Orientation SEL topics:

Week 1: Self-awareness

* Learner Interests
* Transition expectations
* Thoughts, feelings, and behavior relation
* Self-Efficacy
* Growth mindset
* Positive self-worth
* Feedback?
* Self-advocacy/asking for help

Week 2: Relationship skills & self-management

* Personal life, professional life
* Building a support network
* Wellness strategies
* Support needs

Week 3: Self-awareness

* Identifying strengths
* Identifying growth areas
* Basics of goal setting, differences between short-term & long-term goals
* Setting one’s own short-term & long-term goals

Week 4-5: Self-management - Executive Function

* Executive function (& strategies)
  + Attention
  + Working memory
  + Verbal reasoning
  + Cognitive flexibility
  + Planning
  + Organization
  + Self (inhibitory) control
  + Metacognition
  + Task initiation
  + Monitoring Tasks
  + Problem solving

Week 6: Relationship skills

* Communication skills overview
* Active listening
* Sharing thoughts, feelings, and opinions
* Adapting communication style to audience
* Group activity skills

Additional elements for SEL curriculum work:

* Weekly SWOT analysis: strengths, weaknesses, opportunities, threats
* Self-assessment & clinician assessment of specific SEL behaviors every 1-2 weeks? Consider time frame for continual assessment that is not overly involved, leaves time for learning but is still comprehensive

