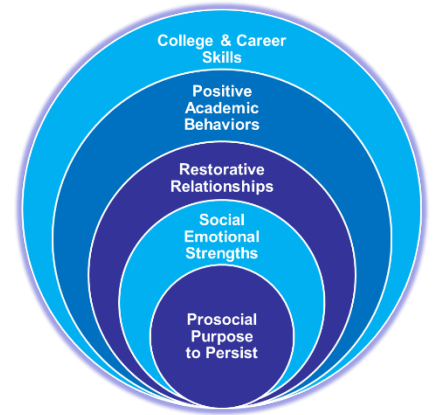


First Year at a Glance

In each activity, students learn one new skill and then choose a challenge for how to help someone else with that skill. It's a simple formula that combines social emotional learning with restorative practices and positive behaviors -- preparing students for college and career success. During the activity, students grow a habit of reflection. During the week, they grow a habit of mentoring others. Over time, these habits nurture a deeper sense of purpose to persist in overcoming obstacles to reach their goals. And this is reinforced by belonging to a learning community where everyone is encouraging each other to bring out their strengths. It's how we grow a community of purpose.



1. **Your Path to Growth.** Choose how you want to grow and prepare to persist through setbacks.
2. **Your Mind is Like a Muscle.** Learn how your brain grows with exercise, just like other muscles.
3. **Your EduGuides.** Reflect on “guides” who have brought out the best in you; choose others you will guide.
4. **Your Path to Growth Capstone Module:** Review personal development and progress and plan for growth.
5. **Fixed vs. Growth Mindset.** Learn steps to help you and your friends move from a fixed to a growth mindset.
6. **Your Core Purpose.** Explore where you find purpose to persist and contribute to your community.
7. **Talking Back to the Fixed Mindset.** Practice ways to talk back to your fears and continue to grow.
8. **Finding Your Way Around the Change Curve.** Discover strategies to navigate transitions and other bumps the road.
9. **Your Path to Growth Capstone Module:** Review personal development and progress and plan for growth.
10. **Effective Encouragement.** Learn a simple formula for how to increase positive outcomes for you and others.
11. **Encouragement Mentoring.** Practice effective mentoring to inspire people to reach goals.
12. **Neurons that Fire Together, Wire Together.** Discover new ways to learn more efficiently with less stress.
13. **Neurons that Wire Together, Inspire Together.** Learn how to rewire your brain to achieve goals.
14. **Your Path to Growth Capstone Module:** Review personal development and progress and plan for growth.
15. **Never Give Up.** Find out how to make persistence your superpower.
16. **The Road to Success Passes Through Failure.** Learn 3 ways champions use their failures to succeed.
17. **Rediscovering a Core Purpose More Powerful Than Fear.** Harness the power of your purpose to overcome limits.
18. **Slow Down and Enjoy the Journey.** Practice slowing down to reflect on your learning so you can grow faster.
19. **You Only Truly Lose if You Don't Learn From Your Loss.** Learn 3 tactics to overcome any obstacle you face.
20. **Your Path to Growth Capstone Module:** Review personal development and progress and plan for growth.