

**Tokyo International Progressive School**

**Grades 8-10 Lifelong Wellness**

**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 all about building the skills you need to succeed now, in your final years of school, and in life after graduation. We'll focus on the five main areas of social and emotional learning: knowing yourself (self-awareness), managing your time and habits (self-management), understanding others (social awareness), building positive relationships (relationship skills), and making thoughtful choices (responsible decision-making).

You'll also strengthen your executive functioning skills — planning ahead, prioritizing, managing stress, staying focused, and following through — which are essential for success in Grades 11–12, higher education, work, and any path you choose. Every quarter, you'll work on a major project that develops the "Big 4 C" skills: critical thinking (solving problems and making sound decisions), creativity (finding innovative approaches), collaboration (working effectively with different people), and communication (sharing your ideas clearly and persuasively).

We'll also look at how to use technology wisely, including how AI works and can work against how our own successful development - which includes how to use it

responsibly and ethically. You'll learn strategies for self-advocacy — clearly expressing your needs, setting boundaries, and seeking support when necessary — along with ways to keep yourself safe in different settings, from online spaces to public environments.

We'll explore tools like digital calendars and project planners, and we'll discuss ways to grow skills outside of school through clubs, sports, volunteering, part-time work, and other opportunities. You'll also dive into ideas from psychology and philosophy that can connect to the different topics we learn. By the end of the year, you'll have the skills, clarity, and confidence to make informed decisions for Grades 11–12 and for whatever path you choose after school.

Each class begins with a question to get you thinking and ends with a 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.

## **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.

## **Plagiarism Policy**

Students who are found guilty of plagiarism will be dealt with in the following way:

**First offense:**

- phone call to parents and the work redone and the grade reported
- preamble with parents the consequences for second offense

**Second offense:**

- phone call to parents and the work redone and assessed, with a grade of "0" recorded
- preamble with parents consequence for third offense

**Third offense**

- phone call to parents and the work redone and assessed, and a grade of "0" recorded
- Saturday School assigned by the principal
- Preamble with parents the consequence for fourth offense

**Fourth offense**

- phone call to parents and the work redone and assessed, and a grade of "0" recorded
- 2 day home leave administered by the principal
- preamble with parents expulsion on fifth offense

**Fifth offense**

- extended home leave

**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

