



## **Personal Competencies Program Outline**

### **UNIT 1: SELF-AWARENESS**

#### **Area of Focus 1.01: Understanding Your Brain**

- Lesson 1: Your Unique Brain
- Lesson 2: Learning Styles
- Lesson 3: Personality Types
- Lesson 4: Mental Health

#### **Area of Focus 1.02: Mindfulness**

- Lesson 1: Mindlessness
- Lesson 2: Mindfulness: An Introduction
- Lesson 3: Understanding Context
- Lesson 4: Living in the Present
- Lesson 5: Process Before Outcome
- Lesson 6: Mindfulness in Relationships
- Lesson 7: Mindfulness and Health

#### **Area of Focus 1.03: Consciousness**

- Lesson 1: Waking Up to the World Around You
- Lesson 2: Conscious Decision-Making
- Lesson 3: Self-Awareness

#### **Area of Focus 1.04: Victimization vs. Empowerment**

- Lesson 1: We Always Have a Choice
- Lesson 2: Self-Pity and Responsibility
- Lesson 3: Blame Game
- Lesson 4: Choosing Empowerment

### **Area of Focus 1.05: Fear**

- Lesson 1: Understanding Fear
- Lesson 2: Irrational Fears
- Lesson 3: Facing and Overcoming Our Fears

### **Area of Focus 1.06: Core Values**

- Lesson 1: What Are Your Core Values?
- Lesson 2: From Where Do Our Values Come?
- Lesson 3: Let Your Values Shape Your Behavior

### **Area of Focus 1.07: Passion and Purpose**

- Lesson 1: Not Being Afraid to Dream
- Lesson 2: Carpe Diem
- Lesson 3: From Passion to Purpose
- Lesson 4: Is It Worth It?

### **Area of Focus 1.08: Self Worth**

- Lesson 1: Self-Image
- Lesson 2: Labels
- Lesson 3: Stop Trying to Be Perfect
- Lesson 4: Conformity
- Lesson 5: A Worthy Self

### **Area of Focus 1.09: Anxiety and Depression**

- Lesson 1: How Anxiety Affects Your Life
- Lesson 2: Anxiety Disorders
- Lesson 3: Depression: Not Just the “Blues”
- Lesson 4: Seeking Help

### **Area of Focus 1.10: Suicide Prevention**

- Lesson 1: Signs and Risk Factors
- Lesson 2: How to Find Help
- Lesson 3: How to Be a Go-To or Support System

## **UNIT 2: SELF-MANAGEMENT**

### **Area of Focus 2.01: Stress Management**

- Lesson 1: Stressors
- Lesson 2: The Effects Stress Has On Us
- Lesson 3: Stress Management

### **Area of Focus 2.02: Goal Setting**

- Lesson 1: Turning Dreams Into Realities
- Lesson 2: Putting the Plan Into Action
- Lesson 3: Evaluation: What Comes Next?

### **Area of Focus 2.03: Assertiveness**

- Lesson 1: Being Assertive
- Lesson 2: "I" Messages
- Lesson 3: Assertive, Not Aggressive
- Lesson 4: Assertive, Not Passive

### **Area of Focus 2.04: Optimism**

- Lesson 1: Silver Linings: What Is Optimism?
- Lesson 2: Mindset Change
- Lesson 3: Positive Self-Talk
- Lesson 4: The Power of Positive Thinking

### **Area of Focus 2.05: Self-Control**

- Lesson 1: Impulse Control
- Lesson 2: Learning to Self-Regulate Your Emotions
- Lesson 3: Learning to Control the Self

### **Area of Focus 2.06: Anger Management**

- Lesson 1: Root Cause: Why Are You Angry?
- Lesson 2: Positive Anger
- Lesson 3: Learning to Control Your Anger

### **Area of Focus 2.07: Perseverance**

- Lesson 1: A Mindset of Perseverance
- Lesson 2: In the Face of Adversity
- Lesson 3: True Grit

### **Area of Focus 2.08: Integrity**

- Lesson 1: Integrity vs Success
- Lesson 2: Integrity and Consistency
- Lesson 3: Integrity in Relationships

