



## College and Career Seminar Unit 5

<b>Unit Title:</b> Healthy Relationships & Social Skills		
<b>Unit Length:</b> 10 Days		
<b>Learning Outcomes:</b> By the end of this unit, students will be able to:		
<ul style="list-style-type: none"> <li>• Develop self-awareness of how communication and behavior influence first impressions and relationships.</li> <li>• Recognize the qualities of healthy, unhealthy, and abusive relationships and make informed choices about their interactions.</li> <li>• Communicate effectively and assertively in a variety of social situations, including conflict and peer pressure.</li> <li>• Establish and respect personal boundaries, both in person and online.</li> <li>• Access and contribute to support systems, including friendships, teamwork, and trusted adults.</li> </ul>		
<b>Lesson 1</b>		
<b>Lesson Title</b>	<b>Learning Experiences</b>	<b>Materials and Resources</b>
First Impressions: How Do You Show Up?	<p><b>Engage:</b> Activity: Greeting Experiment First Impressions Quick Write</p> <p><b>Connect:</b> Activity: Mini-Lesson Scenario Role-Plays</p> <p><b>Reflect:</b> Activity: Personal Reflection Elevator Pitch Draft Exit Ticket</p>	<ul style="list-style-type: none"> <li>• Chart paper or whiteboard</li> <li>• Markers</li> <li>• First Impressions Scenario Cards</li> <li>• Student Reflection Handout</li> <li>• Personal Introduction Planning Sheet (Elevator Pitch)</li> <li>• Optional: short video clips of first impressions (TV, movies, etc.)</li> <li>• Printed exit tickets</li> </ul>
<b>Lesson 2</b>		

<p>Healthy vs. Unhealthy Relationships</p>	<p><b>Engage:</b> Activity: Four Corners: Healthy or Not?</p> <p><b>Connect:</b> Mini-Lesson: Healthy vs Unhealthy Relationships Activity: Relationship Behaviors Sorting Activity: Scenario Analysis</p> <p><b>Reflect:</b> Activity: Personal Relationship Reflection Exit Ticket</p>	<ul style="list-style-type: none"> <li>• Chart paper or whiteboard</li> <li>• Markers</li> <li>• “Relationship Behaviors Sorting Cards” (cut-out or printed)</li> <li>• Student Reflection Handout</li> <li>• Optional: short PSA-style video on healthy relationships</li> <li>• Printed exit tickets</li> </ul>
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**Lesson 3**

<p>Communication Styles (Passive, Aggressive, Passive-Aggressive, Assertive)</p>	<p><b>Engage:</b> Activity: Silent Statements: Four Corners Movement Game</p> <p><b>Connect:</b> Activity: Mini-Lesson – Communication Styles Activity: Group Role-Play Scenarios</p> <p><b>Reflect:</b> Activity: Personal Reflection Exit Ticket</p>	<ul style="list-style-type: none"> <li>• Chart paper or whiteboard</li> <li>• Markers</li> <li>• “Communication Style Scenario Cards”</li> <li>• Student Reflection Handout</li> <li>• Role-play feedback checklist (optional)</li> <li>• Printed exit tickets</li> </ul>
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**Lesson 4**

