

**Tokyo International Progressive School**  
**Grades 5-7 Lifelong Skills**  
**2025-2026**  
**Mr. Jessen-Petersen**  
**Common Room**



**"The highest activity a human being can attain is learning for understanding,  
because to understand is to be free" – Baruch Spinoza**

## **DESCRIPTION OF COURSE**

This course is about building lifelong skills — things that will help you not only in school, but also in life after you graduate.

We'll focus on the five areas of:

1. Self-awareness - knowing your feelings, strengths, and challenges.
2. Self-management - using your time well, building good habits, and staying on track.
3. Social awareness - seeing things from other people's point of view.
4. Relationship skills - working well with friends, classmates, and teachers.
5. Responsible decision-making - thinking carefully before you act.

You'll also practice thinking and planning skills like:

- Staying organized - physically and digitally
- Setting goals and planning ahead
- Managing stress and staying focused
- Getting things done on time

Each term, you'll do a big project that builds the "Big 4 C's":

- Critical thinking - solving problems
- Creativity - coming up with new ideas
- Collaboration - working well with others
- Communication - sharing your thoughts clearly

We'll also learn how to **use technology wisely** — including how AI works, and how to use it safely and responsibly.

You'll practice **speaking up for yourself (self-advocacy)**: asking for help when needed, setting boundaries, and staying safe both online and in real life.

We'll explore tools like **digital calendars**, and talk about ways to grow outside of school — through clubs, sports, volunteering, or part-time jobs.

You'll also learn ideas from **psychology (how people think and feel)** and philosophy (**big questions about life and choices**).

By the end of the year, you'll have the **skills, confidence, and clarity** to make good decisions for high school and beyond.

**Every class starts with a question to make you think, and ends with a short reflection in your notebook.**

## **STUDENT EXPECTATIONS**

Students are expected to bring the following materials to class each day:

- Notebook
- Pencilcase
- Any materials for accommodations (e.g. noise-canceling earbuds, typing)

- Work due if there was an assignment
- Water bottle

\* Students are allowed to drink closed drink bottles in the classroom. Water and sports drinks are preferred. Cans are not allowed in the classroom, and food is also not allowed.

\* If a student is unable to complete work by the expected due date, the grade will be a 0 on Quickschools until the work is completed. The student and the teacher will set a new due date together. If the assignment is not completed by the new due date, the grade will remain a 0 in Quickschools and will not be able to be changed.

\* When in use, laptops will remain on the desk facing the front of the class.

\* Your 6Ps grade will be also greatly affected by your responses to questions in your Lifelong Skills notebook

### EARNING YOUR GRADE

Your work in these categories will determine your grade:

**Grade Category Percentage of your grade**

6Ps	60%
Projects	40%

The grading scale for this course will be:

	Mark Range	Grade Points
A+	98-100	4.0
A	93-97	4.0
B+	90-92	3.5
B	85-89	3.0

C+	82-84	2.5
C	77-81	2.0
D+	74-76	1.5
D	70-73	1.0
F	69 or below	0.0

## **IMPORTANT DATES**

The projects will be completed at the end of each quarter and will need to be completed by the date set at the end of the quarter.

## **CLASSROOM EXPECTATIONS**

01 - I will follow the 6Ps

02 - I will raise my hand silently if I have a question, comment, or something to say

03 - I will have my laptop on my desk if/when in use

04 - I will follow teacher's instructions for using, opening, and closing my laptop

05 - I will be kind, helpful, and understanding towards others

06 - I will actively listen to others including looking at the speaker

07 - I will ask the teacher for help, have a growth mindset, and remember that learning is a lifelong journey