



Find Your Grind's Future Ready Curriculum for MIDDLE SCHOOL

Overview

The curriculum is purposely organized and designed to meet students where they are on their middle school learning journey and guide them toward self-discovery, career exploration, and life planning. Students will develop self-awareness, learn essential future-proofing skills, and explore various career paths while considering their ideal lifestyle, financial well-being, and leadership potential, and how to balance it all.

The Future Ready Curriculum for Middle School is designed to foster students' growth mindset, critical thinking, and problem-solving skills. Clear learning objectives focus on competency-based skills, with a progression from basic to complex concepts. Authentic assessments evaluate students'

ability to apply knowledge in real-world scenarios. To accommodate diverse learners, the curriculum is organized into three grade levels that offer flexibility for schools to implement and differentiate as core or supplemental instruction.

The three curricula offerings—Future Edge, Future Proof, and Future Ready—introduce career readiness and social-emotional learning topics and build on each other. Each level is comprised of 10 curriculum units. Lessons within each unit start at approximately 30 minutes and include badge sets for independent learning and accompanying in-classroom and offline activities for both a flexible and comprehensive blended classroom experience.

Future Ready

Future Ready students are prepared for life's challenges and opportunities, regardless of their chosen path. They've developed strong social-emotional skills and explored a variety of career options that align with their interests and goals. The exploration and career-ready preparation helps them identify how their unique skills can lead to success in various fields.

The **Future Ready Framework** guides students on a personalized learning journey that fosters confidence, intuition, and expertise. As they progress, their knowledge, skills, and confidence grow, reinforcing their commitment to their goals.

By focusing on future-proofing skills and competency-based learning, this framework promotes educational equity and helps students become self-directed, successful individuals. Future Ready students are equipped to build strong relationships, contribute to society, and thrive in the future of work.

The **Future Ready Indicator** measures and tracks student growth in social-emotional learning and career readiness and builds over time.

Future Ready Competencies and Outcomes

- **Self Awareness:** Students will demonstrate their understanding of their personal strengths, skills, values, and behaviors through communication and life planning
- **Social Awareness:** Students will understand how they fit into the world around them. They will be able to communicate how they relate to other people, groups, and situations, and with respect to diverse perspectives and feelings of others
- **Career Awareness:** Students will identify how their skills and talents align with the industries and careers they can be successful in and will be empowered to thrive in the future of work
- **Action Awareness:** Students will demonstrate the ability to set actionable steps, explain progress, and be open to support and feedback while on the path to achieving their goals

When we can provide students with opportunities to learn about themselves—become self-aware by discovering their own strengths and values, empower them through their own discoveries—by providing them with career and life pathways that make sense and provide a sense of hope with ACTIONABLE and ATTAINABLE steps, short-term results can become long-term results with continued growth for not only students but educators, their colleagues, and their community.

Find Your Grind's Learning Pillars

The Learning Pillars are the core principles that guide Find Your Grind's content, messaging, and learning design. These pillars form the foundation of a **future-ready approach** to life, learning, and success. By measuring the experience through the **Future Ready Indicator**, we can assess students' progress toward achieving these essential competencies.



→ Flip the Script | GROWTH MINDSET

Let's shift our focus from passively asking 'what' you want to be to actively shaping 'who' you want to become and 'how' you want to live. This requires a growth mindset, embracing the idea that our abilities and identities are not fixed but can be developed through dedication and hard work. This shift from a career-first to a purpose-first narrative is essential for navigating a rapidly changing world. *(Outcome badge: Growth Mindset)*

→ Know Yourself | EMOTIONAL INTELLIGENCE

Self-discovery is a continuous journey of understanding your evolving identity. Every experience impacts who you become, shaping your emotional landscape. Through self-reflection and self-awareness, core components of emotional intelligence, you develop a deeper understanding of your values, motivations, and how your emotions influence your thoughts and actions, leading to a more purposeful and fulfilling life. *(Outcome badge: Emotional Intelligence)*

