



Social Emotional Learning

Grade 7 sy2026-27

Dominican International School

Course Syllabus

School Year 2026-27



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COURSE DESCRIPTION

In this Social and Emotional learning course, the students will be able to know themselves better. Middle school is a time where students face different challenges. Adolescence period is typically a time of great stress and strain on the body, mind and emotions. This class aims to help students to cope with emotional challenges and help them to feel equipped to take care of their emotional needs.

Emotional well-being can be defined as “one’s ability to relate to other people, feel comfortable with self, cope with disappointments and stress, solve problems, celebrate successes and make decisions” (Page and Page, 1992). Emotional well-being is built upon the foundation of a positive and healthy self-esteem. This can be achieved when a child gets to know himself more, appreciates his good qualities and is aware of his strengths and weaknesses.

This course starts with a basic introduction of personality. It then goes on to look at theories of personality development. They will learn about their own personality and how they can use that information to make changes and career choices. They will learn all these and also learn how to put all the information together to use it for their personal or career advantage.

In this course, they can literally stop wondering about why they or someone they know behave a particular way. By the time they complete this course they will know how someone's personality develops and how that information can be useful.

This course is especially helpful for those who are striving to learn more about who they are, which direction their life should take, and to learn more about others around them.

COURSE OBJECTIVES AND CONTENTS: (SWBAT) Students will be able to:

- *Identify goals and develop strategies to accomplish goals.*
- *Identify emotions and work with emotions.*
- *Use skills and techniques to better communicate.*
- *Use skills and techniques to self-regulate.*
- *Work in groups and collaborate.*

GUIDELINES REGARDING THE UTILIZATION OF AI AND GADGETS

Academic Dishonesty means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS.

Academic dishonesty includes but is not limited to the following:

- *Purposely incorporating the ideas, words, sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and*
- *Representing another's intellectual work like photographs, paintings, drawings, sculpture, or research as one's own, including failure to attribute content to an AI.*
- *Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.*
- *Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.*

Note: *Any act of academic dishonesty will result in an automatic zero on the entire assignment and deduction from the Department.*

The Google Classroom code will be given to all students to access the Religious Studies learning guide and tasks.

- *There will be NO Homework to be given during the weekend except during major exams or quizzes. It is to give students a chance to spend quality time with their family.*

Gadget and Technology Guidelines

- **Cellphones Out of Sight:** Cellphones are strictly not allowed during class time. Cellphones must be surrendered to the prescribed authority in the school (Homeroom teacher and Discipline Officers, every day).
- **Laptops for Learning Only:** Laptops may only be used when explicitly instructed by your teacher for classwork or research.
- **No Social Media:** Accessing any social media platforms (Instagram, TikTok, Snapchat, YouTube, etc.) on any device is strictly prohibited while on school grounds.
- **Follow Digital Ethics:** Always practice responsible digital citizenship. Use school technology respectfully, stay on task, and follow all school internet rules.
- **Strict Usage Rules:** Gadget privileges are a responsibility. Unapproved use, unauthorized gaming, or browsing non-academic sites will result in device confiscation.

PRIMARY TEXTBOOKS AND ELECTRONIC RESOURCES

PRIMARY TEXTBOOKS AND OTHER RESOURCES:

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First Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 Aug 10 - 14	Orientation: Google Classroom: <i>Setup, notifications, and material access</i> • Course Overview: <i>Objectives, core content, references, and requirements</i> • Classroom Expectations: <i>Rules, responsibilities, and accountability</i> • Tech Guidelines: <i>Responsible use of AI and gadgets</i> • Technology in Learning: <i>Responsible use of AI, devices, and digital tools in the classroom</i> Friday: Opening Mass and Assumption of Our Lady 8:00
Week 2 Aug 17 - 21	Mindsets & Goals: Designing Your Future
Week 3 Aug 24 - 28	Mindsets & Goals: Creating New Pathways in Your Brain
Week 4 Aug 31 - Sep 4	Mindsets & Goals: Learning from Obstacles
Week 5 Sep 7 - 11	Mindsets & Goals: Identifying Obstacles and overcoming obstacles
Week 6 Sep 14 - 18	Mindsets & Goals: Creating an If-Then Plan
Week 7 Sep 21 - 25	Career counseling with Ms. Anne Wednesday: Pre-Exam Days Thursday: Pre-Exam Days Friday Moon Festival ~ Public Holiday
Week 8 Sep 28 - Oct 2	Monday Confucius' Birthday ~ Public Holiday Wednesday

	Thursday Major Exams Day 1 Friday Major Exams Day 2
Week 9 Oct 5 - 9	Monday Record Day ~ Student Holiday T-W-Th Teachers Conference ~ Student Holiday Friday Double 10 Day ~ Public Holiday

Second Quarter Tentative Course Content

Week & Date	Topics / Projects / Assessments
Week 1 (10) Oct 12 - 16	Developing a Positive Sense of Self: What is Self-Concept?
Week 2 (11) Oct 19 - 23	Career counseling with MS. Anne
Week 3 (12) Oct 26 - 30	Monday Retrocession Day ~ Public Holiday Developing a Positive Sense of Self: Influences on Self-Concept
Week 4 (13) Nov 2 - 6	Developing a Positive Sense of Self: Changes in Self-Concept
Week 5 (14) Nov 9 - 13	Developing a Positive Sense of Self: Who Will You Become?
Week 6 (15) Nov 16 - 20	Career counseling with Ms. Anne
Week 7 (16) Nov 23 - 27	What is Harassment?
Week 8 (17) Nov 30 - Dec 4	What is Sexual Harassment?
Week 9 (18) Dec 7 - Dec 11	Thursday: Major Final Exams half day Friday: Major Final Exams half day
Dec 14 to Jan 1: Christmas Break	