

Intervention on Purpose Content Suite

Middle & High School

Intervention on Purpose – 6-12th Grade – Intervention, ISS/OSS or Alt. Ed.

\$40 per concurrent License

INTERVENTION ON PURPOSE

Purpose Prep’s Intervention on Purpose curriculum is designed to target specific areas where students may need greater assistance. These mini-topical courses are intended to empower students to become their best selves, despite mistakes they may have made or hardships they may be experiencing. These courses are great for ISS, Alternative Education, or to simply provide students with extra resources to deal with a specific problem-area.

Each of these modules contains five related and relevant instructional videos, crafted together to effectively teach students how to conquer the barrier and grow stronger. Below the bulleted outline is a specific breakdown of each one.

Coping with Trauma and Hardship

1. Coping with Abuse and Neglect
2. Coping with Foster Care & Home Life
3. Coping with Grief, Loss and Shame
4. Coping with the Effects of Trauma
5. Coping with the Incarceration of a Loved One
6. Dealing with Divorce & Separation
7. Dealing with Sexual Abuse and Sexual Pressure
8. Finding Hope with Teen Pregnancy
9. Learning Resiliency, Elasticity & Coping Strategies
10. Overcoming Gangs, Guns and Fighting
11. Overcoming the Use of Swearing and Degrading Words
12. Protecting Myself Against Exploitation and Human Trafficking
13. Rising Above Fighting & Violence
14. Surviving the Death of a Loved One
15. Understanding Trauma

Emotion Regulation and Self-Management

16. Auditing My Emotions

17. Controlling Your Thoughts and Sad Feelings
18. Dealing with Rejection
19. Developing Positive, Prosocial Behavior
20. Living with and Overcoming Anxiety
21. Managing Adrenaline and Aggression
22. Handling Life Stress and Difficulties
23. Managing My Mood and Behavior
24. Managing Stress
25. Recognizing Potential Mental Barriers
26. Regulating Anger and Temper
27. Turning Your Life Around & Start Again
28. Understanding Anxiety
29. Understanding Depression
30. Unlearning Learned Helplessness
31. Walking Through Forgiveness

Substance Abuse Education

32. An Introduction to Substance Abuse
33. Considering the Impact of Drugs on My Relationships
34. Exposing the Consequences of Drugs on My Body and Mind
35. Introducing the Process of Substance Abuse Rehabilitation

36. Living Above Vaping & JUULing
37. Living Drug Free and Overcoming Drugs
38. Tackling the Use of Stimulants and Depressants

Bullying Prevention and Intervention

39. Exploring the Impacts of Bullying
40. Overcoming Bullying the Right Way
41. Standing Up and Addressing Unfairness
42. Thinking about Bullying from All Perspectives

Suicide Prevention, Education, and Awareness

43. Finding Available Mental Health Resources & Supports
44. Preventing Mental Health Disorders
45. Preventing Suicide and Depression
46. Recognizing Mental Health Warning Signs
47. Recognizing Signs & Symptoms of Mental Health Disorders
48. Recovering from Self-Harm and Painful Thinking
49. Reducing the Stigma of Mental Health Disorders
50. Understanding Suicide Risk and Protective Factors

Academic Development and Fulfillment

51. Accepting and Taking Responsibility
52. Accepting Personal Accountability
53. Applying Learning to Earning
54. Being Prepared
55. Building a Love for Learning
56. Building Organizational Skills
57. Challenging Myself to Break My Limits
58. Creating Ambition, Curiosity, and Self-Motivation
59. Dressing and Grooming for Success
60. Fighting Truancy
61. Going Above and Beyond
62. Mastering My Focus and Concentration Skills
63. Moving Forward from Suspension and Expulsion
64. Returning to School Successfully
65. Taking Pride in My Work
66. Using My Time Wisely
67. Utilizing Social Resources for Success

Restorative Practices

68. Accepting My Past & Creating My Future
69. Breaking the Cycle of Self-Punishment
70. Restorative Practices: Making it Right with Restorative Circles
71. Restorative Practices: Restoration over Punishment
72. Restorative Practices: Taking Accountability for My Circumstances

Personal Development

73. Accepting Personal Leadership
74. Becoming a Dynamic Leader
75. Becoming an Optimistic Thinker
76. Being Yourself with Pride and Confidence
77. Crafting My Personal Vision
78. Discovering My Identity
79. Enjoying Life at Each Moment
80. Finding Inner Perseverance & Resilience
81. Finding Your Purpose

82. Getting in Touch with Myself
83. Identifying My Needs & Limits
84. Jumpstarting My Personal Growth
85. Keeping Calm and Living with Mindfulness
86. Learning How to Dream Beyond Limits
87. Learning to Date Yourself
88. Living an Adventurous and Mysterious Life
89. Living by Character, Values, and Purpose
90. Maintaining Physical Health & Wellness
91. Making a Difference
92. Striving for Authenticity
93. Unlocking the Power of Self-Reliance

Refining Decision-Making Skills

94. Adopting Goal-Directed Behavior
95. Evaluating the Quality of My Judgements
96. Looking Positively Toward the Future
97. Making Positive Choices
98. Mastering Personal Finance
99. Securing Financial Aid
100. Taking Control of Impulsive Decision-Making Habits
101. Writing Life-Changing Goals for My Future

Personal Safety

102. Interacting with Law Enforcement Safely
103. Prioritizing Personal Safety and Wellness
104. Staying Safe Online
105. Using Social Media the Right Way

Social Awareness

106. Building LGBTQ Awareness and Alliance
107. Capitalizing on Collaboration
108. Defining Diversity
109. Embracing Diversity
110. Embracing My Citizenship
111. Expanding My Social and Cultural Intelligence
112. Fighting for Justice
113. Helping Others

114. Impacting & Contributing to My Community
115. Seeing the World Through Compassion & Empathy
116. Transforming Inclusion
117. Understanding & Advocating for Social Equity
118. Valuing Culture & Diversity
119. Winning through Cooperation

