BELIEVE PROGRAM

10-Week Student Life Skills Program

Program Overview, Lesson Descriptions & Expected Student Impact

Prepared for School Counselor and Administrators

A practical, prevention-focused curriculum designed to strengthen student confidence, academic performance, emotional regulation, responsible decision-making, communication, and readiness for adulthood.

Proposed Format: One lesson per week for 10 weeks

Program Overview

The 10-Week Student Life Skills Program provides students with practical tools they can apply at school, at home, in their relationships, and in their communities. Each lesson combines age-appropriate instruction, guided discussion, reflection, and real-life application so students can connect the topic to choices they face every day.

The program complements academic instruction by addressing skills that influence student behavior, well-being, school engagement, relationships, and preparation for college, careers, and adulthood.

Program Objectives

- Strengthen self-awareness, confidence, and a healthy sense of personal identity.
- Build emotional regulation and healthy coping strategies for stress, anxiety, and anger.
- Improve responsible decision-making, self-discipline, and awareness of consequences.
- Develop communication, conflict-resolution, leadership, and relationship skills.
- Increase resistance to harmful peer pressure and substance-related risks.
- Build practical readiness through goal-setting, time management, financial awareness, and media literacy.

Expected Student Outcomes

- Greater confidence, motivation, self-awareness, and personal accountability
- Improved emotional control and healthier responses to stress and conflict
- Stronger judgment, problem-solving, and independent decision-making
- More respectful communication with healthier peer and adult relationships
- Improved academic success, goal follow through, and preparation for future responsibilities
- Increased awareness of substance-use risks, online influence, and positive alternatives

Alignment With Student Support Priorities

The curriculum supports core social-emotional learning areas, including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. It also reinforces school-climate priorities by promoting prevention, accountability, respectful behavior, healthy coping, student voice, and help-seeking when additional support is needed.

Suggested Delivery Approach

Length	10 weeks; one lesson per week
Setting	Class or lunch period
Method	Interactive instruction, guided discussion, scenarios, reflection, and action steps

Lesson Descriptions and Positive Impact

Each topic below identifies why the lesson matters and the positive impact it is intended to have on students.

1. Goal-Setting for Success

Why It's Important	Goal-setting teaches students how to identify meaningful goals and break them into realistic, manageable steps. Students explore planning, perseverance, accountability, and how daily choices influence long-term results.
Positive Student Impact	Students can develop greater motivation, confidence, personal responsibility, and a stronger sense of direction in school, relationships, extracurricular activities, and future planning.

2. Self-Image & Self-Improvement

Why It's Important	A healthy self-image influences how students view their abilities, relationships, behavior, and future. This lesson helps students recognize personal strengths, challenge unhealthy comparisons, and identify areas for continued growth.
Positive Student Impact	Students can build stronger self-esteem, self-awareness, resilience, and confidence while developing a growth-oriented mindset.

3. Decision-Making & Self-Discipline

Why It's Important	Students regularly face choices that can affect their education, relationships, reputation, and future opportunities. This lesson teaches students to pause, consider consequences, and make thoughtful decisions instead of reacting impulsively.
Positive Student Impact	Students can improve judgment, accountability, impulse control, classroom behavior, and their ability to make choices that support long-term goals.

4. Coping with Stress & Anxiety

Why It's Important	Academic expectations, relationships, family circumstances, sports, social pressures, and uncertainty can create significant stress. Students need healthy strategies for recognizing and managing difficult emotions.
Positive Student Impact	Students can learn practical coping techniques, strengthen emotional regulation, communicate when they need support, and respond to stressful situations in healthier ways.

5. Coping with Anger

Why It's Important	Anger is a normal emotion, but students need tools to express and manage it appropriately. This lesson helps students identify triggers, separate feelings from actions, and practice constructive responses to conflict.
Positive Student Impact	Students can improve emotional control, reduce impulsive reactions, resolve disagreements more effectively, and contribute to a safer, more respectful school environment.

6. Resisting Peer Pressure

Why It's Important	Students may feel pressure from friends, classmates, social groups, or online influences to participate in behavior they would not otherwise choose. This lesson strengthens awareness of values, boundaries, and independent decision-making.
Positive Student Impact	Students can develop confidence, assertiveness, leadership, refusal skills, and the ability to make healthy choices even when those choices are unpopular.

7. Managing Time and Money

Why It's Important	Time management and financial responsibility are practical skills students will use throughout adulthood. Students learn to prioritize responsibilities, plan schedules, distinguish needs from wants, budget, save, and make responsible choices.
Positive Student Impact	Students can become more organized, prepared, responsible, and independent while building habits that support academic, career, and future financial success.

8. Social Media & Advertising

Why It's Important	Social media and advertising influence how young people view themselves, products, relationships, success, and society. This lesson examines how online content and marketing can affect emotions, decisions, spending, and behavior.
Positive Student Impact	Students can strengthen media literacy, recognize unhealthy comparison or manipulation, make safer online choices, and develop a healthier relationship with social media.

9. Drugs & Alcohol: Myths & Realities

Why It's Important	Students may receive inaccurate information about drugs and alcohol through peers, social media, music, entertainment, or their communities. Factual, age-appropriate education helps students understand the potential risks and consequences of substance use.
Positive Student Impact	Students can improve their knowledge, strengthen refusal and decision-making skills, and become better prepared to make healthy choices when confronted with drugs, alcohol, vaping, or other substances.

10. Communication Skills

Why It's Important	Effective communication is essential for success in school, relationships, employment, sports, and daily life. Students learn active listening, respectful self-expression, body-language awareness, and strategies for resolving misunderstandings.
Positive Student Impact	Students can build stronger relationships, improve conflict resolution, increase confidence when expressing themselves, reduce misunderstandings, and become more effective leaders and team members.

Overall Program Impact

Together, these lessons provide students with practical tools to navigate academic demands, relationships, social pressure, emotional challenges, and future responsibilities. The intended result is not simply increased knowledge, but improved application: students recognizing choices, considering consequences, communicating effectively, regulating emotions, and selecting responses that support their safety, success, and long-term goals.