



Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



## Course Syllabus

<b>School Year</b>	2025-2026
<b>Subject</b>	Social and Emotional Learning
<b>Grade Level</b>	7
<b>Teacher</b>	Sofia Vintimilla
<b>Email</b>	svintimilla@dishs.tp.edu.tw

### COURSE DESCRIPTION:

Our focus is on helping students build a positive sense of self by exploring their unique personalities, strengths, and weaknesses. This course will help you:

- **Understand Yourself:** We'll introduce the basics of **personality** and explore theories of personality development. You'll learn how your own personality is formed and how it influences the way you think and feel.
- **Cope with Challenges:** You'll develop strategies for coping with **stress and disappointment**, solving problems, and making confident decisions.
- **Build Strong Relationships:** By understanding personality development, you'll gain insight into why people, including yourself, behave the way they do. This can improve your ability to relate to others and build healthy relationships.
- **Explore Your Future:** We'll show you how to use your new self-knowledge to make informed choices, whether it's navigating social situations or considering future career paths.

By the end of this course, you'll have a clearer understanding of who you are and a stronger sense of purpose. This class is for any student who is ready to take control of their emotional well-being and start exploring their potential.

### COURSE OBJECTIVES AND CONTENTS: (SWBAT) Students will be able to:

- *Identify goals and develop strategies to accomplish goals.*
- *Identify emotions and work with emotions.*
- *Use skills and techniques to better communicate.*
- *Use skills and techniques to self-regulate.*
- *Work in groups and collaborate.*

### PRIMARY TEXTBOOKS AND OTHER RESOURCES:

- **2012-2025 Committee for Children. Second Step is a registered trademark of Committee for Children.**



Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



## GRADING SYSTEM/ASSESSMENT:

### Department/Behavior (10 %)

- Truthful.....19 points
- Organized.....19 points
- Reflective.....19 points
- Courageous.....19 points
- Helpful.....19 points
- TOTAL.....95 points**

**Note:** *The highest possible grade students can get every quarter in Department is 95 points in conformity with the current grading system. **Students are guided how to do department self-evaluation truthfully and reflectively.***

## ADDITIONAL INFORMATION:

*The Google Classroom code will be given to all students to access all the Religious Studies' learning guide and tasks.*

- *There will be NO Homework to be given during the weekend except during major exams or quizzes. It is to give students a chance to spend quality time with their family.*
- *The Project D (Detention) significantly affects the Department Grade of students.*

## ACADEMIC DISHONESTY:

Academic Dishonesty means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS.

Academic dishonesty includes but is not limited to the following:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's work;
- Representing another's intellectual work, such as photographs, paintings, drawings, sculpture, research, or the like, as one's own, including failure to attribute content to an AI.
- Employing a tutor, using Artificial Intelligence without acknowledgment, getting a parent to write a paper or do an assignment, and paying for an essay to be written by someone else and presented as the student's work.
- Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

**Any act of academic dishonesty will result in an automatic zero on the entire assignment/learning task.**



Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



### First Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (August 12 to 15) 4 days of class 12-General Assembly at the Gymnasium 15-Opening Mass & Assumption of Our Lady	Introduction to SEL  Class rules
Week 2 (August 18 to 22) 18-St. Dominic de Guzman Feast Day Celebration) Integrated during the Monday Assembly 20- House Shirt & Blue Jeans Day Starts 22- Club Orientation and Club Sign-up	Mindsets & Goals: Designing Your Future
Week 3 (August 25 to 29) 27- High School Talk - "Kickstart Your Success: Winning Mindsets for a Great School Year" 29- First Club Meeting	Mindsets & Goals: Creating New Pathways in Your Brain
Week 4 (September 1 to 5) 1- Launching of the World Day of Prayer for the Care of Creation (During the Monday Assembly) 1-AP Registration 3- AEO Fall University Fair 5- House Ceremony	Mindsets & Goals: Learning from Obstacles



Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



<p>Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary &amp; VIP Induction 10- House Mini Games Start</p>	<p>Mindsets &amp; Goals: Identifying Obstacles</p>
<p>Week 6 (September 15 to 19) 15- Catholic Bridge Program for all New Students (After the Monday Assembly at the Gymnasium) 19- Athletics / Sports Orientation 19- PSAT/NMSQT Registration deadline</p>	<p>Mindsets &amp; Goals: Overcoming Obstacles</p>
<p>Week 7 (September 22 to 26) 22- Celebration of the International Day of Peace-Peace Pole Ceremony (During the Monday Assembly) Teacher's Day Celebration &amp; 26-Teachers' Appreciation 26- Grade 12 Career Educational Trip 24 to 26-Pre-Exam Days</p>	<p>Mindsets &amp; Goals: Creating an If-Then Plan</p>
<p>Week 8 (September 29 to October 3) 29- Launching of the Month of the Holy Rosary (During the Monday Assembly) Oct. 1-2- First Quarter</p>	<p>Mindsets &amp; Goals: Reflecting on Your If-Then Plan</p>



Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



Exam (half day)	
<i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)</i>	

#### Second Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<i>6-Moon Festival (no classes)</i>	
<i>7-9 Teacher's Conference (no classes)</i>	
Week 1 (11) (October 13 to 17) 13- Second Quarter Begins 13- Start of New Applicant Enrollment for 2nd Semester 14- Visit of Mother Mary to Classrooms (During the morning prayer) 15- AP Exam Only Registration Deadline 15- Monthly Career Talk - College Prep 17- PSAT/NMSQT Digital Exam	Developing a Positive Sense of Self: What is Self-Concept?
Week 2 (12) (October 20 to 24) 20- Jubilee: Marian Exhibit Opening (After the Monday Assembly) 20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)	Developing a Positive Sense of Self: Your Self-Concept
Week 3 (13) (October 27 to 31)	Developing a Positive Sense of Self: Influences on



# Dominican International School

台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp	Self-Concept
Week 4 (14) (November 3 to 7) 3- Feast of St. Martin de Porres Mass (integrated during the Monday Assembly) 5- Monthly Career Talk - College Prep	Developing a Positive Sense of Self: Changes in Self-Concept
Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community	Developing a Positive Sense of Self: Your Future Self-Concept
Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest	Developing a Positive Sense of Self: Who Will You Become?
Week 7 (17) (November 24 to 28) 24- Peace Pole Day (Monday Assembly) 24- Lighting of the Christmas Tree after school (Campus Min/ ECA/ D' Torch Orchestra/ Religious Studies) (Afternoon) 25-27- Pre-Exam Days 27- Thanksgiving Potluck after school for teachers and staff	What is Harassment?



# Dominican International School

台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



<p>27- Thanksgiving Family Day 28- Gr. 12 Second Quarter Exam</p>	
<p><i>Nov. 29 Invitation for All: The Jubilee Pilgrimage to Taipei (Saturday)</i></p>	
<p>Week 8 (18) (December 1 to 5) 1- First Week of Advent: Lighting of First Advent Candle (During the Monday Assembly) 3- Monthly Career Talk - College Prep 5- Nativity Play (Collaboration with Campus Ministry) 5- Christmas Fair Whole</p>	<p>What is Sexual Harassment?</p>
<p>Week 9 (19) (December 8 to 12) 8- Foundation Day Mass, cake ceremony, and Class Party (half day) 8- Solemnity of the Immaculate Conception 8- Second Week of Advent 10- Gr. 12 Advent Immersion 11 and 12- Second Quarter Exam (half day)</p>	<p>The Effects os Sexual Harassment</p>
<p><i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i></p>	
<p><i>December 15 to January 2 Christmas Break</i></p>	



Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



Week/Date	Topic/Projects/Assessments
<i>January 5- Record Day (No Classes for students)</i>	
Week 1 (20) (January 5 to 9)  5- PSAT 8/9 Registration Starts 6- Third Quarter Begins 7- Monthly Career Talk-College Prep 9- New Year Mass at 8:	Gender-Based Harassment
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Our Rights and Responsibilities
Week 3 (22) (January 19 to 23) 19-23- Individual Yearbook Photoshoot for Students 19-23- Career Awareness Week 22- Grade 9 Career Educational trip 23- First Club Meeting for 2nd	Preventing Harassment
Week 4 (23) (January 26 to 30) 26- Feast Day of St. Thomas Aquinas/Launching of the Catholic Week 26-28- Aquinas Conference: Science and Faith 26-30- Catholic Week Activities 30- DYM Charity Concert	Thoughts, Emotions & Decisions: Emotions Matter





Dominican International School  
台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



