

YOUTH SELF-AWARENESS (W137) COURSE OVERVIEW

COURSE OBJECTIVES

The objective is to present to teens a different way of thinking that can help them reach their true potential by overcoming erroneous subconscious beliefs about themselves.

COURSE CONCEPTS

UNIT 1: *BRIGHT POSSIBILITIES* - There are no dead-ends, just opportunities.

UNIT 2: *THOUGHTS=CONSEQUENCES* - Change your thoughts, change your life.

UNIT 3: *GROWTH vs. DECAY* - It is your choice!

UNIT 4: *FINDING SUCCESS* - Success comes when we think more of others.

UNIT 5: *AVOIDING ANGER* - Anger is a secondary emotion that can be controlled.

UNIT 6: *SKILLS FOR LIFE* - Social skills can raise you up or put you down.

UNIT 7: *MANAGING LIFE* - Be grateful for what you have and quit complaining.

COURSE COMMENTS

This is a cognitive restructuring course that focuses on bright possibilities. It can help teens discover avenues of positive thinking that they may not have been aware of before. It speaks to them in a different language that they can use for a lifetime. It helps them empower themselves and become productive citizens. If students never change their thinking, they can never change their behavior.

COURSE CRIMINOGENIC NEEDS MET

(1) Antisocial cognitions (2) Antisocial companions (3) Antisocial personalities
(4) Family relationships

COURSE REVIEW QUESTIONS

- Why can prior bad choices be opportunities for growth?
- What is your formula to have a happy, successful life?
- What is your definition of confidence?
- How can you see the true colors of a person?
- What is your definition of an adult child?
- If you are a \$2 thinking teen, what could be the results?
- What can happen to teens that worry about what others think of them?
- Why do you want to be a “fence post” and not a “willow” in the wind?
- What is the difference between a true friend and a user?
- Why don't your beginnings matter?
- Why will you get back what you put out, whether you like it or not?

NEW BEGINNINGS SELF-AWARENESS - W 137

EXIT TEST

1.
 0
 1
 0
2.
 0
 0
 Cooper
3.
 0
 family
 0
4.
 0
 doesn't know right from wrong.
 0
5.
 0
 lose control of their lives.
 0
6.
 0
 0
 observing what each produces, the results.
7.
 0
 seek out other \$2.00 people.
 0
8.
 0
 0
 has more power than the untruth.
9.
 what you have done in the past.
 0
 0
10.
 0
 feel validated and secure.
 0
11.
 because there is no happiness in doing wrong.
 0
 0
12.
 0
 0
 but I can't choose the consequences.
13.
 0
 0
 when you live the truth.
14.
 0
 0
 Volleyball
15.
 0
 0
 made correct choices
16.
 0
 feel better.
 0
17.
 you can't change what happened.
 0
 0
18.
 0
 a secondary emotion.
 0
19.
 0
 Tammy
 0
20.
 0
 0
 we have to change what we are doing.