



FULL SCOPE AND SEQUENCE

Second Step® High School

Pathway 1: Belonging & Connection

Goal: In this foundational pathway, leaders, educators, and students cultivate a sense of social and school belonging so students feel accepted, respected, and known, and are able to create and sustain positive relationships at school and beyond.

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Practice/Activity		Objective
Collection 1		
Schoolwide Practice	Greeting Students Across Campus	School leaders will promote belonging by regularly greeting students when they arrive to campus each day.
Educator Practice	Co-Creating Classroom Agreements	Educators will promote belonging by co-creating class norms, expectations, and consequences.
Student Activities*	Get-to-Know-You Bingo Grades 9–12	Students will build connections by playing a Bingo game to learn more about each other.
Collection 2		
Schoolwide Practice	Schoolwide Agreements	School leaders will build a sense of belonging by creating schoolwide norms and expectations in collaboration with students and staff.
Educator Practice	Memory Tricks	Educators will build a sense of belonging by knowing their students' names, including correct pronunciations, and referring to students accurately.
Student Activities*	Let's Connect Grades 9–12	Students will make at least one connection with their classmates through a quick and engaging conversation-style game.

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Practice/Activity		Objective
Collection 3		
Schoolwide Practice	Two Minutes a Day	School leaders and educators will build connections with specific students through daily communication.
Educator Practice	Communicating Belonging	Educators will create a sense of belonging by encouraging sincere communication with their students.
Student Activities*	Imaginary Audience Grade 9	Students will examine their perceptions of how others see them and recognize that they tend to overestimate the amount of attention they receive.
	Personalities Across Social Situations Grade 10	Students will demonstrate belonging by recognizing how their different qualities emerge depending on audience and setting.**
	Repairing Relationships Grade 11	Students will promote belonging by experimenting with relationship-repair strategies.
	What's Fundamental Attribution Error? Grade 12	Students will promote a sense of belonging by addressing fundamental attribution error and recognizing ways to avoid it.**
Collection 4		<i>This collection will be available in 2025</i>
Schoolwide Practice	Mapping Relationships	School leaders will ensure every student feels known and valued by at least one adult in the school by connecting staff with students.
Educator Practice	Music Moment	Educators will build connections with and among students by creating and listening to a class playlist of music.
Student Activities*	Hearing from Older Students Grades 9–12	Students will build connections through conversations about navigating high school and finding a sense of belonging.

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**This activity may be revised based on educator and researcher feedback through May, 2024.

Pathway 2: Confidence & Capability

Goal: In this pathway, leaders, educators, and students create learning conditions that build students' beliefs in their ability to overcome challenges and achieve personal and academic success.

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Practice/Activity		Objective
Collection 1		
Schoolwide Practice	High Expectations	School leaders and educators will promote high expectations for all students.
Educator Practice	Reaching Mastery	Educators will provide students with multiple opportunities to master class objectives.
Student Activities*	Visualizing Success Grades 9–12	Students will set a short-term goal and visualize action steps necessary to meet the goal.
Collection 2		
Schoolwide Practice	Staff Talent Showcase	School leaders will model self-efficacy by sharing stories of staff members who have persevered to accomplish goals.
Educator Practice	Making Success Attainable	Educators will co-create rubrics with students to help them understand and meet success criteria.
Student Activities*	Identifying Obstacles Grade 9	Students will identify strategies for overcoming obstacles.
	Anticipating Obstacles Grade 10	Students will identify strategies for overcoming obstacles.
	Addressing Self-Sabotage Grade 11	Students will identify strategies for overcoming obstacles caused by self-sabotage.
	Counteracting Learned Helplessness Grade 12	Students will identify strategies for overcoming obstacles caused by learned helplessness.**

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Practice/Activity		Objective
Collection 3		
Schoolwide Practice	Yet! Campaign	School leaders will implement a Yet! Campaign to foster growth mindset by framing today's circumstances as a starting place for potential growth.
Educator Practice	Positive Feedback	Educators will provide students with tailored, specific, and actionable feedback for growth.
Student Activities*	How the Brain Works Grade 9	Students will simulate how the brain functions when learning something new.**
	Practical Positive Thinking Grade 10	Students will apply realistic optimism to overcome obstacles.**
	Reframing Grade 11	Students will apply a cognitive reframing strategy to overcome obstacles.**
	Reframing in Action Grade 12	Students will use cognitive reframing strategies to overcome challenges.**
Collection 4		<i>This collection will be available in 2025</i>
Schoolwide Practice	Professional Connections	School leaders will have community members share educational and professional experiences with students to model adaptive mindsets.
Educator Practice	Peer Supports	Educators will develop help-seeking processes that promote peer tutoring, peer evaluation, and peer collaboration.
Student Activities*	Celebrating Small (and Big) Wins Grades 9–12	Students will evaluate their progress toward a goal and celebrate wins.

