iii. 0 pts - no participation

Scope & Sequence

FUTURE FOCUS SEL Lessons				
Week	Date	Topic	Post Date	Due Date
Week 2	August 27	Lesson A: Self Assessment - PRE	August 25	September 3
Week 4	September 10	Lesson B: Self Awareness (Personal Values)	September 8	September 17
Week 6	September 24	Lesson C: Self Awareness (Mindfulness)	September 22	October 1
Week 8	October 8	Lesson D: Self Awareness (Role-Playing)	October 6	October 15
Week 10	October 22	Lesson E: Social Awareness (Active Listening)	October 20	October 29
Week 12	November 5	Lesson F: Social Awareness (Empathy)	November 3	November 12
Week 14	November 19	Lesson G: Social Awareness (Gratitude)	November 17	November 26
Week 16	December 10	Lesson H: Self Management (Community)	December 8	December 17
Week 19	January 14	Lesson I: Self Management (Self Care)	January 12	January 21
Week 21	January 28	Lesson J: Self Management (Self Control)	January 26	February 4
Week 23	February 11	Lesson K: Relationship Skills (Toxic Relationships)	February 9	February 18
Week 25	February 25	Lesson L: Relationship Skills (Restorative Practices)	February 23	March 4
Week 27	March 11	Lesson M: Relationship Skills (Conflict Resolution)	March 9	March 18
Week 29	April 1	Lesson N: Responsible Decision Making (Emotions)	March 30	April 8
Week 31	April 15	Lesson O: Responsible Decision Making (Social Media)	April 13	April 22
Week 33	April 29	Lesson P: SEL Self Assessment - POST	April 27	May 6