

Family and Community Services Syllabus 2023-2024

OUR CLASS.... is designed for you to become the best version of yourself!

Teacher- Jeff Pair

Email- pairje@grisd.net

Conference Period Time – 10:36-11:25

Supplies Needed- Great Attitude

Tutorials – Thursday @ 7:30 a.m.

Late Work/ Make Up- No penalty! Turn it in

Assignments- 6-12 per 6 weeks

Homework- Few projects throughout the year.

Emergency Shutdown- Everything will be in Canvas

Electronic Devices Policy- I will let you know when you can use them.

IDENTITY UNIT

Students will:

- Discover information about their Personality Type Preferences
- Consider and list Goals, Hopes & Dreams
- Discuss and list individual Talents & Skills
- Look at and consider personal Strengths & Challenges
- Develop terms and descriptive statements about their Very Best Self • Create and end of Unit project, tying the above 5 points together

RELATIONSHIP UNIT

Students will:

- Discover the link between being their Best Self and being a Best Friend
- Consider how being a Positive Influencer/Leader affects Relationships
- Discuss the role Acceptance plays in Relationships and Self Care

- Learn about good Listening Skills and how to be present with others
- Look at the subtle fears/risks involved in connecting and reaching out to others
- Create and execute a plan to reach out to any selected school personnel and give them a note of appreciation, then record their experience
- Journal about what they have learned about the importance of building and maintaining Relationships as a way to thrive as an individual and society

EMPATHY UNIT

Students will:

- Discover the connecting key of empathy
- Consider the difference between Cognitive and Affective Empathy
- Discuss the role Empathy could have in improving health
- Learn about the different roles that Dopamine and Oxytocin play in people
- Explore various Keys to Connect with their peers
- Consider how their personality style preference for Thinking or Feeling effects empathy
- Consider how males and females in adolescence deal with empathetic skills and abilities
- Journal about their insights about the importance of strengthening their empathetic abilities

STRESS UNIT

Students will:

- Discover a better understanding of Stress
- Learn how the brain and body reacts to Stress
- Develop proven coping strategies in dealing Stress
- Consider the effects of Stress on friends and family and how to help
- Consider how their personality style preference for Judging and Perceiving effects Stress
- Consider that not all Stress is bad and how Stress affects peak performance
- Learn how "Fun Stress" may be a product of the developing adolescent brain
- Journal about their insights about dealing with Stress as a way to improve overall health

FOCUS UNIT

Students will:

- Discover and differentiate between Default Thinking and On Purpose Thinking
- Learn how personality style preferences affect focus
- Develop a better understanding of the Prefrontal Cortex
- Learn how to strengthen and mature the Prefrontal Cortex
- Discover how to develop a peak performance mindset to improve focus
- Discover how to implement Reflective Questioning with the use of an Issue Analysis template