Lesson 1: Getting to Know You
Explain the necessity of rules; reflect on their personal traits; attitudes and preferences; identify important people and places within the school

Lesson 2: Getting to Know Freshman Seminar
Analyze and discuss the goals of the Freshman Seminar course; articulate the relationship between having a goal/goals and achieving success; establish short-, medium- and long-term goals

Lesson 3: Brainstorming and Goal Setting
Demonstrate an understanding of “brainstorming” by identifying the components of the skill and implementing the skill in a variety of activities; develop a first-semester goal

Lesson 4: Working Together
Identify qualities of a successful team; identify stages of team development; identify team structures that exist in society; explain how people can succeed when working together

Lesson 5: Working Together and Building Consensus
Compare and contrast individual and team responsibilities; demonstrate an understanding of building consensus by participating in team-building activities