

COURSE OVERVIEW



Positive Thinking Skills

SCH 200



COURSE DESCRIPTION

The Positive Thinking Life Skills course serves as the foundation to all of the topic-specific courses. When possible, it is recommended that this course be completed first. This course covers a wide range of topics, including anger avoidance and self-awareness. This course is full of time-tested thinking skills that help students successfully navigate their teenage years into adulthood.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Students will learn to overcome self-defeating thoughts and behaviors
- Students will increase awareness of how their thoughts contribute to their level of success
- Students will develop a strong locus of control and avoid anger
- Students will learn the principles of positive relationship building



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer 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
- **Blended Learning**—A combination of online and offline curriculum



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills

Course Format: eLearning and Printed Workbook

Item Number: SCH 200

Workbook Pages: 48

eLearning Length: 192 Slides

Course Length: 8-10 hrs

Scientific Model: Cognitive Restructuring

Instructor Guide: G605



COURSE CONTENT

Unit 1: BRIGHT POSSIBILITIES

You have more bright possibilities than you do problems.

Unit 2: THOUGHTS = CONSEQUENCES

Thoughts drive behaviors and consequences.

Unit 3: GROWTH vs DECAY

Where you live is a choice.

Unit 4: UNDERSTANDING OUR BEGINNINGS

We can change our endings.

Unit 5: AVOIDING ANGER

Those who anger you, control you.

Unit 6: LEADING AND MANAGING LIFE

Life is what you make of it.



PURCHASE OPTIONS

1. License to reprint
2. Individual courses
3. Customized eLearning platform
4. Parent enrollment
5. School referral



eLEARNING ACTIVITIES

Narration | Storytelling
 Animation | Gamification
 Animated thoughts
 Self assessments
 Interactive images