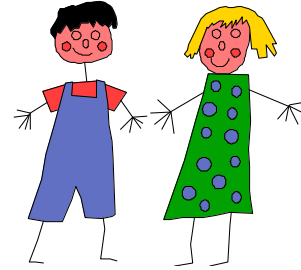


**WELCOME TO Health Quest BI: Social Skills Syllabus**  
**Rivera Early College High School**  
**2019-2020**

**I. Health Quest, Social Skills**

5<sup>th</sup> period  
 Room F126



**INSTRUCTOR:** Cecilia T. Sanchez

**TELEPHONE:** 831-8700, 698-0306, X0306

**Email:** [ctsanchez@bisd.us](mailto:ctsanchez@bisd.us)

**CONFERENCE:** Monday-Friday: 10:20-11:10 am

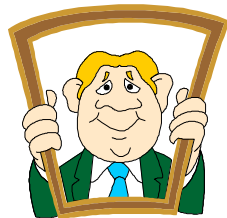
**II. TEXTBOOK:** *Lifetime Health* (Tx Edition) Holt, Rinehart and Winston  
*School-Connect Optimizing the High School Experience*, Kathy Beland,  
 M.Ed., Julea Douglass, Ph.D.

**III. COURSE REQUIREMENTS**

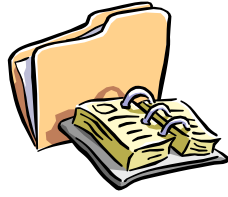
**IMPORTANT NOTE:** Attendance, Group Participation, Projects, and Work Samples are required

Through the study of health the students learn to make informed decisions about their health including diet, exercise, drug, and alcohol abuse, managing mental and health preventive health care

Through the study of social skills the students learn social and emotional learning is fundamental to their success in school and beyond. Students learn best in collaboration with teachers and peers, rather than in isolation, and benefit from the support of their families. Research that correlates *school connectedness* - feeling a sense of belonging in school with academic, motivation, and achievement underscores the social foundation of learning.



**Know Thyself**



#### **IV. Students Will:**

**Analyze the interrelationships of physical, mental, emotional, social, spiritual, and environmental health**

**Identify and describe strategies for prevention and early identification of disorders such as depression and anxiety that may lead to long term disability**

**Develop strategies for monitoring positive and negative relationships that influence health**

**Analyze positive and negative relationships that influence relationships that influence health**

**Describe the effect of stress on personal and family health**

**Develop Social Awareness, Self-Awareness, and Self-Management in terms of identifying and understanding self and others, identifying one's feeling and self-monitoring and regulating feelings. Student will establish and work toward the achievement of pro-social goals**

**Build and Maintain Relationship Skills by learning to communicate, establishing connections with individuals and groups. Student will be able to negotiate with others by making resolutions to conflict and effectively conveying and following through with one's decision not to engage in unwanted, unsafe, unethical, or unlawful conduct**

**Develop and Recognize Responsible Decision Making by analyzing situations, assuming personal responsibility, respecting others, and problem solving**





## **V. Grading Policy:**

As per the BISD Policy

Homework must be turned in when requested, late work will be penalized. Students are responsible to make up and submit in any missed assignments when absent.

Make up test/Re-tests will be given according to the individual's needs or/and situation.

## **VI. Course Requirements:**

Access to textbooks, and materials

Spiral/Journal Notebook

Maintain an organized notebook containing: notes, vocabulary, daily work, quizzes/tests/projects

Pen/Pencil/Crayons/Map Colors/Markers

## **VII. Course Assignments:**

Readings

Notes/Daily Work

Discussion

Quizzes/Tests

Projects

Role Play



## **VIII. Class Rules and Expectations:**

**Students will arrive to class on time**

**Students will be respectful at all times with everyone in class**

**Students will raise their hand to be recognized**

**No Cell Phones, IPODS or any other electronic devices may be used in class**

## **IX. Consequences:**

**Verbal Warning**

**Redirection**

**Student/Teacher Conference**

**Parents will be contacted**

**Office Referral, if warranted**

