



# Course Syllabus

## COURSE: UNLOCK YOUR PURPOSE

**Course Title:** Unlock Your Purpose

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

### *Course Purpose & Objective:*

Purpose is a powerful motivator for personal change and achievement, examining the why behind our choices. With a solid understanding of purpose, students will be empowered to make decisions that lead to a fulfilling life. Get ready to unlock the power of purpose and find satisfaction in life.

### *Description:*

Unlock Your Purpose is a course designed to help you achieve the maximum potential in your life. Instead of starting with what we want to do and how we choose to accomplish it, this course helps students unearth the purpose: why do we want to do it. When we start with our purpose, we discover the underlying factors, beliefs, and values that motivate us and drive our lives-- ultimately enhancing self-awareness and self-esteem.

In this course, students will investigate their why and identify the person they want to become. Yet, no matter how strong their self-awareness is, events will occur that will challenge them. This course allows students to examine what motivates them to keep pressing on and pushing through the pain of growth that is necessary to leading a fulfilling life.

By participating in activities and discussions in this course, students build the interpersonal and intrapersonal skills that lead to a life of purpose. Upon completing this course, students will understand how to balance the principles of happiness and success, the importance of helping others, the connection between internal thoughts and external communication, and how to build and maintain healthy relationships.

### *Course Outcomes:*

After completing this course students will be able to:

- Articulate and write out their life's mission, vision and purpose
- Understand the value of making memories, having adventures and creating daily meaningful experiences
- Evaluate how being positive or negative affects their thoughts, words and actions
- Understand the value of giving and how to make a difference in the world
- Create a personal leadership style that pulls from their identity, passions and desires

### *Course Outline:*

Unit 1: Mission, Vision, Purpose

Unit 2: Personal Experience

Unit 3: Thoughts, Words & Silence  
Unit 4: Identity  
Unit 5: Making a Difference  
Unit 6: Transformation

## ***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 80 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).