

Colorado CTE Course – Scope and Sequence

Course Name	Self-determination in daily living I		Course Details	1 semester	
			Course = 0.50 Carnegie Unit Credit	The intensity and duration of student support should be scaffolded and faded as students progress through levels *denotes priority unit	
Course Description	This course supports learners in gaining the ability to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #	Schedule calculation based on 60 calendar days of a 90-day semester. Scope and sequence allow additional time for guest speakers, student presentations, field trips, remediation, or other content topics.				
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills 2021 Version of PWR/Essential Skills					
Instructional Unit Topic <small>*cool curriculum resource: MBA Research - Course Package: Middle School Career Exploration (Download) #BB-CG12-34 (mbashop.org)</small>	Suggested Length of Instruction 1 Semester	<i>CASEL Competencies</i>	Competency / Performance Indicator	Outcome / Measurement	CTSO/PWR (essential) Skills/ICAP* Integration <small>*MS ICAP Quality Indicators</small>
Conflict Resolution		<ul style="list-style-type: none"> Social awareness: the ability to empathize with others and appreciate diversity Relationship skills: the ability to communicate, cooperate, and resolve conflicts with others 	Students will identify conflicts and use restorative questions and mediation to resolve them.	By the end of the lessons, students will be able to Identify conflicts they experience; Utilize restorative questioning; Understand the role and purpose of a mediator	Self-Awareness & Employability Skills

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Goal Setting		<ul style="list-style-type: none"> Responsible decision-making: the ability to make ethical and constructive choices 	<p>Students will learn to visualize, clarify, and establish concrete goals. Setting goals is an essential life skill that helps us find meaning by providing direction and steps to achieve our dreams.</p>	<p>This lesson introduces students to the practice of identifying their goals and breaking down the goals into manageable steps.</p>	<p>Self-Awareness & Employability Skills</p> <p>(SC)2</p>
Self-Compassion			<p>Practicing self-compassion is correlated with greater levels of happiness, optimism, life satisfaction, and success. This lesson introduces students to the concepts of self-compassion, taking the skill of practicing compassion towards others and applying it to themselves.</p>	<p>By the end of the lessons, students will be able to identify the importance of self-compassion and identify methods for practicing self-compassion</p>	<p>Self-Awareness & Employability Skills</p> <p>(SC)2</p>
Thoughts, Behaviors, and Emotions		<ul style="list-style-type: none"> Self-awareness: the ability to understand one's own emotions, strengths, and values Self-management: the ability to regulate 	<p>Behavior is directly related to thoughts and emotions. When students feel or think positively or negatively, they often behave accordingly. Understanding the triad of thoughts, feelings, and</p>	<p>By the end of the lessons, students will be able to identify the impact of thoughts and behaviors on emotions and identify methods for managing emotions through changing thoughts and behaviors</p>	<p>Self-Awareness & Employability Skills</p> <p>(SC)2</p>

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		one's emotions, behaviors, and goals	behaviors and how changing one of the three can change the others, ties together many of the skills and ideas taught in this program.		
Strengths and Weaknesses		<ul style="list-style-type: none"> ● Self-awareness: the ability to understand one's own emotions, strengths, and values ● Self-management: the ability to regulate one's emotions, behaviors, and goals 	Students can struggle to identify their strengths and weaknesses while understanding how to ask for help and use courage to face challenges. Students will first engage in conversation about their own strengths, weaknesses, and how to ask for help and use courage to face challenges.	By the end of the lessons, students will be able to identify their strengths and weaknesses; understand some tools to face a weakness; and identify a challenge they face and understand how to ask for help and use courage	Self-Awareness & Employability Skills
Understanding Self-Motivation Influences Goal-Setting & Self-Management		<ul style="list-style-type: none"> ● Self-awareness: the ability to understand one's own emotions, strengths, and values ● Self-management: the ability to regulate one's emotions, behaviors, and goals 	This lesson is designed to help students gain insight into their self-motivation tendencies and how these might influence their ability to set and work toward goals.	This lesson is designed to help students gain insight into their self-motivation tendencies and how these might influence their ability to set and work toward goals.	Self-Awareness & Employability Skills

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