

ELEVATER 1 CREDITS

SEMESTER 1

S1W1L1: BUT FIRST, LET ME TAKE A SELFIE

Game inspired by the bingo game in “Getting Acquainted” written by Sue Erickson, Colorado Uplift.

S1W1L2: INTRODUCTION TO ELEVATE

Video attributed to TED, talk titled “Start with Why” by Simon Sinek¹

S1W2L3: FIRST IMPRESSIONS

Lesson inspired by theme and content of “First Impressions” written by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift.

Video titled “Bad First Impressions,” copyright Bluefish TV.

S1W2L5: TO LEARN OR NOT TO LEARN

Learning Styles Inventory attributed to Brandeis University.

S1W3L4: COMMUNICATION 101

Lesson inspired by theme and content of “Communication” written by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift.

S1W4L3: IMPORTANCE OF LISTENING

Video titled “It’s Not About the Nail” produced by Jason Headley.

S1W4L4: HOW TO LISTEN WITH YOUR BODY

“Effective Listening Skills” handout adapted from information from skillsyouneed.com.

¹ All videos used in this curriculum have a creative commons license.

S1W4L5: LISTENING ROLE PLAY

Lesson objectives, materials and teaching techniques taken from “Listening Role-Play” adapted by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift. Original lesson written by the Center of Applied Research in Education under the title “Relationships and Communication Activities.”

S1W5L1: OPEN-ENDED QUESTIONS

Lesson adapted with only minor edits and teaching strategies added from “Four-Part Questioning” written by Sue Erickson and David Dye for the Lift Leader Training curriculum, Colorado Uplift.

S1W5L2: FOUR-PART QUESTIONING

Lesson adapted with only minor edits and teaching strategies added from “Four-Part Questioning” written by Sue Erickson and David Dye for the Lift Leader Training curriculum, Colorado Uplift.

S1W5L3: SPEAKING WITH EXPRESSION

Lesson adapted with only minor edits from “Speaking with Expression” written by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift.

S1W5L4: PRESENTATION SKILLS

Lesson adapted with only minor edits from “Presentation Skills” written by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift.

S1W5L5: ACTING SKILLS

Lesson adapted with only minor edits from “Acting Skills” written by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift.

S1W6L1: HEALTHY CONFLICT MANAGEMENT

“What Kind of Leader Are You” worksheet adapted from information from <http://www.fastcompany.com/1838481/6-leadership-styles-and-when-you-should-use-them>. “8 Actions for Resolving Conflict” worksheet adapted from information from <http://www.businessknowhow.com/manage/resolveconflict.htm>

S1W6L2: HANDLING DIFFERENT STUDENT TYPES

Lesson adapted with only minor edits from “Handling Different Student Types” adapted by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift. Colorado Uplift lesson adapted from material in the book, *Conducting Group Discussions* by Tom Jackson.

S1W6L4: SMALL GROUP ROLE PLAY

Lesson adapted with only minor edits from “Small Group Role Play” written by Sue Erickson for the Lift Leader Training curriculum, Colorado Uplift.

S1W7L1: HOW TO GIVE AND RECEIVE FEEDBACK

“Feedback vs. Criticism—Giving Feedback” handout adapted from information from ascd.org: <http://www.ascd.org/publications/educational-leadership/sept12/vol70/num01/Seven-Keys-to-Effective-Feedback.aspx>. “Feedback vs. Criticism--Receiving Feedback” handout adapted from information from Edutopia at <http://www.edutopia.org/student-feedback-accountability-teachers>.

S1W8L1: WHAT IS SELF-ESTEEM?

Lesson theme and content inspired by “Self-Esteem, Part 1 & 2” written by LaQueta Farrow, Elevate Orlando.

Personality test attributed to <http://personality-testing.info/tests/RSE.php>

S1W8L2: WHAT IS SELF-ESTEEM? PART 2

Lesson theme and content inspired by “Self-Esteem, Part 1 & 2” written by LaQueta Farrow, Elevate Orlando.

S1W9L2: RESPECTING DIFFERENCES

Lesson theme and content inspired by “We Are All Different” written by F. Lumaine and S. Higgins, Elevate Orlando.

Video of “I Have a Dream” by Martin Luther King, Jr. Information for the “Problem Identified, Solution Needed” worksheet adapted from <http://teentalk.ca/issues/appreciating-diversity/how-can-i-be-an-ally>.