Communication Skills

120. Advancing Everyday Communication Skills
121. Asking for Help for Myself or Others
122. Building Communication Skills with Adults
123. Building Communication Skills with Parents and Caregivers
124. Learning Refusal Skills & How to Say “NO”
125. Mastering the Art of Negotiation
126. Providing Insightful Comments
127. Resisting & Refusing Peer Pressure
128. Unlocking the Power of Silence and Questions
129. Using Active Listening & Engagement
130. Using My Voice and Driving My Future

Relationship Skills

131. Building Healthy Relationships
132. Caring for & Appreciating Others
133. Dating Wisely
134. Embracing Vulnerability
135. Finding a Mentor
136. Giving Simple Respects
137. Recognizing the Potential of Mentorship
138. Showing Kindness to Others
139. Using Compassion in Real Life

INTERVENTION ON PURPOSE MODULE BREAKDOWN

1. **Coping with Abuse and Neglect**
It's Not Your Fault – Physical Abuse
It's Not Your Fault – Emotional Abuse
It's Not Your Fault – Physical and Emotional Neglect
Intervention Can Help You – Coping with Grief, Loss and Shame
Pain to Purpose – Confusion, Pain & Identity
2. **Coping with Foster Care & Home Life**
Foster Care and Home Life – Regret and Resentment
Foster Care and Home Life – Personal Empathy
Foster Care and Home Life – Adapting to New Homes & Schools
Real-Life Childhood Trauma – Protecting Our Family
Suicide Prevention – What to Do If Your Friend Is Talking about Suicide
3. **Coping with Grief, Loss and Shame**
Know Yourself, Love Yourself–Loved, Valuable, and Accepted
Vulnerability – How to Handle Shame
Memories – Overcoming Bad Memories
Social-Emotional Trauma – Trauma and PTSD
Social-Emotional Trauma – Breaking Through Social Stereotypes
4. **Coping with the Effects of Trauma**
Social-Emotional Trauma – Trauma and Success
Social-Emotional Trauma – ACEs Scores & Graduation
Coping Strategies – Negative Thinking Patterns
Coping Strategies – Trauma and Behavior
Making Powerful Decisions – Overcoming Traumatic Memories
5. **Coping with the Incarceration of a Loved One**
Family Challenges – Incarceration
Mental Health – The Freedom in Forgiveness
Social/Emotional Health – Accepting Your Circumstance
Foster Care and Home Life – Incarcerated Family or Friends
Real-Life Childhood Trauma – Unjust Criminal Charges
6. **Dealing with Divorce & Separation**
It's Not Your Fault – Divorce & Separation
Pain to Purpose – Dealing with Divorce and Separation
Coping Strategies – Coping with Loss and Separation
Social/Emotional Health – Emotional Pain, Loss & Stress
Real-Life Childhood Trauma – Neglect and Abandonment
7. **Dealing with Sexual Abuse and Sexual Pressure**
It's Not Your Fault – Sexual Abuse
Social and Self-Awareness Skills – Sex Safety, Education and Boundaries
Social and Self-Awareness Skills – Sexual Abuse
Social Media Safety – Sending Inappropriate Pictures
Personal Safety – Sexual Safety
8. **Finding Hope with Teen Pregnancy**
Your Story – Teen Pregnancy
Compassion & Stillness – Find Peace through Stillness
Start again – Turning Your Life Around
Personal Safety – Bodily Safety
Helplessness to Hopefulness – Finding the Source of Helplessness
9. **Learning Resiliency, Elasticity & Coping Strategies**
Resiliency – Coping Skills
Resiliency – Creating Your Team
Helplessness to Hopefulness – Reaching Out to Others
Helplessness to Hopefulness – Being Honest with Reality
Helplessness to Hopefulness – Changing Our Negative Thinking
10. **Overcoming Gangs, Guns and Fighting**
Violence – Learned & Unlearned Violence
Violence – Verbal Assault
Violence – Physical Assault
Violence – Domestic Violence
Crisis Management – Gangs, Guns and Fighting
11. **Overcoming the Use of Swearing and Degrading Words**
Intervention Can Help You – Swearing and Degrading Words
Peer Conflict – Don't Fight Fire with Fire
Hate Speech & Graffiti – The Impact of Negative and Hateful Words
Hate Speech & Graffiti – Be What You Want to Receive
Hate Speech & Graffiti – Reflect on Your Perspective
12. **Protecting Myself Against Exploitation and Human Trafficking**
Coping Strategies – Avoiding Exploitation (Human Trafficking)
Safety – Finding Safety
Safety – Are Your Relationships Safe?
Social Media Safety – Warning Signs
Social Media Safety – Protecting Your Identity
13. **Rising Above Fighting & Violence**
Hate Speech & Graffiti – Vandalism and Graffiti
Hate Speech & Graffiti – Creating a Safe Environment
Violence – School Violence
Peer Conflict – Assault and Battery
Mission – Starting from The Bottom
14. **Surviving the Death of a Loved One**
Family Challenges – Death of a Loved One
Resiliency – Defining Resiliency
Social-Emotional Trauma – Experiencing Loss
There's No Shame in Asking for Help – Leaning on Others
Are You Unique – How to Get Unstuck
15. **Understanding Trauma**
Dealing with Trauma – Identifying Trauma
Dealing with Trauma – Trauma with Sexual Abuse and Molestation
Dealing with Trauma – Family Challenges Around Trauma
Dealing with Trauma – Emotional or Physical Trauma
Dealing with Trauma – Sexual Pressure
16. **Auditing My Emotions**
Emotional Audit – An Emotional Audit
Emotional Audit – The Mind Map
Emotional Audit – The Three Levels of the Mind
Emotional Audit – Emotional Differences
Mental Health – Tips to Mental Health
17. **Controlling Your Thoughts and Sad Feelings**
Thoughts & Acceptance – Changing Our Thought Patterns
Thoughts & Acceptance – Overcoming Sad Feelings
Thoughts & Acceptance – Motivated by Positive Feelings
Thoughts & Acceptance – The Feeling of Hopelessness
Thoughts & Acceptance – How Choices Effect Our Thinking
18. **Dealing with Rejection**
Emotional Audit – Mastering Your Emotions
Inner Engineer Part 1 – The Pain of Rejection
Resiliency – Elasticity
Foster Care and Home Life – Handing the Rejection from Family
Helplessness to Hopefulness – Rejection to Restoration

