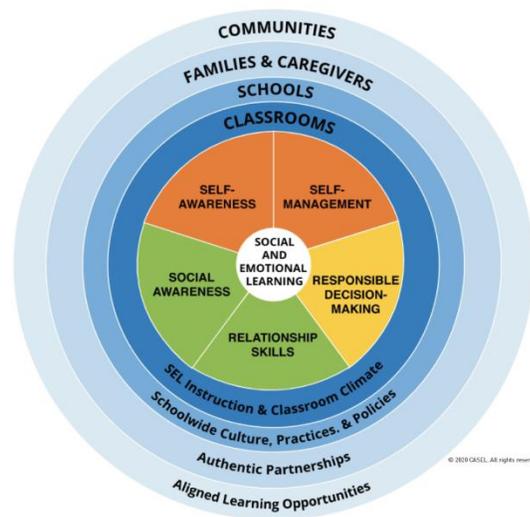




CASEL Competency-Aligned BASE Education Pacing Guide

BASE Foundation in SEL Courses

Welcome to BASE Education, a **CASEL-approved** social-emotional learning curriculum. All BASE courses include aspects of the full CASEL wheel; this chart breaks the courses into their primary CASEL focus. Courses can be taken in a series focused on one area or be rearranged based on school priorities and need. The pacing chart is color-coded to match the CASEL wheel and shows a year broken down by area with 32 weeks of programming. In addition, there is a Welcome section and an optional closing course titled *Putting it All Together*.



Most courses are one 50-minute session when taken individually and two 50-minute sessions when done in class with group interaction and activities.

CASEL Alignment	Week	Course	Objective	# of 50-min Sessions
Course Launch	1	Welcome Course Getting to Know You	Learn about BASE and Consent to sharing info Build knowledge for teachers on who a student is and what they care about	1
	2	BASE Bites: Change	Normalize changes and build understanding for how to manage it	1
Self-Awareness	3	Vision of Self	Understand how perception of self and its impacts on behavior	2
	4	Character Traits	Promote self-growth and focus to steer toward the desired self	2
	5	Self-esteem	Help to solidify the self-actualization process and identify strengths and areas of growth	2
	6	Adrenaline	Understand adrenaline and how it impacts the teen brain	2
	7	Learned Helplessness	Learn skills to develop agency in one's own life	2
	8	Irrational Thinking	Develop awareness into solid thinking and potential pitfalls	2

CASEL Alignment	Week	Course	Objective	# of 50-min Sessions
	9	Future Goals	Reinforce forward-thinking and direction	2
Self-Management	10	Stress	Helps students understand the stress and learn how it manifests in their minds, bodies, and actions.	2
	11	Coping Strategies	Keep students moving in a healthy direction through understanding and strategies	2
	12	Mindfulness <i>to be released</i>	Strengthen this important skill for maturity and success	2
	13	Motivation	Help students to understand what motivates them for success	2
	14	Anxiety	Educate, normalize and resource students to combat anxiety	2
	15	Anger Management (Emotions)	Defines anger management as well as the different types of anger. Looks at the benefits of controlling anger and barriers to success.	2
	16	Depression	Build awareness for self or others and reinforce help-seeking behaviors	2
Social Awareness	17	Equity, Empathy, and Empowerment	Once the desired self is clearer, the student may build upon their positive impact in the life	2
	18	Cultural Implications within a Family	Learn what we bring from our families and how it impacts our interactions	2
	19	All or Nothing thinking	Expanding perspective by learning about thinking: Building flexibility and adaptability	2
Relationship Skill	20	Healthy Communication	Learn how to communicate—especially amid life changes and stress	2
	21	Healthy Relationships	Reinforce new communication skills with peers in a healthy way	2
	22	Talking to Parents/Guardians	Reinforce new communication skills with adults for help-seeking and results-oriented behaviors	2
	23	Talking to Peers	Reinforce new communication skills with peers in a healthy way	2
	24	Refusal Skills	Learn to be their best self, they learn to reject negative vulnerabilities	2
	25	Respect <i>to be released</i>	Increase student sense of respect toward self and others	2
	26	Primary Impacts of Secondary Behavior	Learn that the world is not only about them. They have a direct impact on others.	2

CASEL Alignment	Week	Course	Objective	# of 50-min Sessions
Responsible Decision-Making	27	Avoiding Exploitation	Build on safe relationships and learn pitfalls and dangers of human trafficking and exploitative relationships	2
	28	Bullying and Cyber Bullying	As they learn about themselves, they can begin to reflect on their behavior in social situations	2
	29	Digital Citizenship	Continue self-growth in—person and online while learning safety and responsibility	2
	30	Drugs and the Mind	Understanding the Basics—How drugs impact the mind	2
	31	Impulsive Decision-Making	As students move forward in growth, they are made aware of pitfalls in development	2
	32	Suicide	Learn the facts surrounding suicide as well as ways to be an active helper in the prevention of it.	2
	*33	Putting it All Together	Integrate student knowledge by working through this course that pulls on personal learning through the courses.	2