→ Mentors | INTERPERSONAL SKILLS

Mentors offer valuable insights and support, accelerating learning, clarifying goals, and expanding networks. The mentor-mentee relationship thrives on strong interpersonal skills, fostering open communication, active listening, and mutual respect. This reciprocal exchange benefits both parties, strengthening their interpersonal skills and contributing to personal and professional growth. *(Outcome badge: Interpersonal Skills)*

→ Explore Careers | CAREER READINESS

Opportunities are shaped by your awareness of the landscape. Exploring diverse career paths and industries is crucial for career readiness. By broadening your horizons and understanding the evolving nature of work, you can make informed decisions and proactively shape your career trajectory. *(Outcome badge: Career Readiness)*

→ Think, Write, and Talk About It | PROBLEM-SOLVING SKILLS

Self-reflection is essential for cultivating robust problem-solving skills, encompassing both decision-making and creative thinking. Through thoughtful examination of your experiences, values, and goals via thinking, writing, and discussion, you enhance your ability to identify and define problems, analyze them critically, generate creative solutions, and make well-informed decisions while also being able to communicate them. This multifaceted approach empowers you to navigate life's complexities with greater confidence and resourcefulness. *(Outcome badge: Problem-solving Skills)*

→ Change is Constant, Don't Get Stuck | EXECUTIVE FUNCTIONING

The accelerating pace of technological change demands strong executive functioning. Adapting to this constant evolution requires cognitive flexibility, planning skills, and the ability to manage information overload. Developing these executive functions—including working memory, attention control, and decision-making—is crucial for navigating uncertainty, embracing continuous learning, and thriving in a dynamic world. *(Outcome badge: Executive Functioning)*

Middle School SCOPE & SEQUENCE

Flexible Implementation Design & Framework

- Implementation of the Future Edge, Future Proof, and Future Ready curricula is designed for flexibility and differentiation to meet the needs of diverse learners and school organizations.
- Organized into three grade-level offerings, these curricula can be implemented by schools as either core or supplemental instruction, allowing for tailored integration into existing educational programs.
- Each level comprises ten units, progressively introducing and building upon career readiness and social-emotional learning topics. Individual lessons within each unit are designed to begin at approximately 30 minutes, providing a manageable timeframe for instruction.
- To further support diverse learning strategies and paces, each lesson incorporates badge sets for independent learning, empowering students to explore concepts at their own speed.
- These independent learning opportunities are complemented by in-class and offline activities, creating a comprehensive blended learning experience that can be adapted to both flexible and structured classroom environments.
- This multi-tiered approach ensures that schools can effectively integrate the curricula to best serve their unique student populations and educational goals.

FUTURE EDGE 6th Grade Curriculum

Curriculum Summary: The 10 unit curriculum focuses on building self-awareness, identifying interests, and exploring potential career paths. This curriculum is excellent for transition years into secondary education. Students will discover and demonstrate an understanding of personal values, strengths, and weaknesses, explore various career fields and industries, identify personal and academic goals aligned with interests, and develop effective communication and collaboration skills. Follow this sequential scope and sequence.

Implementation: This curriculum is excellent for transition years into secondary education (5th/6th). Lessons within each unit start at approximately 30 minutes and include badge sets for independent learning and accompanying in-classroom and offline activities for both a flexible and comprehensive blended classroom experience.

Overview

Starter Kit

- L1: Welcome to Future Edge
- L2: The Funnel
- L3: Why Ask Why?
- L4: What is Self-Reflection?
- L5: Find Your Grind's Explore Library
- L6: Developing My Portfolio

All About You

- L7: Your Strengths
- L8: Your Values
- L9: Your Personality
- L10: Your Interests
- L11: Habits & Drive
- L12: Goal-Setting About You

Relationships and You

- L13: Communication
- L14: The You Project

Brand and Network

- Future Edge Progress
- L15: What is a Brand?
- L16: What is a Network?
- L17: Starting Your Personal Brand
- L18: Introduction to Digital Integrity
- L19: Mentors & Mentorship

Opportunities

- Future Edge Progress
- L20: Future Proofing Skills
- L21: Power Skills
- L22: My Skills
- L23: What are Industries?
- L24: What are Career Pathways?
- L25: Career Day Presentations
- L26: Intro to Career Disruption & Transferable Skills
- L27: Career Simulation
- L28: Your Unique Pathway

