

## Overcoming Relational Challenges: Freshmen

Apr 24, 2018

	Lessons	Standards
<b>Last Week</b> Apr 16-20	Exploring Positive Relationships (Tues)	SEL 1: Self-Regulation SEL 2: Social Belonging
<b>This Week</b> Apr 23-27	Class Elections (Mon) <b>Overcoming Relational Challenges</b> (Tues) Grade Day – No School (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging
<b>Next Week</b> Apr 30–May 4	Early Release (Mon) The Phases of Good Decision Making (Tues) Spirit Games Sign up Assembly (Fri)	SEL 1: Self-Regulation SEL 2: Social Belonging

**Materials:** Communicating Effectively PDF (Attached), Resolving Conflict PDF (Attached)

### Procedure:

1. Begin advisory according to personal preference.
2. Take attendance.
3. Read Announcements.
4. **Objective:** The lesson for today will help freshmen to explore tools they can use to overcome relational challenges they face in their life. It is normal for all people to experience relational challenges and knowing effective ways to deal with relational struggles will improve your quality of life and the quality of your relationships.
5. First, Let's brainstorm. What do you think are some common challenges you encounter in your relationships with your family, friends, etc.? What are some ways you have responded to these challenges?
6. Before we move to methods you can use, I want to remind you that a healthy relationship includes communication, respect, trust, honesty, equality, enjoying personal time. Do you think that sometimes your responses do not mirror these qualities?
7. **Communicating Effectively:** Open up and project the Communicating Effectively pdf file. Read the first sentence of the introduction and then read the scenario replacing the word "partner" with "friend" as this could just as easily be a situation between friends. Ask the follow up questions. Click to the next slide and highlight any parts of communication that you believe students in your AG need to hear or review.
8. **Resolving Conflict:** Open up and project the Resolving Conflict pdf. Read the scenario. Click to the next slide, ask the questions, and highlight conflict resolution key themes.
9. End advisory according to personal preference.