

**Tokyo International Progressive School
High School, Lifelong Wellness Course Outline
2021-2022**

Mr. Jessen-Petersen, Room 24

DESCRIPTION OF COURSE

This course is designed to support students academically, socially, and emotionally. Students will be able to identify and develop habits, organization, resilience, mindset, self-awareness, goal-setting ability, decision making, social awareness, and relationships. Social-Emotional Learning (SEL) practices play an important role in this course, while basic theories and ideas of both psychology and philosophy are involved as well. Students will be assessed on their 6Ps and four quarter-based projects.

STUDENT EXPECTATIONS

- Students are expected to bring the following materials to class each day:
 - Accordion binder with agenda inside
 - Pencil Case (w/ pencil, pen, eraser)
 - Any related handouts from teacher
 - Water bottle
 - Charged laptop or tablet
 - Any materials for accommodations (e.g. noise-canceling earbuds)
 - Work due
 - Book being currently read
 - Journal notebook

*A numbered copy of a book will be lent to you. Write your name in it. When you return it, if it is not in usable condition or missing its cover, your family will be asked to replace the book.

- Immediately upon entering the classroom, students are expected to complete the 5-minute warm-up activity posted at the front of the class (necessary materials will be posted as well). The warm-up activity will be either printed or digital. If it is digital, students will be expected to open their charged laptops or tablets and immediately begin the warm-up activity.
- Students are allowed to drink closed drink bottles in the classroom. Water and sports drinks are preferred. Cans are not allowed in the classroom. Food is also not allowed in the classroom.

EARNING YOUR GRADE

Your grade will be determined by your work in these categories:

Grade Category	Percentage of your grade
6P	60%
Projects	40%

The grading scale for this course will be:

Letter grade	Mark range
A+	97-100
A	92-96
B+	88-91
B	83-87
C+	79-82
C	74-78
D+	70-73
D	65-69
F	64 or below

IMPORTANT DATES

* Schedule is subject to change

Assessment	Date
Project 1	Friday, October 8th
Project 2	Wednesday, January 19th
Project 3	Friday, March 31st
Project 4	Friday, June 3rd