19. **Developing Positive, Prosocial Behavior**
 Know Yourself, Love Yourself – Self-Worth
 Social Media Safety – Protecting Your Reputation
 Giving Simple Respects – Respect for Elders, Leaders, and Peers
 Refusal Skills & Strategies – The Decisions Made: Goal Settings
 Anti-Racism – Becoming a Better Ally
20. **Living with and Overcoming Anxiety**
 Overcoming Anxiety – How to Deal with and Overcome Anxiety
 Overcoming Anxiety – How to Feel Better
 Overcoming Anxiety – Who Should I Tell and Not Tell?
 Overcoming Anxiety – How to Get Help
 Overcoming Anxiety – Prevention
21. **Managing Adrenaline and Aggression**
 Who's in Control – Command Your Temper
 Positive & Negative – The Effects of Negativity
 Positive & Negative – Turn Negativity into Positivity
 Crisis Management – Adrenaline and Aggression
 Being a Champion – Knowing Your Worth and Everyone Else's
22. **Handling Life Stress and Difficulties**
 Stressful Life Events – School, Homework & Test Stress
 Stressful Life Events – Breakups
 Real-Life Childhood Trauma – Natural or Uncontrollable Disasters
 Engineering Consciousness – Processing Adversity
 Have a Little Fun – Don't Take Everything So Seriously
23. **Managing My Mood and Behavior**
 Mental and Emotional Regulation – Who I Am and What I Value
 Mental and Emotional Regulation – Feel What You Need to Feel, Then Move Forward
 Mental and Emotional Regulation – Breaking Free from Inherited Family Expectations
 Mental and Emotional Regulation – Don't Be So Hard on Yourself
 Mental and Emotional Regulation – Be Vocal About Your Hardships
24. **Managing Stress**
 Choosing Purpose – Manage Stress
 Stressful Life Events – Overcommitment
 Stressful Life Events – Being Unplanned
 My Environment – Life Stress
 My Environment – Creating Boundaries
25. **Recognizing Potential Mental Barriers**
 Recognizing Potential Barriers – ADHD
 Recognizing Potential Barriers – Panic Attacks
 Recognizing Potential Barriers – Obsessive-Compulsive Disorder (OCD)
 Recognizing Potential Barriers – Sleep Problems & Insomnia
 Recognizing Potential Barriers – Internet Addiction
26. **Regulating Anger and Temper**
 Anger Management – Defining Anger Management
 Anger Management – Angry Outcomes
 Anger Management – Types of Anger
 Anger Management – Handling Anger
 Anger Management – Overcoming Anger
27. **Turning Your Life Around & Start Again**
 Moving Forward – Competency
 Moving Forward – Establishing Trust
 Moving Forward – Be Clear on What You Want and What You Don't
 Moving Forward – Where Focus Goes, Energy Flows
 Moving Forward – Establishing a Strong Foundation
28. **Understanding Anxiety**
 Family Challenges - Depression & Anxiety
 Mental Wellness – Anxiety
 Behaviors & Traits that lead to Success – Be Optimistic
 Mental Health – Tips to Mental Health
 Warning Signs – Anxiety Warning Signs
29. **Understanding Depression**
 Mental Wellness – Depression
 Dealing with Depression – What is Depression?
 Dealing with Depression – How Common is Depression?
 Dealing with Depression – Causes of Depression
 Warning Signs – Depression Warning Signs
30. **Unlearning Learned Helplessness**
 Know Yourself, Love Yourself – Limits and Abilities
 Past & Future – Personal Reflection + Future Projection = Personal Development
 Needs & Limits – Living in Denial
 Crisis Management – Learned Helplessness
 Moving Forward – Where Focus Goes, Energy Flows
31. **Walking Through Forgiveness**
 Social/Emotional Health – The Daily Forgiveness, Thankfulness & Confidence Exercise
 Overcoming Bullying: Real Stories – Forgiveness
 Purposeful Communication Techniques – Conflict Resolution
 Purposeful Communication Techniques – Letting Go of Your Ego
 Purposeful Communication Techniques – Collaboration
32. **An Introduction to Substance Abuse**
 Introduction to Substance Abuse – Drugs and the Body and Mind
 Introduction to Substance Abuse – Marijuana, Nicotine, Tobacco and Cigarettes
 Choosing Purpose – Make Powerful Decisions
 Be the Change – A Life Plan Can Help Build a Legacy
 Your Story – Look into the Past & Write Your Future
33. **Considering the Impact of Drugs on My Relationships**
 Introduction to Substance Abuse – The Impact of Drugs on Your Relationships
 Memories – Family, Friends & Loved Ones
 Memories – Be Present
 Value – See the Value in Yourself
 My Environment – Managing Codependency
34. **Exposing the Consequences of Drugs on My Body and Mind**
 Know Yourself, Love Yourself – Positive Reinforcement
 Family Challenges – Substance Abuse
 Mental Wellness – Learning How to Say "No"
 Pain to Purpose – The Consequences of Drugs
 Identifying Suicide Risks and Protective Factors – Mental Health and Substance Abuse
35. **Introducing the Process of Substance Abuse Rehabilitation**
 Drug Abuse & Rehabilitation – What is Drug Abuse & Rehabilitation?
 Drug Abuse & Rehabilitation – Substance Addiction
 Drug Abuse & Rehabilitation – My Family or Friends Use
 Drug Abuse & Rehabilitation – The Process of Rehabilitation
 Drug Abuse & Rehabilitation – What Can Go Right & Wrong
36. **Living Above Vaping & JUULing**
 Introduction to Substance Abuse – Vaping and JUULing
 Vision – The Guiding Image
 Vision – Map Out Your Future
 Start Again – Start Today
 Mental Wellness – Mindfulness