Lifestyle

- Future Edge Progress
- L29: What is Lifestyle?
- L30: Gauge Your Lifestyle Now
- L31: Lifestyle Assessment Results Meaning
- L32: Explore Lifestyles
- L33: Lifestyle & Career Simulation
- L34: Begin Your Lifestyle Roadmap

Mindset and Balance

- L35: What is Planning?
- L36: What does Balance Mean?
- L37: Stress 101
- L38: Mindset
- L39: Time Management
- L40: Making a Plan

Leadership

- L41: Introduction to Leadership
- L42: Practice Leadership Skills
- L43: Peer Feedback

Money

- L44: Finance Terms
- L45: Making Money
- L46: Budgeting
- L47: Lifestyle Meets Finances

Future Edge

- L48: Revisit Lifestyle Roadmap
- L49: Your Future Edge
- L50: Build Your Portfolio
- Future Edge Progress

Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be.

The "Starter Kit" unit introduces students to the concept of personal growth and self-discovery. It guides them through the process of setting goals and understanding the importance of self-reflection. The subsequent lessons delve deeper into these topics, exploring the use of tools like the "Explore Library" and creating a personal portfolio to track progress and visualize future aspirations.

All About You: The path to self-discovery is a reflective journey to who you really want to be.

The "All About You" unit focuses on self-discovery and personal development. It guides students through exploring their strengths, values, personality, interests, habits, and drive. By understanding these elements, students can set meaningful goals and create a personalized path towards achieving their aspirations.

Relationship and You: Cultivating meaningful relationships that inspire and enrich your life.

The "Relationships and You" unit focuses on building strong social connections. It explores the importance of effective communication and encourages students to engage in self-reflection and personal growth through the "You Project." By developing these skills, students can foster meaningful relationships that enrich their lives and contribute to their overall well-being.

Brand and Network: Explore and define how you want to represent yourself and how to build your network.

The "Brand and Network" unit focuses on personal branding and networking. It explores the concept of personal brands, the importance of building a strong network, and the role of digital integrity in online presence. The unit also introduces students to mentorship and the value of seeking guidance from experienced individuals.

Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.

The "Opportunities" unit focuses on career exploration and development. It introduces students to future-proofing skills, power skills, and transferable skills. By exploring various industries and career pathways, students can identify potential career paths and develop the skills needed to succeed in the future of work. The unit includes hands-on activities like career day presentations and simulations to provide practical experience.

Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!

The "Lifestyle" unit helps students envision their ideal future and create a personalized plan to achieve it. By exploring different lifestyles, assessing their current situation, and simulating potential career paths, students can develop a roadmap to a fulfilling and balanced life.

Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance.

The "Mindset and Balance" unit equips students with tools to manage stress, cultivate a positive mindset, and develop effective time management skills. By learning to plan and balance various aspects of their lives, students can better navigate challenges and achieve their goals.

Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?

The "Leadership" unit explores the qualities and skills necessary for effective leadership. It provides students with opportunities to practice leadership skills and receive feedback from their peers. By developing their leadership abilities, students can become influential and inspiring role models.

Money: Money is a huge topic! Learn how to sync it up with your lifestyle.

The "Money" unit focuses on financial literacy and budgeting. It introduces students to basic financial terms, explores different ways to earn money, and teaches them how to create and manage a budget that aligns with their lifestyle goals.

Future Edge: Reflect on your Future Edge and embrace your unique lifestyle, strengths, career goals, and more!

The "Future Edge" unit provides an opportunity for students to reflect on their personal growth and progress throughout the program. By revisiting their lifestyle roadmap, students can assess how their journey has evolved and identify areas for further development. The unit also encourages students to build their personal portfolios as a tool for showcasing their achievements and future aspirations.

FUTURE PROOF 7th grade curriculum

Curriculum Summary: The 10 unit curriculum focuses on skills building and career and life planning. This curriculum is excellent for students in junior high and middle school. Students will develop a comprehensive understanding of themselves and their career and life goals. They will demonstrate their ability to think critically, solve problems, make informed decisions, and be creative while also developing effective time management and organization skills. Students will create a career plan, including educational and experiential goals. Follow this sequential scope and sequence.

