

#	Phase	Lesson Title	PLOs (As a result of this lesson, you will...) [1]	GEM Core Values	SEL Wheel	ASCA Standards
1	Hidden	Loving Yourself Well	Learn the importance of loving yourself well.	Beauty	SeA	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SS 1, B-SS 2
2	Hidden	The Dark Room	Learn how to wait and enjoy the process toward progress.	Overcome	SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2
3	Hidden	GEM Statements	Learn how to encourage yourself and receive encouragement from others.	Beauty, Community	SeA, SM, RS	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2
4	Hidden	Thick Skin, Soft Heart	Learn what defines you apart from external expectations and circumstances.	Purpose	SeA	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2
5	Hidden	Attitude of Gratitude	Learn to change a negative mindset by focusing on gratitude.	Overcome, Vision	SeA, SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2
6	Hidden	Your Worst is Not Your Final (Hopeful Ex)	Learn how to set hopeful expectations for the future.	Vision	SM, RDM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
7	Hidden	What Do You Stand For?	Learn how to discover your core values.	Beauty, Purpose	SeA	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
8	Pressure	The Company You Keep	Learn how to determine whether a relationship is healthy or harmful.	Community, Overcome	RS, SeA	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
9	Pressure	Pressure Can Make You	Learn how to use everyday pressures to develop resiliency.	Overcome	SM, RDM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9

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10	Pressure	Rejection Isn't the Worst Thing	Learn how rejection can help you grow.	Overcome	SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
11	Pressure	Letting Go of Stress	Learn how to manage stress in healthy, productive ways.	Overcome	SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS
12	Pressure	Dealing With Conflict	Learn effective ways to recognize and resolve conflict.	Community, Overcome	RS, RDM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
13	Pressure	Alone vs. Lonely	Learn the difference between "alone" and "lonely", and how to overcome negative feelings that accompany either one.	Overcome	SeA, SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
14	Pressure	Get Out of the Comparison Trap	Learn to remain confident in your own ability, identity, and purpose, instead of comparing yourself in unhealthy ways to others.	Overcome, Beauty, Community	SeA, RS	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
15	Unveiled	Becoming Confidently You	Learn the importance of being confident in yourself.	Beauty, Purpose	SeA	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
16	Unveiled	Boundaries	Learn how to set healthy boundaries.	Community	RDM, RS	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
17	Unveiled	Better Together	Learn the importance of having a strong and thriving community.	Community	SoA, RS	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9

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18	Unveiled	Having a Vision	Learn how to cast a vision for your life and set SMART goals.	Vision	SeA, RDM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
19	Unveiled	Self-Care	Learn about the benefits of self-care for your mind, soul, and body.	Beauty	SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
20	Unveiled	Powerful Beyond Measure	Learn how to recognize and activate the power within you.	Purpose	SeA, SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9
21	Unveiled	Trust the Process	Learn how trust can shape your character.	Overcome, Purpose	RS, SeA, SM	B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2, B-SS 9

[1] These are paraphrased for consistency and clarity.