37. **Living Drug Free and Overcoming Drugs**
Intervention Can Help You – Living Drug Free and Overcoming Drugs
Overcoming the Past – Accepting Our Mistakes
Moving Forward – Establishing Trust
Moving Forward – Be Clear on What You Want and What You Don't
Moving Forward – Establishing a Strong Foundation
38. **Tackling the Use of Stimulants and Depressants**
Introduction to Substance Abuse – Stimulants and Depressants
Start Again – Make the Decision
Crisis Management – Mood and Behavior Management
My Environment – A Product of Your Environment or Your Mindset
Who I Am and What I've Done – Dictating My Future
39. **Exploring the Impacts of Bullying**
Understanding Bullying – Hurt People...Hurt People
Understanding Bullying – Trauma and Insecurity
Understanding Bullying – Being Different
Understanding Bullying – Tragedy on Both Sides
Understanding Bullying – Solutions to Bullying
40. **Overcoming Bullying the Right Way**
Overcoming Bullying: Real Stories – Tricks & Tips to Overcome
Overcoming Bullying: Real Stories – Standing Up the Right Way
Overcoming Bullying: Real Stories – Techniques to Overcome Bullying
Overcoming Bullying: Real Stories – Finding Your Tribe
Social/Emotional Health – Explore a New Environment
41. **Standing Up and Addressing Unfairness**
Being a Champion – Diffuse the Situation
Being a Champion – What's at Stake
Being a Champion – Being Observant
Being a Champion – Creating Real Change
Compassion & Stillness – Finding Solutions in Stillness
42. **Thinking about Bullying from All Perspectives**
Effects of Bullying – Dehumanizing the Victim
Effects of Bullying – Effects on the Bullied
Effects of Bullying – Effects on the Bully
Effects of Bullying – Effects on the Bystanders
Effects of Bullying – Effects on Culture
43. **Finding Available Mental Health Resources & Supports**
Finding Available Community Suicide Prevention Resources – Local Crisis Centers
Finding Available Community Suicide Prevention Resources – Hotlines
Finding Available Community Suicide Prevention Resources – Friends and Family
Finding Available Community Suicide Prevention Resources – School Resources
Purposeful Communication Techniques – Asking for Help or Support
44. **Preventing Mental Health Disorders**
Prevention of Mental Health Disorders – Maintaining a Routine Schedule
Prevention of Mental Health Disorders – Paying Attention to Warning Signs
Prevention of Mental Health Disorders – Relationship Boundaries
Prevention of Mental Health Disorders – Resisting Isolation
Prevention of Mental Health Disorders – Communicating Stress in the Moment
45. **Preventing Suicide and Depression**
Suicide Prevention – Building Community and Support to Reduce Risk
Suicide Prevention – Finding Help Online & In Your Community
Suicide Prevention – Reduce the Stigma of Suicide
Warning Signs – Suicide Warning Signs
Dealing with Depression – How to Recognize Depression
46. **Recognizing Mental Health Warning Signs**
Warning Signs – Depression Warning Signs
Warning Signs – Anxiety Warning Signs
Warning Signs – Hopelessness Warning Signs
Mental Health – Break it Down
Growth Mindset – Emotional Intelligence
47. **Recognizing Signs & Symptoms of Mental Health Disorders**
Signs and Symptoms of Mental Health Disorders – Long-Lasting Sadness
Signs and Symptoms of Mental Health Disorders – Being Irritable or Easily Frustrated
Signs and Symptoms of Mental Health Disorders – Social Withdrawal
Signs and Symptoms of Mental Health Disorders – Excessive Fear, Worry or Anxiety
Signs and Symptoms of Mental Health Disorders – Dramatic Changes in Eating or Sleeping Habits
48. **Recovering from Self-Harm and Painful Thinking**
Mental Health – Healing Your Mind
Pain to Purpose – Self-Harm and Staying Safe
Self-Esteem – Body Image & Eating Disorders
Real-Life Childhood Trauma – Trauma That Leads to Pain & Suicidal Thoughts
Finding Available Community Suicide Prevention Resources – Seeking Therapy
49. **Reducing the Stigma of Mental Health Disorders**
Reducing the Stigma of Mental Health – Feeling Sad About What We Feel
Reducing the Stigma of Mental Health – Feeling Ashamed for Being Depressed
Reducing the Stigma of Mental Health – It's Ok to Talk About It
Reducing the Stigma of Mental Health – Protecting Those with Mental Health Illnesses
Reducing the Stigma of Mental Health – Minimizing the Importance or Issue
50. **Understanding Suicide Risk and Protective Factors**
Suicide Prevention – Talking about Suicide
Identifying Suicide Risks and Protective Factors – Evaluate Your Circle
Identifying Suicide Risks and Protective Factors – Thinking Objectively About Our Feelings
Identifying Suicide Risks and Protective Factors – “Just Take it Easy, Man”
Identifying Suicide Risks and Protective Factors – Self-Care is Not Selfish
51. **Accepting and Taking Responsibility**
Make Yourself Marketable Now – Making the Choice & Accepting Responsibility
Who's in Control – What's in Your Hands?
Who's in Control – Who You Are & Who You're Not
Who's in Control – Personal Accountability
Mission – Circumstance and Situations
52. **Accepting Personal Accountability**
Traits of a Successful Student & Employee – Traits of a Successful Student & Employee
Traits of a Successful Student & Employee – Work Ethic
Traits of a Successful Student & Employee – Problem-Solving & Decision-Making
Traits of a Successful Student & Employee – Driven & Dependable
Traits of a Successful Student & Employee – Lifelong Learner
53. **Applying Learning to Earning**
From Learning to Earning – Learn How to Learn
From Learning to Earning – Learn How to Earn
From Learning to Earning – Meaning > Money
From Learning to Earning – From Purpose to Profession
From Learning to Earning – Changing Your Mindset About Money

54. Being Prepared

Prepare for College & Career – Don't Know Where to Get Help?
Join the Workforce – Develop a College & Career Vision Statement
Explore Other Opportunities – Pursue Your Passions
Opportunity – Don't Force it, the Opportunities Will Come
Opportunity – Preparation Meets Opportunity

55. Building a Love for Learning

Skills You Need – Activities That Energize You
Disciplines That Lead to Success – Learn How to Study
Join the Workforce – The Value of the Workforce
A Satisfied Life – Achieving a Fulfilling Career
Where Are You Headed – What Makes You Tick?

