

1st Year Badges and Playlists

H1. HABITS OF MIND 1 BADGE

You will start by taking the [*Habits of Mind Assessment*](#).

Habits of Mind 1 Playlist

Persisting

When things get difficult, do you stick with it or give up? One of many attributes employers, colleagues, and peers want in people is someone who demonstrates the persistence to find new ideas, make solutions work to achieve desired goals. In this lesson, you will learn what it means to demonstrate persistence in the face of challenges.

Listening With Understanding and Empathy

Understanding the content and emotion behind a person's message helps improve communication and connection. Strong relationships develop when people feel truly listened to and understood. In this lesson, you will learn how to listen to others with your ears, mind, and heart.

Thinking Flexibly

Thinking the same way will usually get you the same results. When a new problem comes up, it might require looking at information differently and trying out a new solution! In this lesson, you will learn how to think flexibly.

Thinking about Your Thinking

When we think about our thinking, we become aware of what we know and what we don't know. Reflecting on our thoughts can help us develop new thinking patterns and skills. In this lesson, you will learn about metacognition and how to think about your thinking.

You will learn about these four goals but you will be choosing one of these Habits of the Mind goals to work on this year. Complete at Least 3 "Highlights" for it.

Goal - Persisting

Develop habits in persisting by persevering in task through to completion, remaining focused, looking for ways to reach your goal when stuck, and not giving up.

Goal - Listening with Understanding and Empathy

Develop habits in listening with understanding and empathy by devoting mental energy to another person's thoughts and ideas. Make an effort to understand another's point of view and emotions.

Goal - Thinking Flexibly

Develop habits in thinking flexibly by being able to change perspectives, generate alternatives, and consider options.

Goal - Thinking About Thinking

Develop habits in thinking about thinking, or metacognition, by being aware of your own thoughts, strategies, feelings, and actions and their affects on others.

E1. EMOTION, INTELLECT, AND WILL 1 BADGE

Hero's Journey Guide Playlist

This guide delves into aspects of our life from a story telling point of view. Through discussion and examining story telling techniques, we can reflect on our life. This is a reflective journey into our past, present, and future to better understand where we've been, where we are, and where we want to go.

Each person's life has the potential to emulate "A Hero's Journey": a framework for the mythological adventure of a hero. Joseph Campbell summarizes this in his book called, "The Hero with a Thousand Faces". We will review each of these aspects of "A Hero's Journey" along the way in our posts and relate it to our own life experience.

- [1. Childhood Environment](#)
- [2. The Hero and the Herald](#)
- [3. Influences](#)
- [4. Mentor](#)
- [5. Call to Adventure](#)
- [6. Refusal of the Call](#)
- [7. Crossing the Threshold](#)
- [8. Innermost Cave and Ordeal](#)
- [9. Reward](#)
- [10. The Road Back](#)
- [11. Resurrection of the Hero](#)
- [12. Return with the Elixir](#)

Skills for Success Playlist

Just Do It!

Like Nike's famous slogan "Just Do It," the first step towards any goal, challenge or action is always the hardest. In this 20-minute lesson, learn how to better manage your time, fight procrastination and beat the odds against yourself by taking that first step.

The Cornell Method

The Cornell Method is a note-taking system devised in the 1950s by Walter Pauk, an education professor at Cornell University. You may have heard it called "Cornell Notes".

Self-Control

Self-control is the ability to control your emotions and behavior in the face of temptation. It is also known by a few other names, like willpower or self-discipline.

Boost Your Confidence

Confidence... where does it come from? How do you get it? Like everything else we talk about, you BUILD confidence over time through your actions. But sometimes you need a boost. Sometimes you need quick help in the moment. Here are our best tips on getting a boost in confidence.

Be Your Own Advocate

To be an advocate for yourself means that you are aware that you have needs, desires, and goals--and that there are resources and people that you might need to go to for help, guidance, and support.

Get Yourself Going With Goals!

You've learned about yourself. You have explored your interests and built some skills. Now it's time to put it all together. The first place to start is with setting goals. Happy people set goals. It's really that simple. Learn why goals are so important and how to make them.

