

Department: Guidance

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

Course Description:

This class is part of the 5th grade exploratory rotation. Students will benefit from opportunities to become better learners. Learning how to learn is a valuable exercise. The kind of exploration offered through InFOCUS allows students to discover who they are and how they are in 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 for 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)

Materials:

Kincher, Jonni, Psychology for Kids

Eckert, Larry, If Anybody Asks Me. . .

Methods of Instruction:

Discussion

Experiential activities and games

Methods of Evaluation:

Daily participation grade