

Southern Cayuga Central School District  
Curriculum Map  
Subject: Jr. High Seminar “Mastering Middle School”  
School Year: 2023

<b>Unit</b>	<b>NYS Standards</b>	<b>Essential Questions &amp; Vocabulary</b>	<b>Content Skills</b> (Activities to cover the essential questions)	<b>Assessments</b>
Unit 1: <b>Understanding Expectations</b>  (Communication & Self Regulation)  Weeks 1-4	SEL (6-8) 2A.1a, 2A.1b, 3A.3a, 3A.3b	What does success look like?  How can we achieve success when we feel out of control?  <b>Vocabulary:</b> Locus of control, Expectations, Body Language, Tone, Metacognition	Understanding expectations in the school system, the classroom, and in relationships.  Locus of Control: Self Regulation & Communication  Research: How to Create a Video	Self Reflection  Participation in Written Class Communication  Expectations Quiz
Unit 2: <b>Getting Ready</b>  (Goal Setting & Project Planning)  Weeks 4-8	SEL (6-8) 1C.3a, 1C.3b, 2C.3A	How do we “get started”?  Why are goals important?  <b>Vocabulary:</b> Develop, Analyze, Pomodoro, Procrastinate	Defeating Procrastination: Excerpts from “Learning How to Learn” by Dr. Oakley (The Pomodoro Method)  S.M.A.R.T. Goals  Create S.M.A.R.T. Goal and Plan for Video	Self Reflection  Learning and Goals Quiz  Planning Checklist

<p><b>Unit 3:</b> <b>Action!</b></p> <p>(Study Skills &amp; Project Creation)</p> <p>Weeks 8-14</p>	<p>SEL (6-8) 1A.1c, 1B.1e, 2C.3b</p>	<p>How does the human brain learn?</p> <p>How can plans turn into actions?</p> <p><b>Vocabulary:</b> Chunking, Synapses, Short Term Memory, Long Term Memory</p>	<p>Excerpts from “Learning How to Learn” by Dr. Oakley (Chunking &amp; Memory)</p> <p>Create and shoot video drafts.</p>	<p>Self Reflection</p> <p>Chunking, Memory, and Me Quiz</p> <p>Project Draft</p>
<p><b>Unit 4:</b> <b>Under Pressure</b></p> <p>(Test Taking &amp; Peers)</p> <p>Weeks 14-18</p>	<p>SEL (6-8) 1A.1c, 1A.1e, 1A.3b,3B.3b, 3B.1b, 3D.1b</p>	<p>How can I take different types of tests?</p> <p>How can stress help and hinder me?</p> <p>How can I cope with stress?</p> <p>How can I advocate for myself when I am overwhelmed?</p> <p><b>Vocabulary:</b> Apply, Hierarchy, Evaluate, Identify, Cope</p>	<p>Excerpts from “Learning How to Learn” by Dr. Oakley (Test Preparation)</p> <p>Stop Light Questions</p> <p>Multiple Choice Strategies</p> <p>Editing Video and Final Submission</p>	<p>Self Reflection</p> <p>Summative Exam</p> <p>Final Project</p>