

## Unit 4: Well Being & Self Care

**Unit #:** APSDO-00116752

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**Grade(s):** 12

**Subject(s):** School Counseling

**Course(s):** GR. 12 - SCHOOL COUNSELING

### Unit Focus

In this unit, students will learn additional skills and be further encouraged to balance and manage life events, personal issues, and school success. Students will demonstrate the ability to self-regulate all emotions, employ effective decision making, and promote his/her agency in order to transition successfully to post-secondary life.

### Stage 1: Desired Results

Established Goals	Transfer	
<b>Standards</b> <ul style="list-style-type: none"> <li>Avon School Counseling Standards (CT 2020) <ul style="list-style-type: none"> <li><i>School Counselling</i> <ul style="list-style-type: none"> <li><b>SOCIAL/EMOTIONAL DEVELOPMENT</b> <ul style="list-style-type: none"> <li>Demonstrate an understanding of how individual actions can impact relationships, environments, and influence other people. (SE1)</li> <li>Demonstrate the ability to make decisions, think divergently, and take steps to achieve desired outcomes. Able to overcome challenges and obstacles and develop positive coping strategies and build resilience. (SE3)</li> <li>Demonstrate an understanding of the relationship between practicing self-care, healthy sense of self, and personal well-being. (SE4)</li> </ul> </li> </ul> </li> </ul> </li> </ul>	<i>What kinds of long-term, independent accomplishments are desired? Students will be able to independently use their learning to...</i>	
	T1 Demonstrate the ability to self-regulate negative emotions, control impulses, and motivate themselves in all environments  T2 Develop skills to balance and manage life events, personal issues, and school success	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>What specifically do you want students to understand? What inferences should they make? Students will understand that...</i>	<i>What thought-provoking questions will foster inquiry, meaning making, and transfer? Students will keep considering...</i>
	U1 (U7) Mindfulness is a process of bringing your mind to the present by paying attention to your moment to moment experiences.  U2 (U8) Practicing mindfulness techniques may positively impact how you manage emotions, stress, and anxiety.	Q1 (Q154) What do I turn to when I am sad, frustrated, bored and/or overwhelmed to make me feel better?  Q2 (Q155) What does it feel like to be calm? How do I get myself there?  Q3 (Q201) How do I listen and respond to others' ideas and suggestions?  Q4 (Q202) How do I describe what I'm feeling?  Q5 (Q16) What causes me stress? What mindfulness techniques can I practice to reduce this feeling?  Q6 (Q17) How can being mindful shape my experiences?
	Acquisition	
	Knowledge	Skill(s)

	<p><i>What facts and basic concepts should students know and be able to recall? Students will know...</i></p> <p>K1 The concept of a growth mindset</p> <p>K2 Mental health is an important part of overall health</p> <p>K3 All individuals experience stress and anxiety</p> <p>K4 Individuals can improve their overall mental health by utilizing SEL skills and strategies</p>	<p><i>What discrete skills and processes should students be able to use? Students will be skilled at...</i></p> <p>S1 Understanding one's own emotions, thoughts, and values</p> <p>S2 Recognizing one's strengths and limitations</p> <p>S3 Seeking support and help when needed</p> <p>S4 Implementing learned social and emotional learning skills and strategies in their lives</p>
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