

Orientation SEL topics:

Week 1: Self-awareness

- ☐ Learner Interests
- ☐ Transition expectations
- ☐ Thoughts, feelings, and behavior relation
- ☐ Self-Efficacy
- ☐ Growth mindset
- ☐ Positive self-worth
- ☐ Feedback?
- ☐ Self-advocacy/asking for help

Week 2: Relationship skills & self-management

- ☐ Personal life, professional life
- ☐ Building a support network
- ☐ Wellness strategies
- ☐ Support needs

Week 3: Self-awareness

- ☐ Identifying strengths
- ☐ Identifying growth areas
- ☐ Basics of goal setting, differences between short-term & long-term goals
- ☐ Setting one's own short-term & long-term goals

Week 4-5: Self-management - Executive Function

- ☐ Executive function (& strategies)
 - ☐ Attention
 - ☐ Working memory
 - ☐ Verbal reasoning
 - ☐ Cognitive flexibility
 - ☐ Planning
 - ☐ Organization
 - ☐ Self (inhibitory) control
 - ☐ Metacognition
 - ☐ Task initiation
 - ☐ Monitoring Tasks
 - ☐ Problem solving

Week 6: Relationship skills

- ☐ Communication skills overview
- ☐ Active listening
- ☐ Sharing thoughts, feelings, and opinions
- ☐ Adapting communication style to audience
- ☐ Group activity skills

Additional elements for SEL curriculum work:

→ Weekly SWOT analysis: strengths, weaknesses, opportunities, threats

- Self-assessment & clinician assessment of specific SEL behaviors every 1-2 weeks?
Consider time frame for continual assessment that is not overly involved, leaves time for learning but is still comprehensive



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