

**Tillamook High School
Discovery Program Syllabus**

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Course Description:

The *Discovery Program* is a concrete, skills-based curriculum that creates positive change in students. Through this program, students can develop many of the positive social skills necessary to be successful in school and in life. Curriculum units are as follows: **Effective Groups, Anger Management, Communication Skills, Assertiveness Training, Problem Solving, and Conflict Resolution.**

Course Objectives:

The objectives of this program are:

- To develop a strong sense of community and establish positive support systems for all students.
- To teach, practice, and provide feedback on positive social skills.
- To reinforce the culture of the classroom/school and ensure that all students realize what is expected of them and what they can expect from staff.
- To practice techniques to help students manage day to day life

Required Supplies:

- Notebook or Composition book, writing utensils, gratitude journal (provided)

Grading:

The following scale will be used for grading:

90-100 **A**
80-89 **B**
70-79 **C**

The Big Five:

These are the items *all* students *must* complete (NO EXCEPTIONS) in order to graduate from *The Discovery Program*:

- Complete all assignments with a 70% average or better.
- Complete the autobiography with a 70% or better.
- Complete the team challenge course experience.
- Complete the final role play with a 70% or better.
- Complete the final test with a 70% or better.

Assignments and Late Work:

Students must complete all academic work (at a 70% or better) before each unit assessment. Students must pass each unit assessment (at a 70% or better) before taking the next unit assessment (six unit assessments total).

Class Rules (The 6 P's):

1. Prompt
2. Prepared
3. Polite
4. Positive Mental Attitude (PMA)
5. Participate
6. Produce

Class Policies (Attending Skills):

1. Being in the moment
2. Appropriate body language
3. Appropriate eye contact
4. Appropriate feedback
5. Questions to clarify or validate

Each day I will be in my classroom before and after school. Please communicate with me about any issue that will affect your compliance with the above contract. My door will always be open to you for any and every reason, whether personal or academic in nature. I look forward to working together and creating an uplifting partnership in education.

Sincerely,

Ms. Pohl