Growth Mindset Playlist

Michael Jordan said, "I have failed over and over and over again in my life...and that is why I succeed." In this course, find out how having a growth mindset will help you become better, smarter and stronger at whatever you try to do! The "Growth Mindset-The Power of Believing You Can Learn Anything" course has the following lessons:

- 1. Learning about Growth Mindset*
- 2. Becoming Smarter*
- 3. Fixed Mindset and Growth Mindset*
- 4. How Our Brains Work*
- 5 Failure and Success*
- 6. Shifting Your Mindset*

Service Learning and Project 1 Playlist

This project will give you the opportunity to create change and make an impact on the world around you. You will choose something that you'd like to learn more about, do something meaningful, and share your learning with friends and family.

Learn by doing as you pursue your passion into deeper learning and service. Follow the step-by-step guides into the development of your project. While doing so, you will make connections to content, life-ready skills, and social-emotional skills. Upon completion of this project, not only will you have made a difference to someone, but you will have a product and presentation that can be shared with an audience.

- 1. Plan*
- 2. Passion*
- 3. Pitch*
- 4. Project*
- 5. Product*
- 6. Presentation*

A4. COMMUNICATION AND EXPRESSION BADGE

Complete one Language Arts Course

(In a traditional school or homeschool.)

Complete one Language Arts course this year. In order to receive this badge, complete two more Language Arts courses.

Communication and Expression Playlist

Discover Your Strengths --- Visualize Your Strengths

Did you know that you have a "genius?" Being a genius doesn't just mean you are really smart, it means you know how to use your strengths. But, do you really know what each of your strengths mean? Do you believe in them? Start your journey to master your personal strengths by taking the [Strength Assessment](#) and then completing this lesson. --- When you create a visual representation of something, you activate parts of your brain that help with motivation, awareness and creativity. That is why some of the most successful athletes, artists and people practice visualization.

The Power of Sharing

You have a "genius" - a special set of talents that make you unique. When you use your genius and share it with others, you are making the world a better place. Start by sharing your "gratitude" with your family. Then share your strengths, interests, and aspirations with them. You will be glad you did!

Rock the Digital Portfolio --- What can I do in Thrively?

Set up your personalized Thrively portfolio and start collecting evidence of your strengths, skills, and experience. --- Explore the ways that you can get to know yourself, find purpose and passion, build skills, and create impact with Thrively?

Thinking and Communicating with Clarity and Precision

Did you know language is a reflection of how you think and operate? Communicating with clarity and precision helps us better share our thoughts and be understood by others. In this lesson, you will learn how to think and communicate with clarity and precision.

Listening With Understanding and Empathy --- Listening Skills

Understanding the content and emotion behind a person's message helps improve communication and connection. Strong relationships develop when people feel truly listened to and understood. In this lesson, you will learn how to listen to others with your ears, mind, and heart. --- Being an Effective Communicator starts with being a Great Listener.

Become A Better Reader

Dr. Suess once wrote, "The more you read, the more things you will know. The more that you learn the more places you'll go." Becoming a better reader can help you reach your personal goals.

The Interview Questions

In this lesson you will learn about some of the top questions that are asked during interviews and how to answer them.

R1. RECOGNIZING STRENGTHS 1 BADGE

Strength-Based Journey 1 Playlist

Getting to Know You

You will soon be paired with someone to get to know who they are, what stories they have to share, and practice the skills of listening to understand and empathy. Let these suggestions guide you!

Self Awareness

Self awareness is the ability to identify and assess your thoughts, feelings, and values, as well as how they intersect with your behaviors.

Emotions

Emotional awareness is the ability to recognize and make sense of not just your own emotions, but the emotions of others as well.

Self Management

Self management is the ability to not only identify but to also regulate emotions, thoughts, and actions.

Another's Perspective

Social awareness is the ability to take the perspective of and empathize with others, as well as learning social and ethical behavior.

Responsible Decision Making

Responsible decision making is the ability to make positive, constructive choices about your behavior.

Ethical Responsibility

Ethical responsibility is the duty to follow a morally correct path based on your values.

Being Positive Takes Practice

Our lives are filled with challenges that make it very difficult to be positive. However, choosing to be positive will help in terms of becoming the person we want to be.

Attitude of Gratitude

Science has proven that being grateful can make you happier.

Imagination, Creativity and Innovation Course

If you are going to make a difference in today's world, be productive and make a comfortable income, you will have to learn how bring value to other people. To do that, you must become thoroughly familiar with the steps to harness your imagination, explode creativity and innovate ideas.

