



General SEL Pacing Guide

Explore how you can offer your students a foundation in social emotional learning using our suggested 32-week pacing guide. Courses are color coordinated with the primary CASEL competency they address, but every course incorporates all competencies.

The number of sessions listed reflects implementation via a whole-class, teacher-led learning model, however students primarily complete courses individually in one session.

Course Launch	Social Awareness
Self-Awareness	Relationship Skills
Self-Management	Responsible Decision-Making

Semester 1

Week	Course	Objective	# of Sessions
1	Welcome Course Getting to Know You	Learn about BASE and consent to sharing information; build knowledge for teachers on who a student is and what they care about	10 min in 1st session 1
2	BASE Bites: Change	Normalize changes and build understanding for how to manage it	1
3	Vision of Self	Understand how perception of self and its impacts on behavior	2
4	All or Nothing thinking	Expanding perspective by learning about thinking: Building flexibility and adaptability	2
5	Stress	Helps students understand stress and learn how it manifests in their minds, bodies, and actions.	2
6	Coping Strategies	Keep students moving in a healthy direction through understanding and strategies	2
7	Healthy Communication	Learn how to communicate-especially amid life changes and stress	2
8	Character Traits	Promote self-growth and focus to steer toward the desired self	2
9	Digital Citizenship	Continue self-growth in -person and online while learning safety and responsibility	2
10	Anger Management	Defines anger management as well as the different types of anger. Looks at the benefits of controlling anger and barriers to success.	2
11	Healthy Relationships	Reinforce new communication skills with peers in a healthy way	2
12	Self-esteem	Help to solidify the self-actualization process and identify strengths and areas of growth	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	Future Goals	Reinforce forward-thinking and direction	2
16	Depression	Build awareness for self or others and reinforce help-seeking behaviors	2

Semester 2

Week	Course	Objective	# of Sessions
17	Equity, Empathy, and Empowerment (not released)	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 does it impact our interactions	2
19	Adrenaline	Understand adrenaline and how it impacts the teen brain	2
20	Talking to Peers	Reinforce new communication skills with peers in a healthy way	2
21	Learned Helplessness	Learn skills to develop agency in one's own life	2
22	Irrational Thinking	Develop awareness into solid thinking and potential pitfalls	2
23	Talking to Adults	Reinforce new communication skills with adults for help-seeking and results-oriented behaviors	2
24	Impulsive Decision-Making	As students move forward in growth, they are made aware of pitfalls in development	2
25	Refusal Skills	Learn to be their best self, they learn to reject negative vulnerabilities	2
26	Respect (not released)	Increase student sense of respect toward self and others	2
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	Mindfulness (not released)	Strengthen this important skill for maturity and success	2
30	Primary Impacts of Secondary Behavior	Learn that the world is not only about them. They have a direct impact on others.	2
31	Drugs and the Mind	Understanding the Basics – How drugs impact the mind	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 (Optional Capstone Course)	Integrate student knowledge by working through this course that pulls on personal learning through the courses.	2