56. Building Organizational Skills

Choosing Purpose – Organizational Skills
Skills You Need – Organizing Your Life
Inner Engineer Part 1 – Competing Commitments
Inner Engineer Part 1 – Get Specific & Break it Down
Inner Engineer Part 1 – Activities, Time Commitments & Fearing Success

57. Challenging Myself to Break My Limits

Finding Success at Work – Accomplishing Big & Small Tasks at Work
Be the Change – Is There More to Life?
Be the Change – Is Doing Good Better Than Being Great?
Be the Change – Giving Beyond
Be the Change – Thriving or Surviving

58. Creating Ambition, Curiosity, and Self-Motivation

Choosing Purpose – Living Self-Disciplined & Self-Motivated
A Satisfied Life – Getting Out of Your Comfort Zone
A Satisfied Life – Harness Your Ability to Learn, Read & Obtain Knowledge
A Satisfied Life – The Perpetual Learner
A Satisfied Life – The Questioner

59. Dressing and Grooming for Success

Finding Success at Work – Proper Grooming & Dress
Disciplines That Lead to Success – Dress for Success
Growth Mindset – Daily Disciplines
Warping Reality – Daily Affirmation Statement
Self-Esteem – How to Be Self-Confident

60. Fighting Truancy

Intervention Can Help You – Truancy: Absenteeism and Missing School
Mystery – Process Your Future
Mystery – Writing Your Obituary
Truancy – Truancy and Absenteeism
Truancy – Skipping Class and School

61. Going Above and Beyond

Make Yourself Marketable Now – Extracurricular Activities and Clubs
Make Yourself Marketable Now – Life Experiences
Don't Stay Silent – Against the Grain
Don't Stay Silent – Limits Are Meant to Be Broken
Don't Stay Silent – Be Vocal About Your Direction

62. Mastering My Focus and Concentration Skills

Skills You Need – The Power of Focus
Where Are You Headed – Embracing Your Design
Focus & Success – Four Pillars of Focus
Focus & Success – Four Pillars of Success
Focus & Success – Defining Success

63. Moving Forward from Suspension and Expulsion

Truancy – Frustrations with Studies
Truancy – Meaningful Attachments
Truancy – Assigning Purpose to Learning
Overcoming the Past – Choosing Change
Intervention Can Help You – Suspension and Expulsion

64. Returning to School Successfully

Making Powerful Decisions – Successfully Returning to School
Focus & Success – The Importance of Planning
Overcoming the Past – Learning from Our Mistakes
Overcoming the Past – Finding a New Crowd
Overcoming the Past – Avoiding Recidivism

65. Taking Pride in My Work

Behaviors & Traits That Lead to Success – Be Proactive
Behaviors & Traits That Lead to Success – Have Integrity
Behaviors & Traits That Lead to Success – Develop a Passion
Behaviors & Traits That Lead to Success – Have Persistence & Dedication
Finding Success at Work – How to Be Enthusiastic About Our Life

66. Using My Time Wisely

Finding Success at Work – Changing the Way We Think About Productivity
Prepare for College & Career – Social Distractions
Focus & Success – The Importance of Planning
Who's in Control – Time is Ticking
Purpose – The Future is Now

67. Utilizing Social Resources for Success

Resources – Teachers
Resources – School Groups
Resources – Quality Peers
Resources – Mentors
Relationships – Opening Doors of Opportunity

68. Accepting My Past & Creating My Future

Who I Am and What I've Done – Tracing My History
Who I Am and What I've Done – Gaining Control Over the Present
Who I Am and What I've Done – Each Day is a New Opportunity
Who I Am and What I've Done – Be Teachable
My Environment – Put Yourself First

69. Breaking the Cycle of Self-Punishment

Self-Punishment – Why We Punish Ourselves & Others
Self-Punishment – Regret
Self-Punishment – Anxiety & Guilt
Self-Punishment – Accepting Your Flaws
Self-Punishment – Breaking the Cycle

70. Restorative Practices: Making it Right with Restorative Circles

Restorative Circles – Affective Statements
Restorative Circles – Reflecting on Your Feelings with Others
Restorative Circles – Asking the Right Questions
Restorative Circles – Establishing Trust
Restorative Circles – Saying Sorry

71. Restorative Practices: Restoration over Punishment

Restorative Justice – Restorative Practice
Restorative Justice – The Labeling Theory
Restorative Justice – Learned Definitions & Context
Restorative Justice – Being Patient with the Process
Restorative Justice – Absence of a Parent

