

Unit 2: Self-Management

Grade 10 | About This Unit

Self-Management is the processes we use to regulate and cope with our emotions as well as motivate ourselves and perform throughout our day.

After completing these lessons, students should be able to:

- ✓ Use a variety of tools and strategies to successfully manage academic stress
- ✓ Understand the difference between pessimism and optimism
- ✓ Use the SOLD Method to help themselves through challenging situations in life
- ✓ Identify feelings of isolation and loneliness and then implement strategies to mitigate these feelings

Tips for Parents and/or Guardians

1. Talk to your child about their stress and anxiety levels as they relate to school and academic pressure and help them to identify strategies they can implement to reduce these negative feelings. Create a safe space for your child to turn to you for support in order to successfully manage any stress they may be experiencing due to school.
2. Encourage your child to cultivate healthy friendships and family relationships, volunteer in the community, get involved at school, and spend time with others in order to reduce feelings of isolation and loneliness.



Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017