

Classes have been created for both elementary and high school students unless otherwise noted

Skill	Class Title	Description
Self-Esteem	Everyone is Good at Something	Free intro class: Student learns how they are unique from others and how this can help develop friendships
	What is Encouragement?	Student learns the value of encouragement
	The Importance of Having a Sense of Humor	Student learns why it is important to have a sense of humor
	Common Sense	Student learns the importance of common sense
	Your Opinion Matters	Student learns the value of their opinion
Problem Solving POPULAR SKILL GROUP	What Could I Do?	Student learns how to solve a problem
	Asking for Help Politely	Student learns how to ask for help politely
	Who Can Help You	Student learns who can help them
	Waiting Out a Problem	Student learns patience may be the answer to their problem
	Decision Making	Student learns how to make a difficult decision
Friendships	Asking Personal Questions	Student learns how questions that may be too personal affect friendships
	Friends with Friends	Student learns how their friends may have other friends and how to deal with that feeling
	Conflicting Events	Student learns that friends may have other plans and may not always be available to them and how to deal with these feelings
	Personal Space	Student learns the importance of personal space
	Being Trustworthy	Student learns the value of being a trustworthy friend
Classroom Skills POPULAR SKILL GROUP	Recognizing the Need for Rules	Student learns the reason why we need rules
	Paying Attention to the Task	Student learns why it is important to pay attention to the task they are working on
	Following Specific Instructions	Student learns why it is important to read directions
	Completing Assignments on Time	Student learns why it is important to complete their assignments and turn them in on time
	Doing it Right the First Time	Student learns why it is better to do something right the first time
	Test Anxiety	Student learns ways to reduce test anxiety

Dealing with Feelings	Understanding Your Feelings	Student learns that it is ok to feel a variety of different emotions about a single situation
	Understanding How Other People Feel	POPULAR CLASS: Student learns the importance of taking someone else's feelings into consideration
	Who is Responsible for Feelings	Student learns ultimately they are in control of how they feel about something
	Fear and Failure	Student learns that fear and failure can be overcome
	Dealing with Depression	Student learns how to deal with a disappointing situation
Self-Control POPULAR SKILL GROUP	Dealing with Anger and Recognizing Trigger Words	Student learns that certain words can upset others even if the words seem harmless. Student learns how to change their behavior to respect others.
	Maintaining Self-Control	Student learns how to keep their cool
	Avoiding Fights	Student learns how to avoid getting into physical confrontation
	Anger Reactions	Student learns how to control behaviors that have been triggered by anger
	Controlling What You Show	Student learns how to control their emotions in a positive manner
Conflict	Friends Do Not Get You into Trouble	Student learns that a true friend would not get them into bad situations
	Apologizing and Accepting the Blame	Student learns how to apologize and accept the blame for things they have done
	Compromise	Student learns how to compromise with others
	Rejection	Student learns how to deal with rejection from friends
	Parents Dislike Your Friend	Student learns how to deal with their parents disliking someone they consider a friend
Family	Is This The Right Time	POPULAR CLASS: Student learns when is the appropriate time to interrupt and/or ask for something
	I Do Not Understand My Parents	Student learns to accept their parents have reasons for the decisions they make
	Being an Attentive Listener	Student learns the importance of listening to what their parents are asking them to do
	Respecting Privacy	Student learns about respecting the privacy of family members

	Sharing Rooms	Student learns how to successfully share a room with a sibling
Community	Safety Concerning Meeting New People	Student learns the importance of being cautious when meeting new people (this class is stranger danger and has different versions for both elementary and teen students. The teen class focuses on safety issues for older students)
	General Community Safety	POPULAR CLASS: Student learns the importance of their parents knowing where they are when they are not at home
	Respecting the Property of Others	Student learns the importance of respecting other peoples property
	Manners Do Matter	Student learns the importance of having manners especially when in the company of others
	Volunteering	Student learns the rewards of becoming a volunteer in the community
Cyber Safety	Video Game Chat	Student learns the importance of safety during video game chat
	Social Networking Sites Event Invitations	Student learns the importance of being careful when they post event invitations
	Cyber Bullying	Student learns why cyber bullying is so dangerous
	Social Networking Status Updates	Student learns why status updates may not be safe
	Social Networking Sites Posting Pictures	Student learns that some pictures may not be appropriate to post on social networking sites
Relationships TEEN CLASSES ONLY	The Bad Reputation	TEEN CLASS: Student learns how to deal with their friends making relationship decisions that they may not agree with
	Jealousy	TEEN CLASS: Student learns how to deal with a boyfriend/girlfriend becoming jealous of a friend
	Insecurity	TEEN CLASS: Student learns how to deal with insecurities they may feel in a relationship with a boyfriend/girlfriend
	Dealing with Differences	TEEN CLASS: Student learns that not everyone will have everything in common but can they deal with all the differences between themselves and their boyfriend/girlfriend
	Dealing with Rejection	TEEN CLASS: Student learns how to deal with rejection from a potential girlfriend/boyfriend

<p>Job Skills POPULAR SKILL GROUP TEEN CLASSES ONLY</p>	Filling out an Application	TEEN CLASS: Student learns how to correctly fill out a job application (student will receive job application to fill out as practice)
	Making a Good Impression	TEEN CLASS: Student learns the importance of making a good impression during a job interview
	Dealing with Co-Workers	TEEN CLASS: Student learns how to deal with co-workers
	Dealing with a Difficult Boss	TEEN CLASS: Student learns how to deal with a difficult boss
	Advancement	TEEN CLASS: Student learns different ways to potentially advance in their job