



# Course Syllabus

## COURSE: SOCIAL & EMOTIONAL SUCCESS

**Course Title:** Social & Emotional Success

**School Level:** Middle School and High School

### *Course Purpose & Objective:*

Our social lives and our emotions are two important aspects that contribute to our happiness. In this course, you will focus on understanding and controlling your emotions, and explore how to balance that with a meaningful and vibrant social life. Get ready to go to the next level.

### *Description:*

Social & Emotional Success is a course designed to strengthen a student's social capacity and their emotional intelligence. Through a study of mindfulness, students develop a strong sense of self, enabling them to develop successful relationships, make healthy decisions, and achieve their goals.

In this course, students use a systematic approach to apply knowledge, attitudes, and skills to manage their emotions and social connections. By participating in the activities and discussions in this course, students will learn how to empathize with others and create long-lasting relationships. Upon completing this course, students will be empowered with the skills to identify problems, utilize critical thinking to evaluate and reflect on solutions, and engineer their own philosophy towards mindfulness.

### *Course Outcomes:*

After completing this course students will be able to:

1. Manage healthy decision making, evaluate different social skills they want to enhance, build and sustain healthy relationships and understand how to live from purpose.
2. Utilize and understand mindfulness practices, develop healthy communication skills and create a framework for positive self-awareness and self-management.

### *Course Outline:*

Unit 1: Important Life Skills

Unit 2: Mindfulness

### *Resources Included:*

Lessons include various multimedia components (e.g., videos, podcasts, discussions, assignments). Lesson content is embedded directly in the course and can be removed or reordered within the system. No additional costs or materials are needed to complete this course.

## ***Scoring System:***

Purpose Prep does not assign letter grades, issue diplomas, or grant credit for courses. A final score will be accessible and can be used by your local school or course facilitator for conversion to your own grading system.

## ***Graded Assignments:***

- Check on Learning Quizzes
- Call to Action Assignments
- End of Unit - Written Articles & Responses
- End of Unit - Assessment Quizzes
- End of Unit - Parent Involvement Activities

## ***Course Implementation & Schedule:***

This course is comprised of units and lessons and can be implemented in a single semester, trimester, or a full year of instruction. Courses are flexible and can be offered fully online, hybrid, or whole classroom. Lessons are sequenced purposefully within a unit, to ensure connections between larger ideas and concepts within that unit. However, all units and lessons can be customized into any order that suits the implementation.

## ***Instructional Support Services:***

Individual personalized support is provided by the Purpose Prep customer care department at [info@purposeprep.com](mailto:info@purposeprep.com).