



Course Syllabus

School Year	2025-2026
Subject	Social and Emotional Learning
Grade Level	8
Teacher	Sofia Vintimilla
Email	svintimilla@dishs.tp.edu.tw

COURSE DESCRIPTION:

The middle school years are a time of significant change and challenge. This Social and Emotional Learning (SEL) course provides students with the tools to navigate this period with greater confidence and resilience. We believe that understanding oneself is the first step toward a lifetime of emotional well-being.

Course Highlights:

- **Self-Discovery:** We begin with an exploration of personality—what it is and how it develops. Through engaging activities and discussions, students will gain a deeper understanding of their own strengths, qualities, and areas for growth.
- **Emotional Resilience:** Students will learn practical strategies for managing stress, coping with disappointment, and building healthy self-esteem. We will address the common emotional challenges of adolescence and equip students with the skills to address them proactively.
- **Building Connections:** By understanding the fundamentals of personality, students will gain valuable insights into the behavior of others. This knowledge will help them build stronger, more empathetic relationships with peers and family.
- **Future Planning:** This course goes beyond a general introduction to personality. Students will learn how to apply their self-knowledge to make informed decisions about their personal growth, academic paths, and even future career interests.

By the end of this course, students will be able to stop wondering why they or others behave the way they do and instead use that knowledge to their personal and social advantage. This class is perfect for any student who wants to feel more in control of their emotions, their relationships, and their future.

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.*



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



- *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.**

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



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



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.

First Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
Week 1 (August 12 to 15) <u>4 days of class</u> 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: Adjust and Achieve
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: Motivation
Week 4 (September 1 to 5) 1- Launching of the World Day of Prayer for the Care of	Mindsets & Goals: Motivation Factors 1



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>Creation (During the Monday Assembly) 1-AP Registration 3- AEO Fall University Fair 5- House Ceremony</p>	
<p>Week 5 (September 8 to 12) 8- Holy Mass: Nativity of the Blessed Virgin Mary & VIP Induction 10- House Mini Games Start</p>	<p>Mindsets & Goals: Motivation Factors 2</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 & Goals: Strategies for Motivation</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 & 26-Teachers' Appreciation 26- Grade 12 Career Educational Trip 24 to 26-Pre-Exam Days</p>	<p>Mindsets & Goals: Increasing Your Motivation</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



<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 Exam (half day)</p>	<p>Mindsets & Goals: Your Motivation Plan</p>
<p><i>Oct. 3-DIS Teachers and Staff Recognition Day/ Record Day Recollection for Aunties and Uncles (no classes for students)</i></p>	

Second Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<p><i>6-Moon Festival (no classes)</i></p>	
<p><i>7-9 Teacher's Conference (no classes)</i></p>	
<p>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</p>	<p>Developing a Positive Sense of Self: Agency</p>
<p>Week 2 (12) (October 20 to 24) 20- Jubilee: Marian Exhibit Opening (After</p>	<p>Developing a Positive Sense of Self: Sources of Confidence</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



<p>the Monday Assembly) 20- Campus Safety Talk for Students 24- Book Fair (Senior Escape Room)</p>	
<p>Week 3 (13) (October 27 to 31) 29- Grade 11 Career Educational Trip Oct. 31 to Nov. 1- Gr.6 SEL Camp</p>	<p>Developing a Positive Sense of Self: How to Build Confidence 1</p>
<p>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</p>	<p>Developing a Positive Sense of Self: How to Build Confidence 2</p>
<p>Week 5 (15) (November 10 to 14) 14- Health Week 14- VIP-Parent Learning Community</p>	<p>Developing a Positive Sense of Self: Agency and Confidence</p>
<p>Week 6 (16) (November 17 to 21) 17- Launching of Mental Health and Anti-Bullying Month 21- Young Shakespeare Play Writing and Performing Contest</p>	<p>Developing a Positive Sense of Self: Your Confidence-Building Plan</p>
<p>Week 7 (17) (November 24 to 28) 24- Peace Pole Day (Monday Assembly) 24- Lighting of the Christmas Tree after school (Campus Min/</p>	<p>Understanding Bullying</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



