

Tokyo International Progressive School
High School, Lifelong Wellness Course Outline
2022-2023
Mr. Jessen-Petersen, Common Room

DESCRIPTION OF COURSE

This course is designed to support students academically, socially, and emotionally. Students will be able to identify and develop executive functioning skills, technology skills, resilience, helpful mindsets, grit, self-awareness, self-management, 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, you will be asked to replace the book.

- 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.
- When in use, laptops will remain on the desk

EARNING YOUR GRADE

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

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

A big part of the 6P grade that students receive for every class will include a Google Form or e-mail completed at the end of class that provides a review of what the student completed in class that day.

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	Monday October 17th
Project 2	Monday, January 16th
Project 3	Thursday, March 30th
Project 4	Monday, June 5th