

1. **Creating a Culture of Learning:** Our #1 job is to help others succeed. Students will learn how to show others they matter, how to own problems, and how to develop important listening skills.
2. **The Line:** The Line is a metaphor for understanding our state of mind, moods, or attitudes. Students will learn to recognize when their thinking is serving them well (Above the Line) or is not serving them well (Below the Line) and to become aware of the choices they make.
3. **Mistakes:** Students will understand the importance of learning from mistakes, identify their comfort zones, and celebrate confusion as a natural and necessary step in the learning process.
4. **The Frame:** We can look at the same situation in more than one way. Students will learn to reframe situations in order to see them differently and get better results.
5. **EQ and Star Qualities:** EQ (emotional intelligence) is essential to becoming a successful person. Students will learn about IQ and EQ and how to build upon their Star Qualities or personal strengths.
6. **OPOs (Other People's Opinions):** Students will discuss True Self, define OPOs, and learn how to respond to others' opinions.
7. **Eliminating Negativity:** Students will learn how to eliminate negativity in their thinking (thought circles) and in their communication with others (tornadoes).
8. **Conflict Resolution:** Students will learn how to respond to conflict in a positive way in order to achieve what is beneficial for others and themselves.
9. **Know How We're Smart:** Students will recognize that people are smart at different things and learn how to respond if they aren't good at something.

From the Master Teacher Social-Emotional Learning Curriculum