T1. DEVELOPING CHARACTER BADGE

Developing Character Playlist

What Kind of Person Will I Be?

Cognitive: You will clarify your personal ideas and beliefs about life. Affective: You will understand how beliefs affect the choices you make. Behavioral: You will begin to construct a vision of what kind of person you want to become.

Do You Want to Be Happy?

Cognitive: You will recognize happiness as the fulfillment of desire. Affective: You will distinguish that not all desires are to be fulfilled and that "too much of a good thing" will lead to unhappiness. Behavioral: You will choose actions that will lead to greater happiness.

Who Am I?

Cognitive: You will understand that all beings, including human beings, have an internal nature and a physical form. Affective: You will feel that the internal nature is the most important part of a person. Behavioral: You will give precedence to the internal nature over the physical nature in the choices you make.

Masculinity and Femininity

Cognitive: You will distinguish that there are very real differences between men and women on the biological, mental and emotional levels. Affective: You will appreciate that these differences make for attraction, interest, and a balance of strengths and talents when men and women work as a team. Behavioral: You will behave respectfully and appreciatively toward the opposite sex.

Order and Harmony

Cognitive: You will recognize the importance of relationships and that there are certain principles and ways to behave in relationships that make relationships better. Affective: You will want to improve your relationships and make new ones using these principles. Behavioral: You will apply these principles to your existing and new relationships.

My Purpose in Life

Cognitive: You will realize that you can craft a satisfying life by focusing on three basic life goals. Affective: You will understand in your hearts that the wrong purpose brings unhappiness. Behavioral: You will shape your choices in life with the three basic life goals in mind.

The Process of Growth

Cognitive: You will recognize that internal growth requires becoming concerned for others rather than themselves. Affective: You will want to achieve a satisfying level of altruistic (true) love. Behavioral: You will reach out to serve and to give to others.

Human Nature

Cognitive: You will understand that there are aspects to the human being that transcend the animal or biological. Affective: You will grasp that the innermost and most essential part of the human being is the capacity to love and be loved. Behavioral: You will act to cultivate your hearts.

Conscience

Cognitive: You will recognize the existence of right and wrong and conscience's role in pointing them out. Affective: You will want to be true to the voice of conscience. Behavioral: You will take steps to develop and increasingly follow the dictates of your consciences.

Honesty

Cognitive: You will recognize the importance of honesty to personal relationships and to society. Affective: You will desire to be more honest in your dealings with others. Behavioral: You will be more honest.

Why We Don't Want to Change

Cognitive: You will recognize that, in spite of resistance to change, it is possible to change and come closer to realizing one's full potential. Affective: You will want to change for the better and increase your potential for success. Behavioral: You will take concrete steps to change aspects of your lives.

Good and Bad

Cognitive: You will develop some mental tools for dealing with questions of good and bad. Affective: You will believe that it is possible to recognize and enjoy goodness without the presence of evil and to yearn for goodness. Behavioral: You will actively check your motivation to discern whether your actions and attitudes focus more on the self (bad) or more on the benefit of others (good).

Self-Control

Cognitive: You will understand the benefits of self-control. Affective: You will want to do better in areas requiring self-control. Behavioral: In at least one area—controlling one's words—You will be more sensitive to how you affect others. You will also have looked at your own lives and areas needing more self-control.

The Teenage Years

Cognitive: You will understand that this is a time of rapid changes on the physical, emotional, and intellectual levels. You will develop a new comprehension of love as being closely related to virtues. Affective: You will value themselves and take care of themselves during this special developmental time. You will want to develop the virtues that will make for true and lasting love in your futures. Behavioral: You will treat others who are also in adolescence with respect. You will abstain from premature sexual relationships.

Peer Pressure: Smoking, Drinking and Drugs

Cognitive: You will recognize and appreciate the difference between good and bad peer pressure and have mental tools to withstand bad peer pressure. You will gain factual information that will encourage them to refrain from these activities. Affective: You will feel confident that you have tools to resist negative peer pressure and will want to resist such pressure. Behavioral: You will use the skills and tools learned in this chapter to stand up for what is right in peer pressure situations.

Freedom and Responsibility

Cognitive: You will understand that freedom is different from license and is attached to responsibility. Affective: You will want to shoulder the responsibilities attached to having freedom. Behavioral: You will use freedom to make good choices.