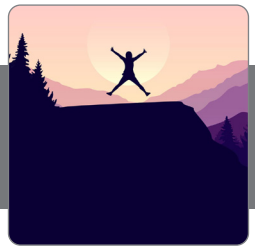
education lifeskills



BRIEF INTERVENTION COURSE (BIC 316)

Thinking Skills

COURSE DESCRIPTION

The *Thinking Skills* Brief course helps students understand how their thoughts shape their choices and their lives. Using the Life Scale of Truth, students learn to recognize negative self-talk, replace it with positive, truthful thinking, take responsibility for their actions, and build the habits that lead to lasting growth and happiness.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Students will explore the Life Scale of Truth.
- Students will learn to overcome self-defeating thoughts and behaviors.
- Students will increase awareness of how their thoughts contribute to their level of success.

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed at school in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.
- **Live Instruction**—Facilitator led digital curriculum, suitable for both in class or virtual.

COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
Course Format: eLearning
Item Number: BIC 316
eLearning Length: 76 Slides
Scientific Model: Cognitive Restructuring

STANDARDS MET

MTSS Tier 2

PBIS

Restorative Practices

Evidence-based Practices

eLEARNING ACTIVITIES

- Narration
- Story Telling
- Animation
- Gamification
- Animated Thoughts
- Self Assessments
- Interactive Images

PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- Parent Enrollment
- Customized eLearning platform
- School Referral

Choose positive thoughts, and live in growth.