

Academic Skills

7th–12th grade

GENERAL TEST PREP, TEST-TAKING STRATEGIES & TEST ANXIETY | 2-HR

Students will examine the structure of different exams and develop their own strategies to ease text anxiety, improve scores, and increase overall success.

SUPPORTING ASYNCHRONOUS LEARNING | 2-HR

Students will have a basic of what an asynchronous learning environment is and discuss & practice tools, resources, and strategies to help them become successful.

CREATING SMART GOALS | 1-HR *

Students will be able to understand the importance of setting SMART goals and will create a SMART goal for themselves that they will implement for the semester.

8th–12th grade

NOTE-TAKING SKILLS | 1-HR

Students will learn and practice different note-taking strategies, such as Cornell Notes and Thinking Maps to improve with academic engagement.

UNDERSTANDING YOUR LEARNING STYLE & SETTING GOALS FOR SUCCESS | 1.5-HR

Students will assess their own learning styles and develop personal goals to help them become more successful in the classroom and create a SMART goal aligned to their learning style.

9th–12th grade

CONDUCTING ONLINE RESEARCH | 2-HR

Students will discuss proper ways of conducting research online and learn to differentiate between valid and inaccurate sources.

LITERATURE ANALYSIS STRATEGIES & PRACTICE | 3-HR

Students will learn and apply different reading strategies to help them better understand and analyze literature pieces.

AVOIDING PLAGIARISM | 1.5-HR

Students will learn to distinguish & differentiate between plagiarism and summarizing. They will also learn how to properly cite an author's work in MLA format in order to prevent plagiarism.

READING STRATEGIES FOR UNDERSTANDING | 4-HR

Students will learn and apply different reading strategies to help them better understand and analyze literature pieces.

WRITING TOPIC SENTENCES | 1.5-HR *

Students will be able to identify and differentiate between weak and strong topic sentences, as well as write their own effective topic sentences on their own.

AUTOBIOGRAPHICAL WRITING | 1.5-HR

Students will learn the steps to writing an effective autobiographical essay and implement those steps in their own autobiographical incident essay.

11th–12th grade

WRITING LAB | 20-HR

Students will strengthen their essay writing skills by analyzing proper writing structure, focusing on grammar development, and writing their own formal essay.



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College Readiness

9th-10th grade

TRANSITION TO COLLEGE | 1.5 HRS

Students will explore and better prepare themselves for the transition to college. They will examine basic financial budgeting, transitioning to new residential living situations, and the various resources that different colleges have to offer to support their students during this transition.

9th-12th grade

WHAT MATTERS TO COLLEGES: PLANNING FOR THE FUTURE | 1-HR

Students will explore the significance of high school class selection, A-G requirements, & school involvement as it pertains to the college application process.



11th-12th grade

COLLEGE ADMISSIONS/MATCH PROCESS | 2-HR

Students will examine the different post-graduation pathways, their specific requirements, including the A-G requirements, and how to decide what type of institution is the 'best fit' for them

FINANCIAL AID | 2-HR

In this informational workshop, Students will learn about the financial aid process and different types of aid available, including grants, loans, work-study, and scholarships.

REQUESTING LETTERS OF RECOMMENDATION | 1-HR

Students will learn about the proper etiquette for requesting a letter of recommendation, and the importance of using a brag sheet in the process.

12th grade

COLLEGE ENTRANCE WRITING: COMMON APP | 2-HR

Students will gain an understanding of the requirements and question overview of the CommonApp and brainstorm examples and experiences to help essay development.

COLLEGE ENTRANCE WRITING: UNIVERSITY OF CALIFORNIA PIQS | 2-HR

Students will gain an understanding of the requirements and question overview for UC PIQs and brainstorm examples and experiences to help essay development.

COLLEGE APPLICATION PROCESS AND TRACKING YOUR APPLICATION | 2-HR

Students will be walked through the online application process for both the UC and CSU system. They will also get a brief overview of California Colleges & CommonApp.

EOP APPLICATION SUPPORT | 1.5-HR

Students will learn about the Educational Opportunity Program and application requirements. Students will brainstorm answers to application questions and discuss best practices for acquiring the letters of recommendation.

