

Rocky River High School



4 year Social and Emotional Readiness Plan



Task/Event/Responsibility	Grade Level Completed
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Counseling Department

- Counseling department introduced at the beginning of the year at grade-level meetings
- Counselors meet with each student individually at least once per year

FMP Mini-Lessons

9 – 1st semester

Freshmen Mentoring Program Themes
 Learning Styles
 Time Management
 Goal Setting
 Homecoming 101
 Getting Involved- Club/Activities visits to seminar
 Comfort Zone/Getting Involved
 Makerspace- What is it and when can we use it?
 Etiquette/Manners
 Public Speaking
 Getting Your Driver's License and Distracted Driving
 Health & Wellness: Stress Management/Mindfulness
 Post High School Options
 Building Healthy Relationships
 How to get a job
 Dress for Success
 Giving Back/Service
 Making Good Choices- Social Media, Drinking, Drugs, Sex, Peer Pressure
 Teambuilding
 School Procedures and Important People
 Communication
 GPA
 Scheduling for 10th grade
 Study Skills
 Organization
 PSAT and test taking strategies

PLC: Social Media Safety

9 – September

Counseling in-class lesson: Mental Health and Wellness

9 – September

Counseling in-class lesson: Stress: The Good and the Bad

9 – October

LifeAct in-class lesson: Recognizing Teen Depression and Preventing Suicide

9 – October/November

Counseling in-class lesson: Decision Making: Choices and Outcomes

9 – February

Counseling in-class lesson: Mental Health Coping Strategies

9 – March

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Counseling in-class lesson: Emotional Regulation and Self-Control	10 - September
Counseling in-class lesson: Empathy, Respect, and Inclusion	10 - December
PLC: Teen Dating Violence Program	10 - February
Counseling in-class lesson: Teamwork and Personal Responsibility	10 - February
Counseling in-class lesson: Drugs negatively affecting brain development during adolescence	10 – March
Counseling in-class lesson: Grit, Perseverance, and Resiliency	11 - October
Counseling in-class lesson: Self-esteem, self-awareness, and situational EQ	11 - December
Counseling in-class lesson: Collaboration and the Utilization of school, parent, adult, and community resources	11 – February
PLC: Distracted Driving	11 – March
Counseling in-class lesson: Drugs, Consent, and Relationships	11 – April
Counseling in-class lesson: Metacognition	12 – October
Counseling in-class lesson: Increasing your Emotional Quotient and Self-Advocacy	12 - December
Counseling in-class lesson: Goal Setting and Self-Actualization	12 - March
Counseling in-class lesson: Substance use affects our physical, physiological, and social health	12- April

Health Curriculum

Mental Health: happiness, self-esteem, anxiety, stress, anger management,
Addiction, mental illness, character development, mindfulness, depression

Healthy Relationships: consent, abuse, recognizing red flags, date rape,
dating violence

Personal Safety: Protecting your home, safety in the community, self-defense,
Accident prevention, car safety, first-aid, CPR, defensive/distracted driving

Substance use/abuse: tobacco, nicotine, alcohol, opioids, marijuana, prescriptions,
Over-the-counter medications, street drugs

Sexuality: Male and female reproductive systems; abstinence and contraception;
sexually transmitted infections; conception and fertilization; fetal
development; labor, delivery, healthy pregnancy, and adoption.