Implementation: This curriculum is excellent for students in junior high and middle school (7th). Lessons within each unit start at approximately 30 minutes and include badge sets for independent learning and accompanying in-classroom and offline activities for both a flexible and comprehensive blended classroom experience.

Overview

Starter Kit

- L1: Welcome to Future Proof
- L2: The Funnel Refresh
- L3: The Power of Asking Why
- L4: The Power of Self-Reflection
- L5: Explore the Explore Library
- L6: Developing My Portfolio

All About You

- L7: Self-Discovery Recap
- L8: The Impact of Knowing Yourself
- L9: The Life Cycle
- L10: Passions
- L11: Responsible Decision-Making

Relationship and You

- L12: Intentional Communication
- L13: Building Healthy Relationships
- L14: The You Project

Brand and Network

- Future Proof Progress
- L15: Building Your Brand
- L16: Networking
- L17: The Power of Mentors
- L18: Digital Reputation

Opportunities

- Future Proof Progress
- L19: Future Proofing Skills
- L20: Power Skills
- L21: My Skills
- L22: Industry Research
- L23: Career Pathway Project
- L24: Career Day Presentations
- L25: Career Disruption Scenarios
- L26: Career Podcast
- L27: Your Pathway Improvement Plan

Lifestyle

- Future Proof Progress
- L28: Lifestyle Expo
- L29: Gauge Your Lifestyle
- L30: Lifestyle Assessment Results Review
- L31: Lifestyle Board Game
- L32: Explore Lifestyle Influencers
- L33: Lifestyle & Career Simulation
- L34: Develop Your Lifestyle Roadmap

Mindset and Balance

- L35: Control the Chaos
- L36: Organize a School Event
- L37: Keeping Balance
- L38: The Power of Gratitude
- L39: Stress Happens
- L40: Mindset Review

Leadership

- L41: What Makes a Leader?
- L42: Practice Leadership Skills
- L43: Leadership in Action

Money

- L44: Finance Review
- L45: Making Money Moves
- L46: Tax Basics
- L47: Government & You

Future Proofing

- L48: Revisit Lifestyle Roadmap
- L49: Your Future Proofing Experience
- L50: Embrace Your Portfolio
- Future Proof Progress



Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be.

The "Starter Kit" unit equips students with the tools for personal growth and self-discovery. It guides them in setting meaningful goals and exploring the power of self-reflection. By utilizing resources like the "Explore Library" and creating a personal portfolio, students can track their progress and visualize their future aspirations.

All About You: The path to self-discovery is a reflective journey to who you really want to be.

The "All About You" unit guides students on a journey of self-discovery. By exploring their personal qualities, students gain insights into their passions, decision-making skills, and the impact of self-awareness on their lives. The unit includes lessons on self-reflection, the life cycle, and goal-setting.

Relationship and You: Cultivating meaningful relationships that inspire and enrich your life.

The "Relationships and You" unit focuses on building strong social connections. It explores the importance of intentional communication and healthy relationships. The "You Project" encourages self-reflection and personal growth, which can enhance interpersonal interactions and create meaningful connections.

Brand and Network: Explore and define how you want to represent yourself and how to build your network.

The "Brand and Network" unit helps students develop their personal brand and build meaningful connections. It explores how to represent oneself effectively and create a strong professional network along with topics on networking strategies, digital reputation, and mentorship.

Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.

The "Opportunities" unit equips students with the skills and knowledge to navigate the job market. By exploring future-proofing skills, power skills, and various industries, students can identify potential career paths and develop the necessary skills for success. Through hands-on activities like industry research, career presentations, and simulations, students gain practical experience and create a personalized career pathway plan.

Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!

The "Lifestyle" unit helps students envision their ideal future and create a personalized plan to achieve it. Through activities like creating a lifestyle mobile app, playing a lifestyle board game, and exploring lifestyle influencers, students gain insights into their personal preferences and develop a roadmap to a fulfilling and balanced life.

Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance.

The "Mindset and Balance" unit teaches students essential life skills like planning, stress management, and cultivating a positive mindset. Through activities like organizing a school event and practicing gratitude, students learn to balance different aspects of their lives and navigate challenges effectively.

Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?

The "Leadership" unit explores the qualities and skills necessary for effective leadership. Through practical exercises and real-world examples, students learn about leadership styles, communication techniques, and the importance of inspiring others.

Money: Money is a huge topic! Learn how to sync it up with your lifestyle.

The "Money" unit provides students with a foundational understanding of personal finance. It covers topics like budgeting, earning money, and the basics of taxes and government programs. Students learn how to manage their finances effectively and make informed financial decisions.

Future Proof: Reflect on your Future Proofing self and embrace your unique lifestyle, strengths, career goals, and more!

The "Future Proof" unit provides students with an opportunity to reflect on their personal growth and progress throughout the program. By revisiting their lifestyle roadmap, students can assess their achievements and identify areas for further development. The unit also encourages students to embrace their unique strengths and career goals, and to showcase their accomplishments through their personal portfolios.

FUTURE READY 8th grade curriculum

Curriculum Summary: The 10 unit curriculum focuses on real-world application and leadership. *This curriculum is excellent for students transitioning into high school.* Students will apply their skills in real-world contexts, develop leadership skills, and contribute to the community. They will demonstrate leadership qualities and the ability to influence others, apply critical thinking and problem-solving skills to address real-world challenges, demonstrate civic engagement and a commitment to social responsibility, and develop a strong personal brand and digital footprint understanding. Follow this sequential scope and sequence.

Implementation: This curriculum is excellent for students transitioning into high school (8th). Lessons within each unit start at approximately 30 minutes and include badge sets for independent learning and accompanying in-classroom and offline activities for both a flexible and comprehensive blended classroom experience.

Overview

Starter Kit

- L1: Welcome to Future Ready
- L2: The Funnel Impact
- L3: Ask Why & Self-Reflect
- L4: Explore the Explore Library
- L5: Developing My Portfolio

All About You

- L6: Intentional Self-Discovery
- L7: All About You Essay
- L8: The Life Cycle Project
- L9: Your Vision: Talents, Passions, Values
- L10: Decision-Making & Setting Goals

Relationship and You

- L11: Community Event
- L12: Interpersonal Skills Reflection
- L13: The You Project

Brand and Network

- Future Ready Progress
- L14: The Value of Connection
- L15: Network Like a Pro
- L16: Gauge Your Network
- L17: Brand and Network Project

Opportunities

- Future Ready Progress
- L18: Workforce and Transferable Skills
- L19: My Skills
- L20: Topical Industry Debates
- L21: Industries, AI, and Ethics
- L22: AI at Work
- L23: Career Pathway Project
- L24: Career Day Presentations
- L25: What is Professionalism?
- L26: Job Applications
- L27: Mock Interviews
- L28: Your Pathway Improvement Plan

Lifestyle

- Future Ready Progress
- L29: Lifestyle Gauge
- L30: Lifestyle Assessment Results Review
- L31: Lifestyle Board Game
- L32: Explore Lifestyle Influencers
- L33: Lifestyle & Career Simulation
- L34: Finalize Your Lifestyle Roadmap

Mindset and Balance

- L35: Where'd the Time Go
- L36: Keeping Balance Over the Years
- L37: Gratitude Check In
- L38: Stress Recap
- L39: Reflecting on Your Plan

Leadership

- L40: Practice Leadership Skills
- L41: Leadership Action Plan
- L42: Level Up Your Leadership
- L43: Leadership Portfolio

Money

- L44: Realistic Budgeting
- L45: Financing Your Lifestyle

Future Ready

- L46: Lifestyle Roadmap Final Project
- L47: Your Future Ready Plan
- L48: Your Future Ready Portfolio
- Future Ready Progress

Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be.

The "Starter Kit" unit reinforces the concept of personal growth and self-discovery for students. It guides them through setting goals, reflecting on their aspirations, and utilizing tools like the "Explore Library" to visualize their future.

All About You: The path to self-discovery is a reflective journey to who you really want to be.

The "All About You" unit guides students on a journey of self-discovery. Through activities like writing an essay, creating a life cycle project, and exploring their talents, passions, and values, students gain insights into their personal identity and set meaningful goals for the future.