- 72. Restorative Practices: Taking Accountability for My Circumstances**
 Mindfulness and Accountability – What Happened from My Perspective?
 Mindfulness and Accountability – What Was I Feeling?
 Mindfulness and Accountability – Perspective-Taking
 Mindfulness and Accountability – Respecting the Rights and Interests of Others
 Mindfulness and Accountability – Repairing the Harm
- 73. Accepting Personal Leadership**
 Safety – Finding Safe Leaders
 Past & Future – To Create or Be Created
 Past & Future – Born to Be Different
 Past & Future – Personal Leadership
 Past & Future – Don't Let the Same Team Beat You Twice
- 74. Becoming a Dynamic Leader**
 A Reinvented Leader – True Leadership
 A Reinvented Leader – Embrace the Paradox
 A Reinvented Leader – Logical vs. Emotional Thinking
 A Reinvented Leader – Maximize Your Strengths
 A Reinvented Leader – It's Not Black and White
- 75. Becoming an Optimistic Thinker**
 Safety – Positive Speaking & Reflective Writing
 Frame Your World – Words Shape Thought
 Frame Your World – Thoughts Shape Beliefs
 Frame Your World – Belief Shape Actions
 Frame Your World – Choosing Between Two Realities
- 76. Being Yourself with Pride and Confidence**
 Be Yourself – Be Honest with Yourself
 Be Yourself – Inner-Peace / Outer-Peace
 Being Yourself & Letting Others Be Themselves
 Knowing Yourself – Identify Your Strengths
 Overcome Identity Issues – Acknowledge and Embrace All of You
- 77. Crafting My Personal Vision**
 Growth Mindset – Breaking Free of Limitations
 People & Problems – Decide Who You Want to Be
 Frame Your World – Visualize Your World
 Make Yourself Marketable Now – Creating A Vision for Your Life
 Physical Health – Personal Hygiene
- 78. Discovering My Identity**
 Discover Your Identity – The Assignment
 Discover Your Identity – Recover What You Used to Have
 Discover Your Identity – Identity Leads to Purpose
 Overcome Identity Issues – Redefine Your Identity Foundation
 Overcome Identity Issues – You Are Not What You Do
- 79. Enjoying Life at Each Moment**
 Have a Little Fun – Hobbies & Dreams
 Have a Little Fun – It Doesn't Cost to Have Fun
 Adventure – Take Up the Challenge
 Adventure – Do Something Out of the Ordinary
 Adventure – Be Spontaneous
- 80. Finding Inner Perseverance & Resilience**
 Warping Reality – Limitless Design
 Warping Reality – The Words Exercise
 Warping Reality – Breaking Through Our Hardships
 Don't Stay Silent – Breaking Free from My Secrets
 Where Are You Headed – What is Your Passion & Design?
- 81. Finding Your Purpose**
 Purpose – Why Does Purpose Matter?
 Compassion & Stillness – The Secret of Purpose
 People & Problems – Your Purpose Dictates Everything
 Reasonable Response – Gratitude
 Engineering Consciousness – Philosophy in Life
- 82. Getting in Touch with Myself**
 Discover Your Identity – Uncover Who You Are
 Discover Your Identity – Discover New Things About Yourself
 Overcome Identity Issues – Defining Identity
 Overcome Identity Issues – Different Identity Issues
 Are You Unique – Build Around Your Uniqueness
- 83. Identifying My Needs & Limits**
 Needs & Limits – Don't Fault People's Limitations
 Needs & Limits – Living in Denial
 Belonging – Get the Support You Need
 Belonging – Find Your Tribe
 Belonging – Find Where You Belong
- 84. Jumpstarting My Personal Growth**
 Healthy Lifestyles – The Weakness in Being "Tough"
 Healthy Lifestyles – Don't Limit Your Dreams
 Healthy Lifestyles – Be a Self-Starter
 Healthy Lifestyles – Learn from Others
 Make Yourself Marketable Now – How to Stay Curious and Motivated
- 85. Keeping Calm and Living with Mindfulness**
 Engineering Consciousness – Becoming Aware
 Engineering Consciousness – Mindfulness
 Mindfulness Practices & Principles – Meditation
 Mindfulness Practices & Principles – Mantra and Verbal Reinforcements
 Mindfulness Practices & Principles – Music & Mood
- 86. Learning How to Dream Beyond Limits**
 Dreaming – Learning How to Dream
 Dreaming – Creation
 Dreaming – Reinventing the Dream
 Dreaming – Persistence
 Dreaming – Don't Stop Dreaming
- 87. Learning to Date Yourself**
 Have a Little Fun – Learn to Date Yourself
 Needs & Limits – What About Me
 Needs & Limits – Identifying My Needs
 Knowing Yourself – Build Self-Confidence
 Knowing Yourself – Believe in Yourself
- 88. Living an Adventurous and Mysterious Life**
 Adventure – See the World
 Adventure – Uncharted Territories
 Mission – Starting from The Bottom
 Mystery – Becoming the Seeker
 Mystery – Time is Not an Enemy
- 89. Living by Character, Values, and Purpose**
 Mission – Be Guided by Your Values
 Mission – Proven Principles
 Purpose – Inspire the Journey
 Purpose – Evolving Your Purpose
 Purpose – Derailed from Purpose

90. Maintaining Physical Health & Wellness

Physical Health – Challenge Yourself
 Physical Health – A Change in Pace Leads to a Change in Production
 Physical Health – We Are What We Consume
 Physical Health – Mindfulness
 Positive & Negative – The Importance of Rest

91. Making a Difference

Make a Difference – What Does it Take to Make a Difference?
 Make a Difference – Being a Positive Influence on Others
 Make a Difference – The Simple Gift of Life
 Make a Difference – Investing into Your Community
 Make a Difference – Embrace a Different Lifestyle

92. Striving for Authenticity

Have a Little Fun – Choose to Be Different
 Your Story – The Importance of Authenticity
 Are You Unique – Does it Pay to Be Different?
 Are You Unique – Stay True, Be You
 Are You Unique – Build Around Your Uniqueness

93. Unlocking the Power of Self-Reliance

Life Skills – Household Basics
 Life Skills – Moving Out
 Disciplines That Lead to Success – Self-Assessment & Awareness
 Knowing Yourself – Face Your Emotions
 Knowing Yourself – See Yourself

94. Adopting Goal-Directed Behavior

Join the Workforce – Identify Your Character Traits & Find Related Career Interests
 Map Your Future – Living Out Your Destiny
 Vision – How to Find Your North Star
 Vision – Creating a Vision Board
 Purpose – Inspire the Journey

95. Evaluating the Quality of My Judgements

Finding Success at Work – Why Problem-Solving is Important at Work
 Growth Mindset – The Decision-Making Chart
 Growth Mindset – Assess Your Budget
 Value – Healthy Self-Esteem
 Value – Practical Examples of Self-Esteem

96. Looking Positively Toward the Future

Positive & Negative – Positivity Exercise
 Positive & Negative – Reshape Our Worlds
 Prepare for College & Career – How to Discover What You Want to Do
 Prepare for College & Career – What Are Your Gifts?
 Be Yourself – The Journey is the Reward

97. Making Positive Choices

Start Again – Completion is the Difference
 Map Your Future – Creating Healthy Success
 Opportunity – Move by Vision, Not by Need
 Opportunity – Challenge + Change = Opportunity
 Mental Health – Shifting Your Perspective

98. Mastering Personal Finance

Personal Finance – Budgeting, Saving & Investing
 Personal Finance – Setting Up & Managing a Bank Account
 Personal Finance – Smart Shopping
 Personal Finance – Credit Cards
 Personal Finance – What Does a Budget Look Like?

