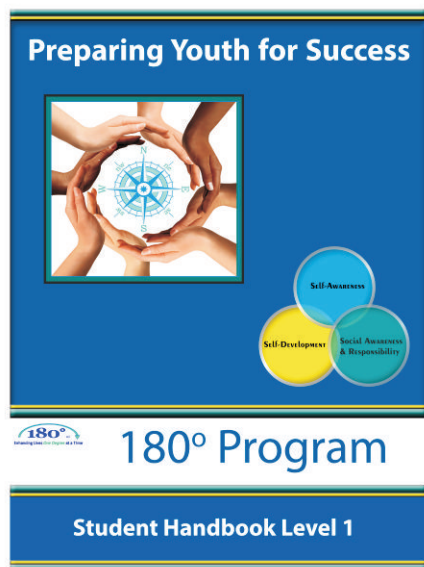


Small Steps: Big Dreams



A Personal Development Curriculum Designed to Support Middle and Junior High Students in a Social and Emotional Learning Environment.

*A Research Based Experiential Learning Curriculum
Aligned with National Common Core Academic Standards for English Language Arts*

- *Designed for the school or after-school setting*
- *Written in 6th-7th grade reading levels and may be adapted for high school use*
- *Includes a student handbook with weekly lessons, activities, tips and much more*
- *Program delivered throughout the entire academic year*
- *Program augments core academic subjects*
- *Outcome based curriculum measures academic and personal development:*
 - *academic achievement - attitude - motivation - goal achievement - organizational skills - self control -*
 - *decision making - communication skills - team work - leadership skills - citizenship -*

Self-Awareness:

- Self Reflection
- Core Values
- Critical Thinking
- Choices and Decisions

Self-Development:

- Time Management
- Setting Goals
- Emotional Intelligence
- Dealing with Stress
- Communication
- Conflict Management
- Collaboration

Social-Awareness & Responsibility:

- Leadership
- Citizenship
- Community Service

DEGREES OF CHANGE