

11th Grade Scope and Sequence

Let's Get Started

This is a suggested implementation plan with resources from RethinkEd's SEL curriculum to teach social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills, with the educator and school year cadence in mind. To view the rationale for this scope please [click here](#).

Step 1

- Open the RethinkEd platform through [Schoology](#) or Clever.

Step 2

- Find the current month and week below, then click the link to access the 2-5 minute lesson video.
- Show the video to your students.

Step 3

- After the video, click on the discussion questions (left side of page) and facilitate a conversation amongst your students.

For detailed instructions and tutorials visit the curated [LAUSD Resources Landing Page](#).

Log into RethinkEd via Schoology to UNLOCK access to the hyperlinks.

Staff Resources

[Grade 11 SEL Educator's Guide](#)

[Educator PD Videos](#)

August – Fall Assessment

Student SEL Self-Assessment

Please have students log in to their RethinkEd student portal to complete the SEL Student Self-Assessment. If you have questions about the student requirements on your campus, please check with your administrator.

August – Fall Assessment

Spring Student Self-Assessment

Have students log in to their RethinkEd student portal to take the SEL Student Self-Assessment.

August Lesson 1

Social Awareness: *Safe and Ethical Behavior*

Lesson Video	Learning Objectives
Bullying & Harassment	Objective: Students will understand what harassment is and how to respond to it.

September Lesson 1

Online Safety

Lesson Video	Learning Objectives
Online Accuracy	Objective: Students will develop strategies to protect themselves and others online and evaluate the accuracy and validity of digital media.

September Lesson 2

Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
The Long and Short of It	Objective: Students will evaluate the short-term and long-term consequences of actions.

September Lesson 3

Self-Management: *Self-Control*

Lesson Video	Learning Objectives
Self-Control and Resilience	Objective: Students will learn strategies for using self-control to build resilience.



September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
Nourishing a Positive Mindset	Objective: Students will use strategies for developing a positive mindset for learning.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Growing from Setbacks	Objective: Students will apply a growth mindset to learn from setbacks.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Cognitive Flexibility	Objective: Students will apply cognitive flexibility to solve a problem.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Growing Resilience	Objective: Students will identify opportunities for growth in challenging situations.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Practice PEACE	Objective: Students will practice mindfulness as a tool for impulse control.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Take Care of You	Objective: Students will apply self-compassion to process mistakes.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Collective Goals	Objective: Students will apply self-efficacy to reach a collective goal.



November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Accepting Ourselves	Objective: Students will learn strategies for understanding and accepting themselves.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Balancing Stress	Objective: Students will learn strategies for identifying and balancing their optimal stress levels.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Giving Support	Objective: Students will understand how to show support to their support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Persevere Towards the Goal	Objective: Students will understand how to persevere to achieve a goal.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Self-Care for Focus	Objective: Students will identify how self-care can support their focus.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Advocate for You	Objective: Students will practice strategies to advocate for their rights and responsibilities.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Exploring Creativity	Objective: Students will explore their creativity to practice self-actualization.



February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
My Values, My Passions	Objective: Students will explore their passions by connecting to their values.

February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Valuing All Cultures	Objective: Students will acknowledge the value in all cultures to build cultural competence.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Take Action, Make a Difference	Objective: Students will evaluate actions they can take to contribute to the world.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Care to Care	Objective: Students will recognize the benefits of empathy for developing healthy relationships.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Understanding Respect	Objective: Students will consider how culture, background, values, and environments impact the way people show and understand respect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Reaching Consensus	Objective: Students will apply strategies for reaching a consensus in a conflict.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Fairness in Communities	Objective: Students will practice strategies to advocate for fairness in their communities.



March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Wired for Cooperation	Objective: Students will evaluate the benefits of cooperation.

April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Healthy Friendships	Objective: Students will evaluate the health of a friendship.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Shifting Relationships	Objective: Students will evaluate how their relationships shift over time.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
The Balancing Act	Objective: Students will set boundaries to support their priorities.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Accepting Emotions	Objective: Students will learn how to accept and express emotions.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Cultivating Compassion	Objective: Students will identify signs that they or someone else may have anxiety and learn strategies for showing compassion to themselves and others.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Social Factors of Mental Wellness	Objective: Students will identify the social factors that influence mental wellness and take action to support the mental wellness of themselves and others.



May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Identity in Context	Objective: Students will analyze the context around their identities.

May – Spring Assessment

Spring Student Self-Assessment
Please have students log in to their RethinkEd student portal to complete the SEL Student Self-Assessment. If you have questions about the student requirements on your campus, please check with your administrator.

June Lesson 1

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Respond With Optimism	Objective: Students will identify strategies for responding to challenging situations with optimism.