99. Securing Financial Aid

Financial Aid – Scholarships
 Financial Aid – Student Loans
 Financial Aid – Grants
 Financial Aid – Work-Study Funds
 Financial Aid – FAFSA / Application Deadlines

100. Taking Control of Impulsive Decision-Making Habits

Successful Decision-Making – Identifying Problems
 Successful Decision-Making – Critical Thinking
 Successful Decision-Making – Problem Solving
 Successful Decision-Making – Evaluating & Reflecting
 Successful Decision-Making – Choosing Humanity

101. Writing Life-Changing Goals for My Future

Choosing Purpose – Life-Changing Goals
 Focus & Success – Setting Goals: First Step to Success
 Where Are You Headed – Focus
 Vision – Why is Vision Important
 Resiliency – The End Isn't the End

102. Interacting with Law Enforcement Safely

Peace Officers – Who Are Peace Officers?
 Peace Officers – Staying Safe in an Interaction
 Peace Officers – Peace Officer Interactions
 Peace Officers – Best Practices When Questioned
 Peace Officers – Protecting All Rights

103. Prioritizing Personal Safety and Wellness

Personal Safety – Relational Safety
 Personal Safety – Parental or Caregiver Safety
 Self-Esteem – It's All About Perspective
 Self-Esteem – Emotional Eating
 Self-Esteem – Ethical Issues

104. Staying Safe Online

Making Powerful Decisions – Digital Citizenship and Safety
 Life Skills – Staying Safe & Healthy
 Social Media Safety – Staying Safe
 Personal Safety – Emotional Safety
 Warning Signs – Manipulation & Abuse Warning Signs

105. Using Social Media the Right Way

Social Media – How to Leverage Social Media in Your Life
 Social Media – How to Protect Yourself on Social Media
 Social Media – Cyberbullying
 Social Media – Connecting with Others with Similar Interests
 Social Media – How Not to Become Anti-Social with Social Media

106. Building LGBTQ Awareness and Alliance

LGBTQ – Students Coming Out
 LGBTQ – LGBTQ Bias-Based Bullying
 LGBTQ – History of the LGBTQ Community in Society
 LGBTQ – The Value You Bring
 LGBTQ – Being Comfortable in Your Own Skin

107. Capitalizing on Collaboration

Social Skills – Social Awareness
 Social Skills – Diversity Expansion
 Social Skills – Respect Creates Connection
 Healthy Relationships – Embracing Society
 Healthy Relationships – The Dream Team

108. Defining Diversity

Diversity – Defining Diversity
 Diversity – Why We Need Diversity
 Diversity – Embracing Diversity
 Diversity – Broadening Our Perspective
 Diversity – Diversity and My Life

109. Embracing Diversity

Diversity – Bringing It All Together
 Diversity – Celebrating Differences
 Diversity – Igniting a Spark of Safety
 Diversity – Ethics and My Life
 Pain to Purpose – Diversity and Inclusion

110. Embracing My Citizenship

Citizenship – Defining Citizenship
 Citizenship – The Power of Your Vote
 Citizenship – Your Country
 Citizenship – Reasons for the Law
 Citizenship – Being a Part of Your Community

111. Expanding My Social and Cultural Intelligence

Social and Self-Awareness Skills – Cultural Implications Within Family and Learned Behavior
 Social and Self-Awareness Skills – Primary and Secondary Impacts of Behavior
 Social and Self-Awareness Skills – Restoring Yourself and Others
 Understanding Social Differences – Social & Cultural Intelligence
 Diversity – Cultural Norms

112. Fighting for Justice

Fighting for Justice – Defining Social Justice
 Fighting for Justice – Your Rights as a Minor
 Fighting for Justice – Discrimination
 Fighting for Justice – Racism
 Fighting for Justice – Environmental Justice

113. Helping Others

Giving is Getting – An Uncharted Principle
 Giving is Getting – Giving Back or Just Giving?
 Giving is Getting – The Giving Experience
 Giving is Getting – Is There a Higher Purpose?
 Reasonable Response – Helping Those in Need

114. Impacting & Contributing to My Community

Impact Your Community – Love It, Learn It, Live It & Lead It
 Impact Your Community – Prepare Yourself to Lead
 Impact Your Community – The Importance of Community
 Impact Your Community – Practice What You’ve Learned
 Impact Your Community – Getting Involved

115. Seeing the World Through Compassion & Empathy

Mission – Why Are You Here?
 Compassion & Stillness – People Matter
 Compassion & Stillness – Why Compassion Matters
 Social Skills – Perspective Is Everything
 Social Skills – Dynamic Empath

116. Transforming Inclusion

Anti-Racism – Understanding Systemic Racism
 Anti-Racism – Being Anti-Racist
 Anti-Racism – What Does It Mean to Be an Ally?
 Anti-Racism – Examining My Own Racism
 Mindfulness Practices & Principles – Inclusion

117. Understanding & Advocating for Social Equity

Equity – Social Equity
 Equity – Racial Equity
 Equity – Stereotyping and Prejudice
 Equity – Advocating for Others
 Equity – Becoming Considerate

118. Valuing Culture & Diversity

Understanding Cultures & Diversity – The Value in Diversity
 Understanding Cultures & Diversity – Encouraging and Respecting Diversity
 Understanding Cultures & Diversity – Learning about Other Cultures
 Understanding Cultures & Diversity – What Is Cultural Appropriation?
 Understanding Cultures & Diversity – Acknowledging Cultures and Diversity