<p>ECA/ D' Torch Orchestra/ Religious Studies) (Afternoon) 25-27- Pre-Exam Days 27- Thanksgiving Potluck after school for teachers and staff 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>Social Factors that Contribute to Bullying</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</p>	<p>Environmental Factors that Contribute to Bullying</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



day)	
<i>December 13 Invitation for All: Advent Recollection @DIS (Saturday)</i>	
<i>December 15 to January 2 Christmas Break</i>	

Third Quarter Tentative Course Content

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:	Speak Up and Start a Movement
Week 2 (21) (January 12 to 16) 16- Club Orientation & Sign Up	Be Inclusive and Ask for a Change
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	Stand Up for Change
Week 4 (23) (January 26 to 30) 26- Feast Day of St. Thomas	Thoughts, Emotions & Decisions: Understanding Stress and Anxiety



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>Aquinas/Launching of the Catholic Week 26-28- Aquinas Conference: Science and Faith 26-30- Catholic Week Activities 30- DYM Charity Concert</p>	
<p>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</p>	<p>Thoughts, Emotions & Decisions: Where Does Stress Come From?</p>
<p>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</p>	<p>Thoughts, Emotions & Decisions: Can Stress Help You Grow?</p>
<p><i>February 16-20 Chinese New Year Holiday</i></p>	
<p>Week 7 (26) (February 23 to 26) 23-26- IOWA Assessments 23- Student Council Application 24-26- Pre-Exam Days</p>	<p>Thoughts, Emotions & Decisions: Strategies for Managing Stress</p>
<p><i>February 27 Memorial Day Holiday (no classes)</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



<p>Week 8 (27) (March 2 to 6) 3- Monthly Career Talk - College Prep 6- PSAT 8/9 System Installation and Practice Test</p>	<p>Thoughts, Emotions & Decisions: Changing Strategies and Getting Help</p>
<p>Week 9 (28) (March 9 to 13) 13 and 16- Third Quarter Exam (half day)</p>	<p>Thoughts, Emotions & Decisions: My Stress Management Plan</p>

Fourth Quarter Tentative Course Content

Week/Date	Topic/Projects/Assessments
<p>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</p>	<p>Review</p>
<p><i>March 21 (Saturday) Spring Fair</i></p>	
<p>Week 2 (30) (March 23 to 27) 23-27 Student Leaders Applicant Interviews 26- Annual Visit to World Religion</p>	<p>Managing Relationships & Social Conflict: My Values</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



Museum Gr. 11 27- Lower School Readers Theatre	
<i>March 30 to April 6 Easter/Spring Break</i>	
Week 3 (31) (April 7 to 10) 7- Spring University Fair 9- Easter Mass 9- Easter Egg Hunt for Lower School Students	Managing Relationships & Social Conflict: Values and Relationships
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: Recognizing Others' 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: Finding the Best Solution
Week 6 (34) (April 27 to 30) 27- Student Council Elections 27-30 Senior Project Presentations	Managing Relationships & Social Conflict: Making things rights



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



28-30 Pre-Exam Days	
<i>May 1: Labor Day Public Holiday</i>	
<p>Week 7 (35) (May 4 to 8) 4- May Crowning & Mother's Day Celebration (During the Monday Assembly) 4-14 Final Exams (K, Gr. 5, 8, & 12 Only) 4-15 AP Exams</p>	<p>Managing Relationships & Social Conflict: Unhealthy Relationships</p>
<p>Week 8 (36) (May 11 to 15) 13 and 14- Fourth Quarter Exam—Undergraduate (half day) 14-16 Student Leaders Retreat Days</p>	<p>Managing Relationships & Social Conflict: Guide to Healthy Relationships</p>
<i>May 15 Record Day (No Classes for students) Final Deliberation for Graduating/Promoting Classes</i>	
<p>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"</p>	<p>Managing Relationships & Social Conflict: High School Challenges.</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



<p>19-22 Student Clearance Days 21- Middle & High School Sports Day 21- High School Field Trip 22- House Culminating Activity 20-22 Final Deliberation for Non-Graduating Classes 22- Student Leaders One Day Recollection / Turn Over Ceremony</p>	
<p>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 Distribution, & Class Party (half day) 29- Last day for Teachers/Staff Meeting</p>	

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