

# Early College Academy of Columbus

## 12th Grade Advisory Guide

### Social and Emotional Learning Lesson Guide for the Classroom and Advisory

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*"If even one person in a school knows him well enough to care, a student's chances of success go up dramatically. In small groups that can focus on a range of subjects, teachers and students are forming new bonds and setting new standards for a more personal education." (Horace, September 1990).*

High school advisory programs and social and emotional learning in the classroom allow students to discuss and address certain issues that are unique to a high school student's life. As the advisory or discussion leader, your role is to listen and respond to students, asking open rather than closed questions and working to create an engaging climate of trust, sharing, participation and self-reflection among your students.

Connect with Kids video resources, along with discussion questions and activities, provide the platform. Business experts call it "see-feel-change," fueling action by sparking emotion. Connect with Kids calls it educating the heart: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and challenges, sometimes referred to as "strength in numbers."

This is a suggested guide for high school classroom and advisory session video and print resources, all of which stream on Connect with Kids WebSource websites.

#### **Questions?**

Please contact Connect with Kids Client Support at [888.598.KIDS \(5437\)](tel:888.598.KIDS) or email [info@cwknetwork.com](mailto:info@cwknetwork.com).

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| Session | Topic                        | Program Title                                      | Description   |
|---------|------------------------------|--|---|
| 1.      | College and Career Readiness | <a href="#">What's a Responsible College Visit</a> | High school seniors around the country are in the process of deciding where to go to school next year. While a big part of that decision hinges on their visits to college campuses, what goes on during those visits may be of a surprise to many. Watch this short video and hear from students, along with expert advice on making the most of college visits. |
| 2.      | College and Career Readiness | <a href="#">College Myths Part 1</a>               | From what colleges require for admission to importance of high school grades, teens make during high school, there are plenty of misconceptions about what it takes to get into college. Watch this short video to hear from students – and experts – about what teens and their parents should know about common misconceptions.                                 |
| 3.      | College and Career Readiness | <a href="#">College Myths Part 2</a>               | From high school and college courses to financial aid, there are plenty of misconceptions about what it takes to get into college. Watch this short video to hear from students — and experts — about what teens and their parents should know about common misconceptions.   |
| 4.      | College and Career Readiness | <a href="#">College Exploration</a>                | This session will allow students to discuss and explore college majors and where each area of study might lead.   |
| 5.      | Life Skill Development       | <a href="#">The Empathy Deficit</a>                | Are remote online connections impacting care and compassion? This short video explores today's lack of face-to-face communication and competition, sometimes known as "Facebook depression." Discussion questions are included on the website page.   |

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| 6.      | Health and Wellness          | <a href="#">Teen Depression</a>       | Research from Columbia University finds that nearly half of all 19 to 25 year olds suffer from some type of psychiatric disorder: depression, anxiety, phobias, or addiction. Some of the disorders are mild and some are not. What can be done to help?                                  |
| 7.      | Life Skill Development       | <a href="#">Self-Control</a>          | A short video featuring teen Dan O'Brien, whose lack of self-control led down the dark path of drug and alcohol addiction. He is now learning new strategies to combat the daily struggle with his obsession. Download the accompany lesson plan and classroom activity: Make a Decision. |
| 8.      | College and Career Readiness | <a href="#">Organizational Skills</a> | Students will review tasks and the thought process to organize college visits.  |
| 9.      | College and Career Readiness | <a href="#">Test Taking Skills</a>    | Students will review a five-step strategy and test-taking tips for completing multiple choice test questions.   |
| 10.     | College and Career Readiness | <a href="#">Research Strategy</a>     | Students will discuss steps in researching topics and review MLA (Modern Language Association) citation structure.  |
| 11.     | College and Career Readiness | <a href="#">Study Skills</a>          | Students will discuss "writer's block" issues and strategies for outlining and constructing a research paper or essay.  |