APPLYING FOR SCHOLARSHIPS | 2-HR

Students will learn about applying for scholarships, how to ask for letters of recommendation & begin the brainstorming process for their essay



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10th-12th grade

CAREER EXPLORATION & COLLEGE MAJOR | 1.5-HR

Students will explore different career opportunities and paths and its educational criteria. Students will also explore different colleges and majors based on the career of their choice.

ASKING FOR REFERENCES | 30-MIN

Students will learn and practice the proper way for asking and listing references for different applications/forms.

PROFESSIONAL ETIQUETTE/PRESENTING YOURSELF | 2-HR

Students will explore what it means to be have professional etiquette and engage in various group activities that both model and practice it to help strengthen these skills.

WRITING AN EFFECTIVE COVER LETTER | 1.5-HR

Students will examine the different components of a strong cover letter and write their own according to a job industry of their interest.



INTRO TO RESUME BUILDING | 1-HR

Students will examine the different components of a strong resume and begin an outline for their own resume using a multitude of resources provided to them through the session.

STRENGTHENING YOUR RESUME | 1.5-HR *

Students will be able to further develop their current resumes by strengthening their experience section of the resume.

INTERVIEW SKILLS | 1.5-HR

Students will strengthen their interviewing skills by analyzing the most commonly asked questions, utilizing learnings from different texts, and participating in mock interviews with each other.

JOB SEARCHING & CREATING AN ELEVATOR PITCH | 2-HR

Students will be able to utilize different resources to search for a job. Additionally, students will discuss, create, and share their own elevator pitches.



Career Readiness



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6th–12th grade

SMART GOAL-SETTING | 1-HR

Students will learn to create specific SMART goals to help them become more successful..

7th–12th grade

EFFECTIVE STUDYING HABITS | 4-HR

Students will assess their own organizational habits & strategies and apply newly learned strategies to aid them in their everyday activities & tasks.

PUBLIC SPEAKING | 3-HR

Students will assess their own public speaking strengths/weaknesses and learn to improve through a multitude of activities, such as examining glossophobia, strategies for success, rubrics, and developing & presenting a speech of their own.

8th–12th grade

LEADERSHIP | 1.5-2-HR

Students will develop a better understanding of successful leadership skills and how to become better leaders themselves.

9th–12th grade

FINANCIAL LITERACY | 5.5-HR

Students will assess their own spending habits and develop & apply new money-management strategies, such as personal short-term and long-term goals. This workshop explores basic budgeting and credits vs. debits.

SELF-ADVOCACY, MOTIVATION & PASSION | 1-HR

Students will determine what issues are important to them and develop ideas on how to become more actively engaged in creating change in their own lives and/or the community.

11th–12th grade

FINANCIAL LITERACY: UNDERSTANDING CREDIT | 1.5-HR

Students will be able to (SWBAT) analyze and evaluate the benefits and risks associated with using a credit card.



Life & Leadership



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7th-12th grade

GROWTH MINDSET | 2-HR

Students will transform fixed mindsets into a growth mindset by developing a plan of action (I will, I can approaches).

Additionally, they will identify, purpose, motivation, and a means of overcoming obstacles.

8th-12th grade

ETHICS | 2-HR

Students will learn about what it means to make ethical decisions both in their professional and personal lives and practice that process through a variety of decision-making scenarios.

9th-12th grade

IDENTITY & EMPOWERMENT | 2-HR

Students will gain a better understanding of identity, by examining their own and the internal/external factors that shape & influence it, such as social media, peer pressure, assumptions, etc. They will also dismantle these labels and reaffirm or redefine their own identities.

TEAMWORK AND COMMUNICATIONS | 1.5-HR

Students will learn to develop clearer interpersonal skills that push for collaboration, self-reflection, empathy, and problem-solving.

NAVIGATING DIFFICULT CONVERSATIONS | 1.5-HR

Students will learn how to effectively engage and in difficult conversations and work collaboratively to solve issues between two-parties.

BASIC COPING SKILLS & MANAGING STRESS | 1.5-HR

Students will better understand the factors that cause stress, its impacts on the body & self, and develop ways to cope and manage stressful situations.

MINDFULNESS | 1.5-HR

Students will examine and practice different mindfulness activities/techniques that they can integrate it into their everyday life in order to alleviate stress and be more present.



Social- Emotional Learning



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