Mentoring Curriculum

Unit 1: Who Am I

Lesson 1: Basic Anatomy and Function of the Brain (<http://www.projectlearnet.org/about_the_brain.html#s>)

Lesson 2: Theories of Self

Lesson 3: What is the Sense of Self

  (http://www.projectlearnet.org/tutorials/sense\_of\_self\_personal\_identity.html)

**Lesson 4: Self Control Build affect Other Things**

Unit 2: Coping and Stress (http://www.haveigotaproblem.com/articles/110)

 Lesson 1: Emotional vs Solution Focused Coping/ Ways to improve coping

 Lesson 2: Coping with Change

 Lesson 3: Coping with life stressors

 Lesson 4: Coping and defense mechanisms

**Unit 3: Parenting**

 Lesson 1: Parenting Expectations

 Lesson 2: Parenting Styles
 Lesson 3: Parenting begins with Positive Character

 Lesson 4: Praising Children and Behavior

**Unit 4: Relationships (Healthy Relationships Resource Kit, Western Health, Health Promotion Division. 2010)**

Lesson 1: Healthy vs Unhealthy relationships

Lesson 2: Family Circle

Lesson 3: Circle of influence

Lesson 4: Circle of respect

**Unit 5: Goal Setting/ Finances**

          Lesson 1: Goals and Goal Setting

         Lesson 2:  Budgeting

         Lesson 3: Making Decisions

         Lesson 4: Making Money