

Pitman Public Schools Curriculum Guide

Aligned to the 2020 New Jersey Student Learning Standards
(Revised and Adopted in 2016 for Math and ELA)

ENGAGING STUDENTS • FOSTERING ACHIEVEMENT • CULTIVATING 21ST CENTURY GLOBAL SKILLS

COURSE INFORMATION	
Content Area: School Counseling/Character Education	
Course Title: Social Emotional Learning Curricula	Grade Level(s): 6-8

EXECUTIVE DESCRIPTION OF THE COURSE	
<p>Course Overview: Students in grades 6-8 will participate in lessons that focus on social emotional learning. Students will be engaged in lessons aimed at developing the following SEL competencies. Lessons will be differentiated at each grade level--using different materials/resources/activities.</p> <ul style="list-style-type: none"> -Self Awareness -Self- Management -Social Awareness -Responsible Decision Making -Relationship Skills 	
<p>List of resources/support materials:</p>	<p>Mindset- by Carol Dweck</p> <p>Information, articles and variations of lessons provided by GLSEN and www.nonamecalling.org</p> <p>Specific materials needed for each lesson are listed inside the activities portion of each lesson.</p>

COURSE TIMELINE		
UNIT #	DESCRIPTION OF CONTENT (BY UNIT)	Length of Unit
1	<p>Self-Awareness</p> <ul style="list-style-type: none"> ● Recognize one’s feelings and thoughts 	40-45 minutes

Building on our unique traditions, the mission of the Pitman School District, in partnership with families and our community, is to educate all students through exceptional learning experiences to be discerning, ethical, confident citizens. All students will satisfy the requirements of the New Jersey Student Learning Standards.

	<ul style="list-style-type: none"> ● Recognize the impact of one’s feelings and thoughts on one’s own behavior ● Recognize one’s personal traits, strengths, and limitations ● Recognize the importance of self-confidence in handling daily tasks and challenges 	
2	<p>Self-Management</p> <ul style="list-style-type: none"> ● Understand and practice strategies for managing one’s own emotions, thoughts, and behaviors ● Recognize the skills needed to establish and achieve personal and educational goals ● Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one’s goals 	35-40 minutes
3	<p>Social Awareness</p> <ul style="list-style-type: none"> ● Recognize/identify thoughts and feelings and perspectives of others ● Demonstrate an awareness of differences among individuals, groups and other cultural backgrounds ● Demonstrate an understanding for the need of for mutual respect when viewpoints differ ● Demonstrate an awareness of the expectation for social interaction in a variety of settings 	45
4	<p>Responsible Decision-Making</p> <ul style="list-style-type: none"> ● Develop, implement, and model effective problem solving and critical thinking skills ● Identify the consequences associated with one’s action in order to make constructive choices ● Evaluate personal, ethical, safety and civic impact of decisions 	45
5	<p>Relationship Skills</p> <ul style="list-style-type: none"> ● Establish and maintain healthy relationships ● Utilize positive communication and social skills to interact effectively with others ● Identify ways to resist inappropriate social pressure ● Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways 	45

	<ul style="list-style-type: none"> Identify who, when, where or how to seek help for oneself or others when needed 	
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OTHER INFORMATION	
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