



Owning Your Success

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Resource List

Please note: By design, the use of digital electronics is not to be used to increase overall personal development, specifically face-to-face social emotional learning (SEL) competencies, including and as related to self-awareness, self-management, social awareness, responsible decision-making, and relationship skills.

- I. Student textbook: A student resource to facilitate engagement for SEL competency and biopsychosocial-spiritual (BPSS) perspective development, that includes journal entry prompts to expand overall personal wellness development.
- II. Student reading: Full text readings to allow students to work directly with the lesson material and practice comprehension skills.
- III. Journal: Structured prompts foster self-understanding and self-reflection cultivating a growth mindset. Students will need to bring a notebook to use as an individual journal to use in class and for at home journaling.
- IV. The Bible: Increase direct knowledge of scriptures to increase spiritual competency, faith-based navigation and God-centered living.

