

Mind Matters

FC13 – Counseling and Mental Health I
GRADES 9-12

STRAND 1 – Analyze self-awareness and management techniques.	
OBJECTIVE	LESSON
<p>1.01 Understand personal needs and characteristics for interpersonal relationships.</p>	<p>Lesson 3: The Difference Between Emotion and Thought / The Internal Journal</p> <ul style="list-style-type: none"> • Expressing Emotion or Thought <p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness <p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> • Mapping Your Support System • Wheel of Awareness <p>Lesson 6: Compassion for The Hijacked Brain</p> <ul style="list-style-type: none"> • Introduction of Trauma and ACES Questionnaire • Further Information on Trauma • Effects of Trauma on the Brain and Behavior • ACE Response Checklist • HOPE: Methods to Build Your Brain <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • Your Road Map for Life • SMARTER Goals • Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> • Asking for Help
<p>1.02 Understand the effects of different types of interpersonal relationships on personal development.</p>	<p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> • Mapping Your Support System • Wheel of Awareness <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • Tell Someone

	<p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> Asking for Help
<p>1.03 Understand strategies to promote physical, emotional, intellectual, and social development.</p>	<p>ALL Lessons/Activities</p>
<p>1.04 Understand strategies for making responsible decisions.</p>	<p>Lesson 1: Self-Soothing</p> <ul style="list-style-type: none"> Introduction to <i>Mind Matters</i>/Marshmallow Activity <p>Lesson 9: Let's Get Moving</p> <ul style="list-style-type: none"> Exercise Plan <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> Your Road Map for Life SMARTER Goals Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> Code of Honor/The Honor Shield Asking for Help <p>Lesson 12: The Ongoing Journey</p> <ul style="list-style-type: none"> Personal Agreement Contract
<p>1.05 Analyze the effects of diverse perspectives, needs, and characteristics of individual and families.</p>	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> Building Empathy Loving Kindness
<p>STRAND 2 – Understand strategies to manage interpersonal relationships.</p>	
<p>OBJECTIVE</p>	<p>LESSON</p>
<p>2.01 Understand the functions and expectations of various types of relationships.</p>	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> Building Empathy Loving Kindness <p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> Mapping Your Support System <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> Asking for Help

<p>2.02 Understand the processes for building and maintaining interpersonal relationships.</p>	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness
<p>2.03 Understand communication skills that contribute to positive relationships.</p>	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness
<p>2.04 Understand management strategies for various types of interpersonal relationships across the lifespan.</p>	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness <p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> • Mapping Your Support System • Wheel of Awareness
<p>STRAND 3 – Analyze the family life cycle.</p>	
<p>OBJECTIVE</p>	<p>LESSON</p>
<p>3.01 Understand the effects of family as a system on individuals and society.</p>	<p>Lesson 6: Compassion for The Hijacked Brain</p> <ul style="list-style-type: none"> • Introduction of Trauma and ACES Questionnaire • Further Information on Trauma • Effects of Trauma on the Brain and Behavior
<p>3.02 Understand the effects of various stages of the family life cycle on interpersonal relationships.</p>	<p>N/A</p>
<p>3.03 Understand the management of resources to meet individual and family goals across the lifespan.</p>	<p>N/A</p>
<p>3.04 Analyze the impact of conditions that influence the well-being of individuals and families.</p>	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness <p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> • Mapping Your Support System • Wheel of Awareness <p>Lesson 6: Compassion for The Hijacked Brain</p>

	<ul style="list-style-type: none"> • Introduction of Trauma and ACES Questionnaire • Further Information on Trauma • Effects of Trauma on the Brain and Behavior • ACE Response Checklist
3.05 Analyze services for individuals and families with a variety of conditions that their well-being.	N/A
STRAND 4 – Apply career literacy skills.	
OBJECTIVE	LESSON
4.01 Understand career paths within counseling and mental health.	N/A
4.02 Apply teamwork and leadership skills in the family, workplace, and community.	Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness <ul style="list-style-type: none"> • Mapping Your Support System Lesson 9: Let’s Get Moving <ul style="list-style-type: none"> • Join a Team or Club/Self Defense
4.03 Understand effective conflict prevention and management techniques.	Lesson 4: Building Empathy <ul style="list-style-type: none"> • Building Empathy
4.04 Understand the effect of personal interests, abilities, goals, and priorities on career choice.	Lesson 10: Life of Intention <ul style="list-style-type: none"> • Your Road Map for Life • SMARTER Goals Lesson 11: Code of Honor / Asking for Help <ul style="list-style-type: none"> • Code of Honor/The Honor Shield
4.05 Understand how to utilize transferable knowledge, attitudes, and technical and employability skills in school, community, and workplace settings.	N/A