Relationship and You: Cultivating meaningful relationships that inspire and enrich your life.

The "Relationships and You" unit focuses on building strong social connections. Students learn about effective communication, interpersonal skills, and the importance of community involvement. Through activities like organizing a community event and self-reflection exercises, students develop the skills needed to foster meaningful relationships.

Brand and Network: Explore and define how you want to represent yourself and how to build your network.

The "Brand and Network" unit helps students develop their personal brand and build strong connections. It explores the importance of networking, effective communication, and creating a positive online presence. Through activities like a network assessment and a branding project, students learn practical skills for building relationships and representing themselves effectively.

Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.

The "Opportunities" unit focuses on career exploration and development. Students learn about transferable skills, industry trends, and professionalism. Through projects like creating a career portfolio, conducting mock interviews, and developing a career campaign, students gain practical experience and prepare for future career success.

Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!

The "Lifestyle" unit helps students envision their ideal future and create a personalized plan to achieve it. Through activities like a lifestyle assessment, board game, and simulations, students gain insights into their personal preferences and develop a comprehensive roadmap to a fulfilling and balanced life.

Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance.

The "Mindset and Balance" unit equips students with tools to manage stress, cultivate a positive mindset, and develop effective time management skills. Through activities like reflecting on time management, practicing gratitude, and reviewing stress management techniques, students learn to balance different aspects of their lives and navigate challenges effectively.

Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?

The "Leadership" unit focuses on developing leadership skills and inspiring others. Through practical exercises, students learn about leadership styles, communication techniques, and the importance of setting direction and motivating others. The unit culminates in students creating a leadership action plan and portfolio to showcase their growth and achievements.

Money: Money is a huge topic! Learn how to sync it up with your lifestyle.

The "Money" unit teaches students about personal finance and budgeting. Students learn how to align their financial goals with their lifestyle and create realistic budgets to manage their money effectively.

Future Ready: Reflect on your Future Readiness and embrace your unique lifestyle, strengths, career goals, and more!

The "Future Ready" unit provides students with an opportunity to reflect on their personal growth and progress throughout the program. By revisiting their lifestyle roadmap, students can assess their achievements and identify areas for further development. The unit culminates in students creating a comprehensive Future Ready Plan and portfolio to showcase their skills, knowledge, and aspirations for the future.

Middle School CURRICULUM MAP

| Future Edge, 6th Grade | Future Proof, 7th Grade | Future Ready, 8th Grade |
|---|---|--|
| <p>Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be.</p> | | |
| <p>Introduction to Personal Growth / Discovering Myself Core Concept: Introduces students to the fundamental idea of personal growth and self-discovery. Unit includes: 6 lessons Key Elements: Setting short-term goals, understanding the importance of self-reflection, and identifying personal strengths and weaknesses. Outcomes: Students will be able to set and achieve small goals, practice self-reflection, and develop a positive self-image.</p> | <p>Equipping Students for Growth Core Concept: Developing a foundation for lifelong personal growth. Unit includes: 6 lessons Key Elements: Setting medium-term goals, understanding the value of self-reflection, and exploring personal interests and values. Outcomes: Students will be able to set and achieve realistic goals, develop a growth mindset, and make informed decisions.</p> | <p>Reinforcing Personal Growth Core Concept: Deepening understanding and reinforcing the concept of personal growth and self-discovery. Unit includes: 5 lessons Key Elements: Setting long-term goals, practicing regular self-reflection, and utilizing tools to track progress. Outcomes: Students will be able to develop a comprehensive personal growth plan, identify obstacles and develop strategies to overcome them, and build resilience.</p> |
| <p>All About You: The path to self-discovery is a reflective journey to who you really want to be.</p> | | |
| <p>Self-Discovery and Personal Development / Who Am I? Core Concept: The All About You unit focuses on self-discovery and personal growth. Unit includes: 6 lessons Key Elements: Identifying personal strengths and weaknesses, exploring interests and hobbies, and understanding the importance of values. Outcomes: Students will be able to develop a positive self-image, set personal goals, and make informed decisions.</p> | <p>A Journey of Self-Discovery Core Concept: Exploring personal strengths, values, and aspirations. Unit includes: 5 lessons Key Elements: Analyzing personality traits, understanding the impact of habits, and setting meaningful goals. Outcomes: Students will be able to identify their strengths, set ambitious goals, and develop a growth mindset.</p> | <p>Shaping My Future Core Concept: Deepening self-awareness and personal development. Unit includes: 5 lessons Key Elements: Exploring career interests, understanding the importance of time management, and developing effective study habits. Outcomes: Students will be able to make informed decisions about their future, develop strong time management skills, and build a solid foundation for success.</p> |

