

G.E.M. SCOPE & SEQUENCE



G.E.M. Gather Introductions: Week 1		Hidden Phase (7 Lessons): Week 2-Week 9	
Before Meeting	G.E.M. Girl Self-Assessment Pre-Survey Completion	Lesson 1	Loving Yourself Well ASCA Standard: B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SS 1, B-SS 2 CASEL: Self-Awareness
Invite Letter	Introduction to G.E.M. Group for Girls and Family	Lesson 2	The Dark Room ASCA Standard: B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2 CASEL: Self-Management
Review	Review G.E.M. Curriculum Book Introduction pages for implementation and layout recommendations	Lesson 3	What is Your G.E.M. Statement ASCA Standard: B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2 CASEL: Self-Management, Self-Awareness, Relationship Skill
1st Meeting	G.E.M. Gather Group/Ice Breakers & Get to Know You	Lesson 4	Thick Skin, Soft Heart ASCA Standard: B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2 CASEL: Self-Awareness
		Lesson 5	Attitudes of Gratitude ASCA Standard: B-LS 1, B-LS 4, B-LS 10, B-SMS 7, B-SMS 9, B-SMS 10, B-SS 1, B-SS 2 CASEL: Self-Management, Self-Awareness

		Lesson 6	<p>Hopeful Expectations</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management. Responsible Decision Making</p>
		Lesson 7	<p>What Do You Stand For (Core Values)</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Awareness</p>

Pressure Phase (7 Lessons): Week 10-Week 20		Unveiled Phase (7 Lessons): Week 21-Week 30	
Lesson 1	<p>The Company You Keep</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Awareness, Relationship Skill</p>	Lesson 1	<p>Becoming Confidently You</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Awareness</p>
Lesson 2	<p>Pressure Can Make You, Don't Let it Break You</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management. Responsible Decision Making</p>	Lesson 2	<p>Boundaries, We all Need Em</p> <p>ASCA Standard: 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</p> <p>CASEL: Relationship Skill, Responsible Decision Making</p>
Lesson 3	<p>Rejection Isn't the Worst Thing</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management</p>	Lesson 3	<p>Better Together</p> <p>ASCA Standard: 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</p> <p>CASEL: Social Awareness. Relationship Skill</p>
Lesson 4	<p>Dealing with Stress</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management</p>	Lesson 4	<p>Having a Vision</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Awareness. Responsible Decision Making</p>

Lesson 5	<p>Knowing How to Resolve Conflict</p> <p>ASCA Standard: 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</p> <p>CASEL: Relationship Skill, Responsible Decision Making</p>	Lesson 5	<p>Look Out for You (Self-Care)</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management</p>
Lesson 6	<p>Alone vs. Lonely</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management. Self-Awareness</p>	Lesson 6	<p>Powerful Beyond Measure</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management. Self-Awareness</p>
Lesson 7	<p>Get Out of the Comparison Trap</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Awareness, Relationship Skill</p>	Lesson 7	<p>Trust the Process</p> <p>ASCA Standard: 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</p> <p>CASEL: Self-Management. Relationship Skill, Self-Awareness</p>

Sample of Lesson Layout:

- Check in (5 Mins)
- Lesson (15-20 mins)
- Review Practical Steps (5 mins)

Select Activities Based on Time Frame of Group:

- -Key Questions: This can be used for Rap Session (15 mins)
- -Creative Activity (15-20 mins)
- -Journal/Reflection Questions (10 mins)