Collaboration – to work in a team to achieve a common goal.

Students will be able to:

• Define Collaboration and explain its value.
• Identify the strengths each member brings to a group.
• Set collective goals and identify the tasks necessary to accomplish them.
• Delegate work equitably and hold each other accountable.
• Resolve conflict as it arises.
• Give and receive feedback in a productive way.

Communication – to express and clarify ideas orally and in writing.

Students will be able to:

• Define Communication and explain its value.
• Identify their target audience and adjust language and tone accordingly.
• Demonstrate effective oral presentation skills through—
  - Posture
  - Voice: volume, tone & pitch
  - Professional attire & demeanor
  - Eye contact
  - Gestures
• Employ draft and revision strategies to improve the quality of written work.
• Utilize active listening strategies such as asking questions, tracking the speaker and giving non-verbal cues.

Grit – to demonstrate perseverance and passion for short and long term goals.

Students will be able to:

• Define Grit and explain its value.
• Identify examples of how they and others have displayed grit.
• Identify short and long term goals and the action steps necessary to accomplish them.
• Anticipate potential obstacles and apply strategies to overcome them.
• Demonstrate a growth mindset and sue setbacks as an opportunity to learn and grow.
Innovation – to think creatively and take positive risks to develop new ideas or improve on existing ideas.

Students will be able to:

• Define Innovation and explain its value.
• Approach challenges and goals with creative, out-of-the-box solutions.
• Use idea-generating strategies to produce inventive and original ideas.
• Use a variety of strategies to assess risks associated with new ideas.
• Take positive risks to try new things and share ideas.
• Refine and improve ideas based on experience.

Problem Solving – to define and analyze problems; identify and execute solutions; and evaluate and improve based on experience.

Students will be able to:

• Define Problem Solving and explain its value.
• Identify problems and their root causes.
• Generate possible solutions and anticipate potential outcomes.
• Select and execute solution(s) based on analysis.
• Assess outcomes and develop improved solutions based on experience.

Self-Management – to act in their own best interest by regulating emotions and identifying their strengths, weaknesses and growth.

Students will be able to:

• Define Self-Management and explain its value.
• Identify emotions, emotional triggers, external stressors, needs, and motivations.
• Differentiate between responding and reacting to emotions and apply strategies in order to “respond” instead of “react”.
• Reflect on past behavior, identifying progress, strengths, internal obstacles and areas for growth.
• Utilize reflections to self-advocate and plan for the future.