<p>Peer Pressure &amp; Influences</p>	<p><b>Engage:</b> Activity: Stand Up If... Game</p> <p><b>Connect:</b> Activity: Mini-Lesson Activity: Scenario Role-Play</p> <p><b>Reflect:</b> Activity: Personal Reflection &amp; Strategy Planning Exit Ticket</p>	<ul style="list-style-type: none"> <li>• Whiteboard or chart paper</li> <li>• Markers</li> <li>• Peer Pressure Scenario Cards</li> <li>• Refusal Skills Practice Handout</li> <li>• Exit tickets or sticky notes</li> <li>• Optional: short video clip on teen peer pressure</li> </ul>
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Lesson 5		
Setting and Respecting Boundaries	<p><b>Engage:</b> Activity: Agree, Disagree, Unsure – Boundary Statements</p> <p><b>Connect:</b> Activity: Mini-Lesson Activity: Charades &amp; Boundary Freeze Frames Activity: Boundary Mapping</p> <p><b>Reflect:</b> Activity: Journal or Class Circle Reflection Exit Ticket</p>	<ul style="list-style-type: none"> <li>• Chart paper or whiteboard</li> <li>• Markers</li> <li>• Boundary Scenario Cards</li> <li>• Boundary Mapping Handout</li> <li>• Reflection Prompts or Journals</li> <li>• Exit tickets or sticky notes</li> </ul>
Lesson 6		
Friendships That Last	<p><b>Engage:</b> Activity: The Ideal Friend Brainstorm</p> <p><b>Connect:</b> Activity 1: Friendship Traits Sort Activity 2: Red Flag to Real Talk</p> <p><b>Reflect:</b> Journal Entry</p>	<ul style="list-style-type: none"> <li>• Projector or Smartboard</li> <li>• Printed “Friendship Traits Sort” cards</li> <li>• Red Flag/Green Flag” worksheet</li> <li>• Chart paper and markers</li> <li>• Student journals or reflection sheets</li> <li>Exit tickets</li> </ul>
Lesson 7		
Conflict Resolutions and Disagreements	<p><b>Engage:</b> Activity: Agree or Disagree –Conflict Statements</p> <p><b>Connect:</b> Activity 1: Conflict Styles &amp; Resolution Steps Activity 2: Conflict Resolution Role-Plays</p> <p><b>Reflect:</b> Journal Entry</p>	<ul style="list-style-type: none"> <li>• Projector or Smartboard</li> <li>• Printed “Conflict Styles” handout</li> <li>• Conflict Scenario Cards</li> <li>• Conflict Resolution Role-Play Worksheet</li> <li>• Chart paper and markers</li> <li>• Student journals or reflection sheets</li> </ul>
Lesson 8		
Teamwork & Collaboration	<p><b>Engage:</b> Activity: What Makes a Great Team?</p> <p><b>Connect:</b></p>	<ul style="list-style-type: none"> <li>• Projector or Smartboard</li> <li>• Chart paper and markers</li> </ul>

	<p>Activity: Understanding Team Roles Activity: Teamwork Challenge</p> <p><b>Reflect:</b> Activity: Team Reflection Journal</p>	<ul style="list-style-type: none"> <li>• Printed “Team Roles” cards</li> <li>• Team Challenge instruction sheets</li> <li>• Timer</li> <li>• Student journals or reflection sheets</li> </ul>
<b>Lesson 9</b>		
Empathy and Perspective Taking	<p><b>Engage:</b> Activity: Empathy or Not? Discussion Prompts</p> <p><b>Connect:</b> Activity: Mini-Lesson on Empathy Activity: Walk in Their Shoes Activity: Empathy Reflection Mapping</p> <p><b>Reflect:</b> Activity: Personal Reflection and Empathy in Action Plan Exit Ticket</p>	<ul style="list-style-type: none"> <li>• Whiteboard or chart paper</li> <li>• Markers</li> <li>• Empathy Scenario Cards</li> <li>• Two-Sides Reflection Worksheet</li> <li>• Journals or notebooks</li> <li>• Exit tickets or sticky notes</li> </ul>
<b>Lesson 10</b>		
Support Systems and Asking for Help	<p><b>Engage:</b> Activity: The Help Spectrum</p> <p><b>Connect:</b> Activity: Exploring Types of Support Activity: My Support Map</p> <p><b>Reflect:</b> Activity: Journal – Asking for Help is Strength</p>	<ul style="list-style-type: none"> <li>• Projector or Smartboard</li> <li>• “Types of Support” mini-poster or slide</li> <li>• Support System Mapping Template (printed or digital)</li> <li>• Chart paper and markers</li> <li>• Student journals or reflection sheets</li> <li>• Exit tickets</li> </ul>
<b>EXTRA Lesson</b>		
Active Listening & Speaking Up	<p><b>Engage:</b> Mismatched Listening</p> <p><b>Connect:</b> Activity 1: What Makes a Good Listener? Activity 2: Speaking Up with Respect</p>	<ul style="list-style-type: none"> <li>• Projector or Smartboard</li> <li>• Printed “Active Listening Skills” reference sheet</li> <li>• Listening Practice Scenario Cards</li> </ul>

	<b>Reflect:</b> Journal Entry	<ul style="list-style-type: none"><li>• Speaking Practice Prompts</li><li>• Partner feedback checklist</li><li>• Student journals or reflection sheets</li><li>• Chart paper and markers</li></ul>