S1W9L2: RESPECTING DIFFERENCES

Personality assessment adapted from *Ten-Item Personality Inventory* <http://psychcentral.com/quizzes/personality.htm>. Definitions derived from: <http://www.merriam-webster.com>

S1W10L2: LIFE MAP

Lesson adapted with only minor edits from “Vision Life Map” adapted by Sue Erickson and Sue Scheeres, Colorado Uplift. Original lesson titled “Life Map Lesson” written by Junior Achievement for their Personal Economics curriculum, 1998.

Example Life Maps from <http://www.mind-mapping.co.uk/images/Images/EXAMPLES/EDUCATION/Language/English-Literature/William-Shakespeare-Life-handdrawn-unknown.jpg>

S1W10L3: DEFINING MY PERSONAL VALUES

Information for worksheets adapted from http://www.mindtools.com/pages/article/newTED_85.htm

S1W13L1: THE WHAT AND WHY OF INTEGRITY

Lesson objectives, scenarios, teaching techniques and Bell Work adapted from “Integrity” by Shannon Higgins, Elevate Orlando. Activities inspired by content from the book, *More Activities that Teach* by tom Jackson.

S1W14L1: TIME MANAGEMENT AND PLANNING FOR FINALS

Lesson objectives, teaching techniques and activity with pie chart inspired by “Prioritize and then Complete” by J. Cayo, Elevate Orlando.

Statistics taken from <http://www.bls.gov/tus/charts/students.htm>.

S1W14L2: MANAGING STRESS

Stress Strategies adapted from <http://www.helpguide.org/articles/stress/stress-management.htm>.

S1W15L2: CARE MORE

Lesson and activity inspired by Starfish Story in “Caring, Day 2” by Kwame and Lavina Rodgers, Colorado Uplift. Original Starfish Story written by Loren Eisley.

SEMESTER 2

S2W1L1: LOOKING BACK AND LOOKING FORWARD

Video titled “The Ripple Effect” by The Collective Project.

S2W1L2: LIVE YOUR VALUES

Value wheel graphic attributed to www.expandingtimes.com.

S2W1L3: FOCUS ON THE BIGGER PICTURE

Lesson inspired by “Vision: 7 Habits #2” by Anonymous, Colorado Uplift.

Bell Work: What Do You See worksheet images attributed to tofspot.blogspot.com and en.wikipedia.org.

The “Fishing” story on the “Paradigms” worksheet is attributed to <http://www.paddling.net/guidelines/showArticle.html?548>

S2W2L2: PERSEVERANCE PAYS OFF

Lesson inspired by content, theme and worksheet in “Respect: Never Give Up” by Robert De La Torre, Elevate Orlando.

S2W3L2: EXPRESSING ANGER IN A HEALTHY WAY

Lesson adapted with only minor edits from “Respect: Expressing Anger” written by M. Jaramillo and R. Arthur, Colorado Uplift.

S2W4L1: THE DANGER OF SILENCE

Video attributed to TED, talk by Clint Smith titled “The Danger of Silence.”

S2W4L2: HOW NOT TO COMPROMISE WITH FEAR

Video attributed to TED, talk by Brene Brown titled “The Power of Vulnerability.”

S2W3L3: SEEKING AND OFFERING HELP

Lesson objectives, teaching techniques and Bell Work taken from “Getting Advice from a Trusted Adult” written by D. Dye, J. Torrez, S. Erickson and R. Arthur, Colorado Uplift.

Video attributed to Eccentricity At Its Best.

S2W6L1: FACING YOUR PAST

Poem used in this lesson is titled “I’m From” by George Ella Lyon.

S2W6L2: HEALING OLD WOUNDS

Audio clip of Leslie Morgan Steiner attributed to NPR: <http://www.npr.org/2013/03/28/175609678/the-violence-within-us>.

S2W8L2: IS IT LOVE OR INFATUATION?

Lesson adapted with only minor edits from “Love vs. Infatuation” written by Kwame and Lavina Rodgers, Brittaney Robinson and Sue Erickson, Colorado Uplift.

S2W8L3: RED FLAGS

Lesson adapted with only minor edits from “Relationship Red Flags” written by Sue Erickson, Colorado Uplift.

S2W9L1: CONSEQUENCES OF EARLY SEXUAL ACTIVITY

Lesson adapted and content inspired by “Consequences of Early Sexual Activity” adapted by Sue Erickson, Colorado Uplift. Original lesson ideas adapted from *The Center for Relationship Education*, 2010.

Video 1 titled “Sexual Abstinence” attributed to Youth Alive. Video 2 titled “If I Don’t...” copyright Campaign for Our Children, Inc.