Future Edge, 6th grade

Future Proof, 7th grade

Future Ready, 8th grade

Relationship and You: Cultivating meaningful relationships that inspire and enrich your life.

Building Strong Bonds

Core Concept: The importance of positive relationships and effective communication.

Unit includes: 2 lessons

Key Elements: Understanding the impact of words and actions, practicing active listening, and resolving conflicts peacefully.

Outcomes: Students will be able to build strong friendships, communicate effectively, and resolve conflicts in a positive manner.

Navigating Relationship

Core Concept: The importance of intentional communication and healthy relationships.

Unit includes: 3 lessons

Key Elements: Understanding nonverbal communication, practicing empathy, and setting healthy boundaries.

Outcomes: Students will be able to communicate effectively, build strong relationships, and resolve conflicts peacefully.

Connecting and Contributing

Core Concept: The importance of strong social connections and community involvement.

Unit includes: 3 lessons

Key Elements: Effective communication, teamwork, and leadership skills.

Outcomes: Students will be able to build strong relationships, contribute positively to their community, and develop leadership skills.

Brand and Network: Explore and define how you want to represent yourself and how to build your network.

Building Your Personal Brand

Core Concept: Understanding personal branding and the power of networking.

Unit includes: 5 lessons

Key Elements: Identifying personal strengths and values, building positive relationships, and maintaining a positive online presence.

Outcomes: Students will be able to develop a positive personal brand, build strong relationships with peers and adults, and use digital tools responsibly.

Your Digital Footprint and Your Future

Core Concept: The importance of personal branding and digital reputation.

Unit includes: 4 lessons

Key Elements: Understanding the impact of social media, practicing digital citizenship, and building a professional network.

Outcomes: Students will be able to manage their online presence, build strong relationships, and prepare for future opportunities.

Your Personal Brand: Building Your Future

Core Concept: The power of personal branding and networking.

Unit includes: 4 lessons

Key Elements: Developing a strong personal brand, practicing effective communication, and utilizing digital tools strategically.

Outcomes: Students will be able to create a strong personal brand, build a professional network, and effectively communicate with others.

Future Edge, 6th grade

Future Proof, 7th grade

Future Ready, 8th grade

Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.

My Future, My Choice

Core Concept: Exploring career pathways and developing essential skills.

Unit includes: 9 lessons

Key Elements: Identifying interests and strengths, learning about different careers, and practicing soft skills.

Outcomes: Students will be able to explore various career options, develop a positive work ethic, and build essential skills for future success.

Charting Your Course

Core Concept: Developing essential skills for future career success.

Unit includes: 9 lessons

Key Elements: Identifying personal interests and strengths, exploring various industries, and practicing essential soft skills.

Outcomes: Students will be able to research different careers, develop a personalized career plan, and build a strong foundation for future success.

Building Your Future

Core Concept: Preparing for future career success through exploration and skill development.

Unit includes: 9 lessons

Key Elements: Identifying career interests, developing transferable skills, and practicing professional behaviors.

Outcomes: Students will be able to create a comprehensive career plan, develop strong communication and problem-solving skills, and build a strong professional network.

Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!

Designing Your Dream Life

Core Concept: Envisioning your ideal future and creating a plan to achieve it.

Unit includes: 6 lessons

Key Elements: Exploring different lifestyles, setting personal goals, and making informed decisions.

Outcomes: Students will be able to identify their values and goals, create a personalized life plan, and develop a positive outlook on the future.

Building Your Ideal Life

Core Concept: Designing a fulfilling and balanced life.

Unit includes: 7 lessons

Key Elements: Exploring different lifestyle options, setting personal goals, and making informed decisions.