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| 12.     | College and Career Readiness | <a href="#">Map Short-term Goals</a>                            | Students will discuss short-term versus long-term goals, and will complete an exercise to map short-term goals.  |
| 13.     | College and Career Readiness | <a href="#">Career Exploration</a>                              | Students will explore different career options and get a better understanding of what they would like to do in the future.   |
| 14.     | College and Career Readiness | <a href="#">Interview Skills: A Cover Letter</a>                | Students will review the interview process and the role of a cover letter to accompany a resume, and will draft a cover letter sample.   |
| 15.     | College and Career Readiness | <a href="#">Interview Skills: Creating a Personal Portfolio</a> | Students will review the concept of a career portfolio and review required skills and materials that could provide support during a job interview.                               |
| 16.     | College and Career Readiness | <a href="#">Calculating Your GPA</a>                            | Students will review their transcript and learn to calculate their Grade Point Average.  |
| 17.     | Health and Wellness          | <a href="#">Dating Violence Someone You Know Part 1</a>         | When it comes to physical violence like rape and assault, and emotional violence like control and manipulation experts advise that the greatest danger is from someone you know. |
| 18.     | Health and Wellness          | <a href="#">Dating Violence Someone You Know Part 2</a>         | Watch Theresa Densmore's story of physical and emotional abuse to see how jealousy and control issues can turn to violence.  |

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| 19.     | Health and Wellness          | <a href="#">Dating Violence Someone You Know Part 3</a> | Talking about dating violence became Tom Santoro's mission when his 18-year-old daughter was beaten to death by her ex-boyfriend after she broke up with him.  |
| 20.     | Health and Wellness          | <a href="#">Dating Violence Someone You Know Part 4</a> | Lorena Castellanos, a rape survivor, shows the courage to come forward in order to help others understand criminal laws about rape.  |
| 21.     | Health and Wellness          | <a href="#">Dating Violence Someone You Know Part 5</a> | While studies show the majority of rape and assault victims are females, experts say that means stopping the violence is largely a men's issue.  |
| 22.     | Life Skill                   | <a href="#">Civility</a>                                | Watch the story of three boys and hazing experiences at their high school to launch a discussion on appropriate behavior and civility.   |
| 23.     | College and Career Readiness | <a href="#">Trading College for a Trade</a>             | Today more than ever parents and kids might think that a college education is a requirement for a good job and a prosperous life. There just might be a tradeoff. According to the Bureau of Labor Statistics, there are good opportunities and life-long careers in lots of trades. When it comes to career planning, there are many options to consider, in addition to college. |
| 24.     | College and Career Readiness | <a href="#">Career Anxiety</a>                          | There is growing evidence that kids today are more worried about their future than previous generations. Whether they're involved in sports, clubs or academics, kids today are quickly learning that competition is a part of life. Watch this program to hear from kids about the competition and anxiety they face and feel, and what adults can do to help.                    |

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| Session | Topic                               | Program Title   | Description  |
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| 25.     | Life Skill Development              | <a href="#"><u>Building Social Capital</u></a>                        | Watch the story of Itoro Ufot. His grades were slipping, and he started getting into more trouble because he had a difficult time finding an outlet for his anger. See how he got back on track by starting to give back to his community.   |
| 26.     | Life Skill Development              | <a href="#"><u>Overcoming Stereotypes and Conflict Resolution</u></a> | See how students at one Los Angeles high school were able to combat racial tensions and foster an environment of cooperation.  |
| 27.     | Culturally Relevant Education (CRE) | <a href="#"><u>Avoiding High Risk Behavior</u></a>                    | Victor Ramirez says he was 12 when he started smoking cigarettes. Marijuana followed and soon, getting high before and after school “became natural.” Learn about the unintended consequences of our decisions and our upbringing.   |
| 28.     | Attendance and Achievement          | <a href="#"><u>The Importance of Attendance</u></a>                   | Students give lots of reasons for missing school. Watch this video to launch a discussion about encouraging students to take charge of their education – in the final high school and upcoming college days ahead.   |
| 29.     | College and Career Readiness        | <a href="#"><u>Becoming College and Career Ready</u></a>              | Meet Glen Curtis, who challenged himself to overcome shyness and become a more engaging and interesting person.  |
| 30.     | Reflection                          | Giving Thanks and Paying it Forward                                   | Request that each senior will write a letter of thanks to one person who really made a difference to him or her during their high school years. Then request that each senior will write a letter to an incoming freshman with advice for making the most of her or her four upcoming high school years. Collect these letters and include them in Advisory welcome packets for incoming freshmen. |