S2W9L2: CONSEQUENCES OF EARLY SEXUAL ACTIVITY, PART 2

Video 1 titled “Know the Signs” copyright Community Healthcare Network. Video 2 titled “Love is Not a Game” attributed to loveisrespect.org.

S2W10L2: FOLLOWING THROUGH

Lesson objectives and content inspired by “Positive Work Ethic, Part 2” written by LaQueta Farrow, Elevate Orlando.

S2W11L1: WHAT FORGIVENESS IS AND WHAT IT ISN'T

Definition of forgiveness and other information for content and worksheets adapted from <http://greatergood.berkeley.edu/topic/forgiveness/definition>

S2W11L2: STORIES OF FORGIVENESS

Video titled “A Letter to My Father” was produced by Levi Morris.

S2W11L3: FORGIVING YOURSELF

Content for worksheet adapted from <http://www.personalityexplorer.com/FREEResources/ConflictManagementTechniques.aspx>.

S2W12L2: TO THIS DAY

Video attributed to TED, talk by Shane Koyczan titled, “To This Day.”

S2W12L3: STAND UP AND SPEAK OUT

Video is a public reenactment of Cesar Chavez’s 1971 speech titled, “We Are Also Responsible.” Video produced by Mark Tribe.

S2W13L1: PEER PRESSURE AND INFLUENCE

Lesson theme and content inspired by “Cliques, Influence” written by Monique Jaramillo, Michelle Burt and LaQueta Farrow, Colorado Uplift.

S2W13L2: ONCE UPON A TIME

Lesson theme and content inspired by “The Effects of Choices (Drugs)” written by David Ubaldo, Colorado Uplift. Video attributed to Foundation for a Drug-Free World.

S2W13L3: CONSEQUENCES OF DRUGS

Video 1 attributed to SAE Institute Dubai. Video 2 attributed to Foundation for a Drug-Free World.

S2W14L1: SECRET LIFE ONLINE

Video created by Community Healthcare Network titled, “Cyber Life”

S2W15L1: WHAT CAREER DO YOU GRAVITATE TOWARD?

Video 1: <http://bizkids.com/clip/profile-nike-shoe-designer> attributed to Biz Kids. Video 2: <http://www.mynextmove.org/explore/ip> attributed to My Next Move. Career Interest Survey attributed to My Next Move.

S2W15L3: JOBS SKILLS AND TRAITS

Lesson adapted with only minor edits from “Job Skills and Traits” written by Sue Scheeres, Colorado Uplift.

S2W16L1: BUILDING YOUR PERSONAL BRAND, PART 1

Video: <https://www.youtube.com/watch?v=VQZK6Y72UI0> of a talk by Justin Morgan called “The Art of Storytelling” attributed to Ignite Denver

S2W16L2: BUILDING YOUR PERSONAL BRAND, PART 2

Video: <https://vimeo.com/53034454> titled “Social Media Video 2013” attributed to Social Media Revolution.

S2W17L1: WRITING A RESUME, PART 1

Lesson adapted with only minor edits from “Writing a Resume” written by Sue Scheeres, Colorado Uplift.

Content for Resume Writing Worksheet adapted from <http://www.bls.gov/careeroutlook/2009/summer/art03.pdf>.

S2W17L2: WRITING A RESUME, PART 2

Lesson theme and content inspired by “Writing a Resume” written by Sue Scheeres, Colorado Uplift.

S2W18L1: APPLYING FOR A JOB

Lesson adapted and inspired by “Applying for a Job” written by Sue Erickson and Sue Scheeres, Colorado Uplift.

S2W18L2: HOW TO INTERVIEW

Lesson theme and content inspired by “Preparing for an Interview” written by Sue Scheeres, Colorado Uplift.

Video clip from the show Monty Python classified as creative commons. Interview questions adapted from

<https://www.themuse.com/advice/how-to-answer-the-31-most-common-interview-questions>.

S2W18L3: MOCK INTERVIEWS

Lesson theme, objectives and activity inspired by “Mock Interviews” written by Sue Erickson and Sue Scheeres., Colorado Uplift.

S2W19L1: RESPECTING SERVICE MEMBERS

Information about the Korean War and Sergeant Howard William Osterkamp from <http://www.ask.com/art-literature/origin-gave-gave-81f98d67d31b7557>.

S2W19L3: PRIVILEGE OF FREEDOM

Excerpts taken from the Declaration of Independence, United States Constitution and the United States Bill of Rights.