

Modern Manners & Mental Fortitude

One-Semester CMP Proposal for High School Elective

Course Overview

Modern Manners & Mental Fortitude is a one-semester elective designed to teach students essential life skills including emotional resilience, communication, self-advocacy, leadership, and respectful behavior in real-life settings. Developed with the needs of today's middle and high schoolers in mind, this curriculum offers practical tools rooted in SEL principles and reinforced through journaling, discussion, role-play, and real-world applications.

Why This Course Matters

Students today are facing more social pressure, emotional dysregulation, and communication gaps than ever before. This CMP aims to fill a critical gap by helping students build emotional and interpersonal tools that are often overlooked in traditional academic environments. It complements existing efforts like 'Freshman Success' and may serve as a strong supplemental or pilot program.

Key Features

- **Aligned with Utah SEL goals and Core Standards**
- **Full pacing guide, journal prompts, rubrics, and lesson samples**
- **Flexible format for classroom, advisory, or pilot elective use**
- **Supports student well-being, leadership, and real-world readiness**

Next Steps

I'd love your feedback and guidance on how this might fit within existing district SEL efforts or as a potential elective offering. Open to collaborating, adjusting the content to fit district needs, or working with a principal to pilot it at a single site.

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