

**Department:** Guidance

**Course Name:** InF.O.C.U.S.

**Course Description:**

This class is part of the 5<sup>th</sup> grade exploratory rotation. Learning how to learn is a valuable exercise and has a lifelong impact on success. In this course students will benefit from opportunities to become better learners. The kind of exploration offered through InFOCUS allows students to discover who they are and how they move through the world. The class will explore **F**riendship, **O**rganization systems, **C**onflict resolution, **U**nderstanding and **S**elf-advocacy. Through experiential activities, students are encouraged to challenge assumptions they have about the world and each other, accepting each other at face value and respecting those qualities not so obvious. The middle school counselor facilitates the class.

**Content:**

Communication skills

Cooperation

Concentration

Personal responsibility

Decision making

Personal creativity

Peer pressure

Conflict resolution

Friendships

Organization

Time Management

**Skills:**

Develop respectful listening skills

Develop empathy, focus and concentration skills

Engage in role playing problem solving methods

Explore (the content areas listed above)

**Methods of Instruction:**

Discussion

Experiential activities and games

**Methods of Evaluation:**

Daily participation grade