119. Winning Through Cooperation

Relationships – Our Most Essential Need
 People & Problems – Types of People
 People & Problems – Types of Problems
 Disciplines That Lead to Success – Cultural Sensitivity
 Needs & Limits – Don’t Fault People’s Limitations

120. Advancing Everyday Communication Skills

Communication Skills – Communicating with Your Teachers
 Communication Skills – Relating with Other Adults
 Communication Skills – Communicating with Your Friends
 Communication Skills – Your Internal Dialogue
 Needs & Limits – We All Have Needs

121. Asking for Help for Myself or Others

There’s No Shame in Asking for Help – Embracing Vulnerability
 There’s No Shame in Asking for Help – Letting Others Lean on You
 There’s No Shame in Asking for Help – Communication Techniques
 There’s No Shame in Asking for Help – Change the Conversation
 Dealing with Depression – Depressed Friends

122. Building Communication Skills with Adults

Talking to Adults – Dealing with Intimidation
 Talking to Adults – Overcoming the Age Gap
 Talking to Adults – The Power of Thoughtful Questions
 Talking to Adults – Wisdom
 Talking to Adults – R-E-S-P-E-C-T

123. Building Communication Skills with Parents and Caregivers

Communication Skills – Connecting with Your Parents
 Stressful Life Events – Talking to Parents
 Talking to Our Parents – It’s Never Too Late to Start
 Talking to Our Parents – Parents Are Here to Help
 Talking to Our Parents – How to Talk So Parents Will Listen

124. Learning Refusal Skills & How to Say “NO”

Peer Conflict – How to Be Assertive
 Peer Conflict – Communicating Effectively
 Refusal Skills & Strategies – Being Willing to Be Awkward
 Refusal Skills & Strategies – Different is Valuable
 Refusal Skills & Strategies – Perseverance & Hope

125. Mastering the Art of Negotiation

Purposeful Communication Techniques – Negotiation
 Understanding Social Differences – Personality Types
 Understanding Social Differences – Emotional Intelligence
 Understanding Social Differences – Perspective Taking
 Life Skills – The Art of Negotiation

126. Providing Insightful Comments

Memories – Moments = Memories = Meaning
 Memories – The Power of Reflection
 Mental Wellness – Being Present
 Understanding Social Differences – Ethics and Values
 Engineering Consciousness – The Idea of Self

127. Resisting & Refusing Peer Pressure

Your Story – Overcoming Peer Pressure
 Don't Stay Silent – Surround Yourself with Giants
 Know Yourself, Love Yourself – Self-Esteem in Tough Situations
 Healthy Lifestyles – Critical Thinking
 Refusal Skills & Strategies – Trust Your Discernment

128. Unlocking the Power of Silence and Questions

Silence & Questions – The Importance of Silence
 Silence & Questions – Questions First Please
 Silence & Questions – Curiosity
 Silence & Questions – Filling the Void
 Silence & Questions – Ask More Questions

129. Using Active Listening & Engagement

Healthy Communication – Listening
 Healthy Communication – Thinking & Speaking
 Healthy Communication – Seeking to Understand
 Healthy Communication – Body Language and Voice Tone
 Healthy Communication – Facial Expressions

130. Using My Voice and Driving My Future

Don't Stay Silent – Against the Grain
 Don't Stay Silent – Limits Are Meant to Be Broken
 Don't Stay Silent – Be Vocal About Your Direction
 Don't Stay Silent – Breaking Free from My Secrets
 Don't Stay Silent – Surround Yourself with Giants

131. Building Healthy Relationships

Healthy Relationships – Relationship Skills
 Healthy Relationships – Meaningful Relationships
 Relationships – The Power of Connection
 Relationships – Setting Realistic Boundaries
 Relationships – Developing, Managing and Sustaining Your Relationships

132. Caring for & Appreciating Others

Value – Appreciate the Value in Others
 Value – Stop Expecting, Start Appreciating
 Your Story – Experiences & Stories Enable You to Connect with Others
 Belonging – The Power of Love
 Safety – A Safety Net for Others

133. Dating Wisely

Dating and Relationships – The “Talking” Stage
 Dating and Relationships – Self-Respect
 Dating and Relationships – Love is an Action
 Dating and Relationships – Recognizing Unhealthy Behaviors
 Dating and Relationships – Communication & Compatibility

134. Embracing Vulnerability

Vulnerability – Overcoming Confrontation
 Vulnerability – Loyalty & Trust Lead to Vulnerability
 Vulnerability – The Five-Minute Connect
 Vulnerability – Excruciating Vulnerability
 Belonging – Acceptance = Freedom

135. Finding a Mentor

Finding a Mentor – Finding Those That Inspire
 Finding a Mentor – Studying Those We Admire
 Finding a Mentor – Learning Life as We Go
 Finding a Mentor – You Don't Need to Figure Everything Out Alone
 Finding a Mentor – Expand Your Life Vision

136. Giving Simple Respects

Giving Simple Respects – Saying Please & Thank You
 Giving Simple Respects – Giving Gratitude Towards Life
 Giving Simple Respects – Eye Contact & Nonverbal Responses
 Giving Simple Respects – A Strong Handshake or Warm Hug
 People & Problems – You Choose

137. Recognizing the Potential of Mentorship

Mentorship – What is Traditional Mentoring?
 Mentorship – The Man on Stage vs. Man in the Mirror
 Mentorship – Transactional vs. Transformational Mentorship
 Mentorship – Inspiration from a Mentor
 Mentorship – The Importance of Mentorship

138. Showing Kindness to Others

Social/Emotional Health – Human Boundaries
 Be Yourself – Joy & Happiness
 Inner Engineer – Relationships, Memories & Experiences
 Reasonable Response – Hope in Hopelessness
 Giving is Getting – Why Farmers Win?

139. Using Compassion in Real Life

Compassion & Empathy – Living with Compassion
 Compassion & Empathy – Empathy
 Compassion & Empathy – Giving the Benefit of the Doubt
 Compassion & Empathy – Love Always Wins
 Compassion & Empathy – Random Acts of Kindness