

FRESHMAN ESSENTIAL LEARNING EVIDENCES (16 STANDARDS):

1. SOFT SKILLS:

- I. All Freshmen will complete a module on identifying positive vs. negative **communication** habits and strategies at least once per year.
- II. All Freshmen will complete a module defining **teamwork** and how to be a positive, contributing team member at least once per semester.
- III. All Freshmen will complete a module on identifying positive and acceptable **conflict resolution** strategies and demonstrate an understanding of why these strategies should be used during times of conflict at least once per semester.
- IV. All Freshmen will demonstrate growth as a class by completing one **collaboration** project with another seminar at least once per year.

2. SELF-EFFICACY:

- I. All Freshmen will study and understand what a **growth mindset** is and how growth mindset aids in overcoming adversity at least once per semester.
- II. All Freshmen will demonstrate an understanding of the importance of **goal setting and reflection** by setting goals and tracking achievement towards goals at least once per semester.
- III. All Freshmen will complete a module on **Coping Skills and Mental Health** at least once per semester.

3. RAIDER READINESS:

- I. All Freshmen will complete a module on **iPad basic functions** including but not limited to: IAM, PowerSchool, Clever, Canvas, Self-Service, Creating/Saving/Exporting Documents to a PDF, Photo Booth, iBooks, Google Drive Functions, and keyboard shortcuts in the Fall semester.
- II. All Freshmen will discuss the purpose of **SRHS norms** and work to create a set of guiding norms for their seminar class in the Fall semester.
- III. All Freshmen will receive an introduction to and practice **identifying people on campus to assist them** such as Administration, Guidance, Media Center/Help Desk Staff, Cafeteria, Custodians, Coaches and Club Advisors in the Fall semester.
- IV. All Freshmen will participate in **school-spirit** building activities, outside of pep rallies, with their seminar at least once per semester.
- V. All Freshmen will learn and demonstrate an understanding of **time management/organizational strategies** and provide evidence of application to at least one course per semester.

4. SELF-REGULATION:

- I. All Freshmen will create a product to share with their peers on the importance of **physical health and hygiene** at least once per year.
- II. All Freshmen will complete a module on **impulse control** and reflect on how to incorporate at least one technique in their daily lives at least once per year.
- III. All Freshmen will complete a module on **self-care, stress management, and the importance of mental health awareness** at least once a semester.
- IV. All Freshmen will identify characteristics of **healthy vs unhealthy** relationships and discuss the effects of both types of relationships on individual mental health at least once per year.