Outcomes: Students will be able to identify their values and priorities, create a personalized life plan, and develop strategies to achieve their goals.

Crafting Your Future

Core Concept: Designing a fulfilling and balanced life.

Unit includes: 6 lessons

Key Elements: Identifying personal values, setting long-term goals, and developing a comprehensive life plan.

Outcomes: Students will be able to create a personalized life plan, develop strong time management skills, and build resilience.

Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance.

Mastering Your Mind and Time

Core Concept: Developing a positive mindset and effective time management skills.

Unit includes: 6 lessons

Key Elements: Practicing mindfulness, setting priorities, and managing stress.

Outcomes: Students will be able to develop a positive attitude, manage time effectively, and reduce stress.

Balancing Act

Core Concept: Developing essential life skills for success.

Unit includes: 5 lessons

Key Elements: Time management, stress management, and positive thinking.

Outcomes: Students will be able to manage their time effectively, reduce stress, and maintain a positive outlook.

Mindful Living, Fulfilling Life

Core Concept: Developing essential life skills for success.

Unit includes: 5 lessons

Key Elements: Time management, stress management, and positive thinking.

Outcomes: Students will be able to manage their time effectively, reduce stress, and maintain a positive outlook.

Future Edge, 6th grade

Future Proof, 7th grade

Future Ready, 8th grade

Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?

Leading the Way

Core Concept: Understanding the qualities and skills of effective leaders.

Unit includes: 3 lessons

Key Elements: Communication, teamwork, and problem-solving skills.

Outcomes: Students will be able to work collaboratively, communicate effectively, and demonstrate leadership qualities.

Leading with Purpose

Core Concept: Understanding the qualities and skills of effective leaders.

Unit includes: 3 lessons

Key Elements: Leadership styles, effective communication, and inspiring others.

Outcomes: Students will be able to identify leadership qualities, communicate effectively, and inspire others to achieve their goals.

Unleash Your Leadership Potential

Core Concept: Developing leadership skills and inspiring others.

Unit includes: 4 lessons

Key Elements: Leadership styles, communication techniques, and strategic planning.

Outcomes: Students will be able to identify their leadership strengths, inspire others, and create a positive impact.

Money: Money is a huge topic! Learn how to sync it up with your lifestyle.

Money Matters

Core Concept: Understanding basic financial concepts and budgeting.

Unit includes: 4 lessons

Key Elements: Identifying income sources, creating a budget, and making informed financial decisions.

Outcomes: Students will be able to create a personal budget, understand the importance of saving, and make wise financial choices.

Your Money, Your Future

Core Concept: Understanding personal finance and financial decision-making.

Unit includes: 4 lessons

Key Elements: Budgeting, saving, and understanding taxes.

Outcomes: Students will be able to create a personal budget, save money, and make informed financial decisions.

Your Financial Future

Core Concept: Understanding personal finance and budgeting.

Unit includes: 2 lessons

Key Elements: Setting financial goals, creating a budget, and managing debt.

Outcomes: Students will be able to create a realistic budget, manage their finances effectively, and make informed financial decisions.

Future Edge, Proof, Ready: Reflect on your Future and embrace your unique lifestyle, strengths, career goals, and more!

Celebrating Your Growth

Core Concept: Reflecting on personal growth and setting future goals.

Unit includes: 3 lessons

Key Elements: Reviewing personal goals, creating a personal portfolio, and setting new goals.

Outcomes: Students will be able to reflect on their personal growth, set new goals, and create a personal portfolio.

Shaping Your Future

Core Concept: Reflecting on personal growth and setting future goals.

Unit includes: 3 lessons

Key Elements: Reviewing personal goals, identifying strengths and weaknesses, and building a personal brand.

Outcomes: Students will be able to reflect on their personal growth, set new goals, and develop a plan for their future.

Your Future, Your Design

Core Concept: Reflecting on personal growth and planning for the future.

Unit includes: 3 lessons

Key Elements: Reviewing personal goals, identifying strengths and weaknesses, and creating a comprehensive future plan.

Outcomes: Students will be able to reflect on their personal growth, set long-term goals, and develop a plan for their future.