

Course outline for Module 1

Paradigm

Leadership
Holding a vision
Social emotional intelligence

1 Know Who You Are

Learning style (Yours)
Strengths
Goals
Feelings
Social background (yours)
Resilience

2 Be Assertive

Face
Voice
Message
Body
Establish authority
Set expectations
Set rules
Have consequences
Confront behavior

3 Have Empathy

Take perspective
Show care

4 Connect in Community

Model social values
Honesty
Courtesy
Fairness
Respect
Humor
Kindness
Trust
Get support
Involve parents
Involve students
Work with administrators

5 Manage Feelings

Anger
Fear
Hopelessness
Self-talk
Physical sensations

6 Control Impulses

Stop reactions
Predict consequences

7 Make Decisions

Problem solve
Name the problem
Identify options
Weigh alternatives
Test solutions