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Pathway 3: Agency & Opportunity

Goal: In this pathway, leaders and educators support students in taking ownership over their learning by providing choices and opportunities to build and apply their strengths and explore purposeful interests.

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Practice/Activity		Objective
Collection 1		
Schoolwide Practice	Recognizing Contributions	School leaders will create a culture of appreciation and recognition.
Educator Practice	Choice Boards	Educators will give students choices about how they explore and demonstrate learning.
Student Activities*	Guess Who? Grades 9–12	Students will begin to identify their own strengths and learn to appreciate their classmates' diverse strengths.
Collection 2		
Schoolwide Practice	Extra Expo	School leaders will provide students with opportunities to discover course and extracurricular options on campus.
Educator Practice	Academic Discussions	Educators will support students' academic discussion opportunities with collaborative practices and protocols.
Student Activities*	Introduction to Strengths Grade 9	Students will identify key aspects of character strengths and explore strengths in real-world applications.
	Identifying Shared Strengths Grade 10	Students will explore how individuals' strengths can contribute to group success.
	Strengths Mapping Grade 11	Students will identify and acknowledge strengths in each other.
	Collective Contributions Grade 12	Students will acknowledge how their collective strengths affect progress toward a shared goal.

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Practice/Activity	Objective	
Collection 3		
Schoolwide Practice	Acting on Student Feedback	School leaders will gather student feedback and make one change based on the feedback.
Educator Practice	Implementing Student Feedback	Educators will collect feedback from students and make one change based on that feedback.
Student Activities*	Exploring Experiences Grades 9–12	Students will explore personally relevant topics and interests.
Collection 4 <i>This collection will be available in 2025</i>		
Schoolwide Practice	Empathetic Mindsets and Perspective-Getting	School leaders and staff will consider how developing an empathetic mindset by examining students' perspectives can improve autonomy.
Educator Practice	Building Knowledge Through Conversation	Educators will use discussion-facilitation strategies to support student learning through conversation.
Student Activities*	Exploring More Experiences Grades 9–12	Students will experiment with personally relevant topics and interests.

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Pathway 4: Well-Being & Community

Goal: In this final pathway, leaders and educators develop students' psychosocial assets to contribute to their individual well-being and the well-being of the school community.

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Practice/Activity		Objective
Collection 1		
Schoolwide Practice	Underground Spirit Week	School leaders will use humor and fun to build community among school members.
Educator Practice	Mind Breaks	Educators will create and use various brain-reset activities with students.
Student Activities*	Naming Emotions Grade 9	Students will research and define emotions and reflect on how they experience them.
	Memories from Past and Future Grade 10	Students will share positive emotions by visualizing and discussing positive experiences.
	Read the Room Grade 11	Students will navigate strong emotions using specific strategies.**
	Compassion for a Friend Grade 12	Students will discuss and practice self-compassion.
Collection 2		
Schoolwide Practice	Kind Notes and Shout-Outs	School leaders will recognize students and staff with Kind Notes and Shout-Outs.
Educator Practice	Gratitude Practice	Educators will encourage students to practice gratitude.
Student Activities*	5, 4, 3, 2, 1 Grade 9	Students will learn a refocusing strategy to use when navigating emotions.**
	Sharing Positive Emotions Grade 10	Students will experience the physical and mental effects of positive emotions.
	Mindful Photography Grade 11	Students reflect on positive emotions by practicing mindful attention.**
	Practicing Self-Compassion Grade 12	Students will navigate strong emotions by practicing self-compassion.

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Practice/Activity		Objective
Collection 3		
Schoolwide Practice	Metaphoric Toolbox	School leaders will bring awareness to staff members' strengths and skills with a fun practice.
Educator Practice	Positive Self-Talk	Educators will model positive self-talk and encourage students to use it themselves.
Student Activities*	What's Being Inclusive? Grade 9	Students will practice strategies to create a culture of inclusion.**
	Showing Gratitude Grade 10	Students will navigate strong emotions by practicing gratitude.
	What's Normal? Grade 11	Students will build social awareness by examining what others consider to be normal.**
	Self-Compassionate Writing Grade 12	Students will navigate strong emotions by practicing self-compassion through writing.
Collection 4		<i>This collection will be available in 2025</i>
Schoolwide Practice	Celebrating Community	School leaders will recognize cultural contributions from community members.
Educator Practice	Highlighting People Making a Difference in the Community	Educators will encourage students to contribute to the community by inviting community members to visit class and share educational and professional stories.
Student Activities*	Appreciation Web	Students will show appreciation to members of the classroom community by identifying at least one impressive action or quality for everyone.
	Appreciating Positive Experiences	Students will identify positive experiences and develop a way to track positive experiences.
	Emotional Maintenance Kit	Students will create a group of resources they can use to navigate strong emotions.
	Meaningful Interactions	Students will create positive experiences for others and reflect on the outcomes.

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