

# **SOPHOMORE ESSENTIAL LEARNING EVIDENCES (14 STANDARDS):**

## **1. SOFT SKILLS:**

- I. All Sophomores will complete a module on the importance of effective **Teamwork** in various settings such as home, school, workplace or etc. at least once per semester.
- II. All Sophomores will review processes on **Conflict Resolution** and share strategies to help classmates at least once per semester.
- III. All Sophomores will review methods of positive **communication** habits by distributing positive communication strategies around the school at least once per year.
- IV. All Sophomores will demonstrate growth as a class by completing one **collaboration** project with another seminar at least once per year.

## **2. SELF-EFFICACY:**

- I. All Sophomores will engage in two activities which promote/show them **Growth Mindset** and how to overcome adversity at least once per semester.
- II. All Sophomores will demonstrate **goal setting** through a personalized plan they choose and the teacher helps monitor. This will consist of at least a short-term goal, and a long-term goal along with strategies/practices to help achieve these goals at least once per semester.
- III. All Sophomores will complete a modules dealing with **Coping Skills and Mental Health** at least once per semester.
- IV. All Sophomores will select, practice, and provide evidence of a **reflection** strategy such as journal reflections, meditations, etc. at least twice per semester.

## **3. RAIDER READINESS:**

- I. All Sophomores will complete a “Passion Project”, based upon their **unique smartness** and interest at least once per year.
- II. All Sophomores will participate in a module or activity practicing **Time Management Skills** at least once a semester.
- III. All Sophomores will review the school **norms** and expectations of South Rowan and review/revise their own seminar norms at least once a year.

## **4. LIFE EXPLORATION:**

- I. All Sophomores will learn how to apply for jobs and complete a sample **job application** at least once a year.
- II. All Sophomores will complete two modules on **Career Exploration** to identify two fields they are interested in pursuing at least once per year.
- III. All Sophomores will complete a module on proper **driver safety** with emphasis on texting and driving at least once per year.