Week 5 (24) (February 2 to 6) 1-4- WASC Mid-Cycle Visit 4- Monthly Career Talk - College Prep 6-7- SUA0 Recollection for MS	Thoughts, Emotions & Decisions: Feel, Think, Do
Week 6 (25) (February 9 to 13) 9- Start of New Applicant Enrollment for 1st Semester for SY2025-26 13- PSAT 8/9 Registration Deadline 13- House Valentine's Mini Fair 13- Chinese New Year Celebration	Thoughts, Emotions & Decisions: Unhelpful Thoughts
<i>February 16-20 Chinese New Year Holiday</i>	
Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days	Thoughts, Emotions & Decisions: Reframe the Situation
<i>February 27 Memorial Day Holiday (no classes)</i>	
Week 8 (27) (March 2 to 6) 3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test	Thoughts, Emotions & Decisions: Practicing Positive Self-Talk



Dominican International School  
 台北市私立道明外僑學校  
 No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
 10464 臺北市中山區大直街 76 號



Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)	Thoughts, Emotions & Decisions: Making Better Decisions
--	---

#### Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (29) (March 16 to 20) 16- Third Quarter Exam (half day) 16-20- Faculty & Staff Yearbook Photo 17- Fourth Quarter Begins 18-21- EARCOS Teachers' Conference 19- Lectio Divina and Feast of St. Joseph 20- Parents Learning Community Meeting 20- Kindilympics 20-House Movie Night and Club Fair	Review
<i>March 21 (Saturday) Spring Fair</i>	
Week 2 (30) (March 23 to 27) 23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion Museum Gr. 11 27- Lower School Readers Theatre	Managing Relationships & Social Conflict: What Makes a Conflict Escalate?
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10) 7- Spring University	Managing Relationships & Social Conflict: Keeping Your Cool



**Dominican International School**  
 台北市私立道明外僑學校  
 No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
 10464 臺北市中山區大直街 76 號



Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	in a Conflict
Week 4 (32) (April 13 to 17) 13 Laudato Si Month Launching (During the Monday Assembly) 13-30 Laudato Si Month Activities 13-17- Class Photo Taking 17- AP Chinese/Japanese Practice Test	Managing Relationships & Social Conflict: Conflicts and Perspectives
Week 5 (33) (April 20 to 24) 20-24 Cultural Awareness Week / Art Exhibit / Earth Week 24- Music Recital 20-24 Student Council Campaign 20-24 AP Mock Exams	Managing Relationships & Social Conflict: Resolving Conflict Part 1
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations 28-30 Pre-Exam Days	Managing Relationships & Social Conflict: Resolving Conflict Part 2
<i>May 1: Labor Day Public Holiday</i>	
Week 7 (35) (May 4 to 8) 4- May Crowning & Mother's Day Celebration (During	Managing Relationships & Social Conflict: Taking Responsibility for Your Actions



# Dominican International School

台北市私立道明外僑學校  
No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.  
10464 臺北市中山區大直街 76 號



the Monday Assembly) 4-14 Final Exams (K, Gr. 5, 8, & 12 Only) 4-15 AP Exams	
Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam—Undergraduate (half day) 14-16 Student Leaders Retreat Days	Managing Relationships & Social Conflict: Tips for Resolving Conflicts
<i>May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes</i>	
Week 9 (37) (May 18 to 22) 18- Gr. 5 Recollection & Mass 19- Gr. 8 Recollection & Mass 20- Gr. 12 Recollection 20- Baccalaureate Mass (Whole School) 18-21 WIDA Testing 19- Lower School Sports Day / Gr. 6 & 7 School Field Trip 19- Gr. 9 - 11 - "Senior Success Forum: Inspiring the Next Generation" 19-22 Student Clearance Days 21- Middle & High School Sports Day 21- High School Field Trip 22- House Culminating Activity	



# Dominican International School

台北市私立道明外僑學校

No. 76, Dazhi Street, Taipei (104042), Taiwan, R.O.C.

10464 臺北市中山區大直街 76 號



20-22 Final Deliberation for Non-Graduating Classes 22- Student Leaders One Day Recollection / Turn Over Ceremony	
Week 10 (38) (May 25 to 29) 25- Kindergarten Graduation/Gr. 5 Promotion 26- LS Field Trip 26- Gr. 8 Graduation and Gr. 12 Graduation 27- Pre-Kindergarten & Gr. 1 - 4, 6 & 7, 9-11 Recognition Last Day of School, Report Card 28- Distribution, & Class Party (half day) 29- Last day for Teachers/Staff Meeting	

*“Kindling the Light of Faith, Hope, and Love: The Legacy of St. Dominic de Guzmán”*