### **Area of Focus 2.09: Self-Motivation**

- Lesson 1: Self-Reliance
- Lesson 2: Intrinsic and Extrinsic Motivation
- Lesson 3: How To Motivate Yourself

## **UNIT 3: SOCIAL AWARENESS**

### **Area of Focus 3.01: Compassion**

- Lesson 1: What Does Compassion Look Like?
- Lesson 2: Why Do We Struggle with Compassion?
- Lesson 3: How to Be Compassionate
- Lesson 4: Empathy vs Sympathy

### **Area of Focus 3.02: Prejudice**

- Lesson 1: Racism
- Lesson 2: Sexism
- Lesson 3: Ageism
- Lesson 4: Classism
- Lesson 5: Privilege

### **Area of Focus 3.03: Open-Mindedness**

- Lesson 1: What is Truth?
- Lesson 2: Personal Truth
- Lesson 3: Keeping An Open Mind
- Lesson 4: Tolerance

### **Area of Focus 3.04: Bullying**

- Lesson 1: Why I Bully You
- Lesson 2: When You Are Bullied
- Lesson 3: Cyberbullying
- Lesson 4: Don't Be A Bystander...Speak Out
- Lesson 5: Be A Friend Instead

### **Area of Focus 3.05: Social Intelligence**

- Lesson 1: Wired to Connect
- Lesson 2: Our Relationships Shape Us
- Lesson 3: Social Identity
- Lesson 4: Social Bias

### **Area of Focus 3.06: Cultural Awareness**

- Lesson 1: A Diverse World
- Lesson 2: Who Am I In the World?
- Lesson 3: What Can I Learn From Other Cultures?

## **UNIT 4: RELATIONSHIP SKILLS**

### **Area of Focus 4.01: Trustworthiness**

- Lesson 1: Fostering an Environment of Trust
- Lesson 2: Trust Is the Glue That Holds Together Relationships
- Lesson 3: A Broken Trust Is Hard to Repair

### **Area of Focus 4.02: Collaboration**

- Lesson 1: Why You Need the Group
- Lesson 2: How to Find Your Role In the Group
- Lesson 3: How to Work As a Team
- Lesson 4: What Positive Collaboration Can Lead To

### **Area of Focus 4.03: Communication**

- Lesson 1: Communication Skills
- Lesson 2: Nonverbal Communication/Body Language
- Lesson 3: Learning When to Listen

### **Area of Focus 4.04: Leadership**

- Lesson 1: Follow The Leader
- Lesson 2: A Humble Leader
- Lesson 3: Own Up to Your Mistakes
- Lesson 4: Fostering An Environment for Teamwork

### **Area of Focus 4.05: Forgiveness**

- Lesson 1: Choosing Forgiveness: Big Pain
- Lesson 2: Choosing Forgiveness: Daily Ritual
- Lesson 3: Choosing Forgiveness: Yourself
- Lesson 4: Choosing Forgiveness: Forgive, But Don't Forget

### **Area of Focus 4.06: Respect**

- Lesson 1: Respect for Others
- Lesson 2: Respect for Yourself
- Lesson 3: Respect is Earned, Not Taken

### **Area of Focus 4.07: Gratitude**

- Lesson 1: The Art of Thankfulness
- Lesson 2: Attitude of Gratitude
- Lesson 3: Gratitude and the Power of Positive Thinking

## **UNIT 5: RESPONSIBLE DECISION-MAKING**

### **Area of Focus 5.01: Responsible Decision-Making**

- Lesson 1: Time Management
- Lesson 2: Researching
- Lesson 3: Planning
- Lesson 4: Prioritizing
- Lesson 5: Evaluating

### **Area of Focus 5.02: Critical Thinking**

- Lesson 1: Thinking Critically
- Lesson 2: Asking Questions to Reach the Truth

### **Area of Focus 5.03: Problem Solving**

- Lesson 1: Problem-Solving Process
- Lesson 2: Think Outside of the Box
- Lesson 3: Choosing the Best Solution