

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

- License to reprint
- Purchase individual courses
- Customized eLearning platform
- Parent Enrollment
- School Referral



eLEARNING ACTIVITIES

Narration
Story Telling
Animation
Gamification
Animated Thoughts
Self Assessments
Interactive Images