

Woodberry Forest School (VA) Life Skills/Residential Life Curriculum

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Third Form (9th Grade)

Module One: Self-Awareness (Talents and Development)

Autobiographical Essay

Module Two: Moral Integrity

In depth Honor System Instruction – done throughout the year
Discussion of the Honor System and the Use of Technology

Module Three: Sound Scholarship

Presentation of the components of academic success: goal setting, communication, and hard work

Study skills

Time management

Learning style inventory and how to utilize information

How to prep for an exam

Note-taking

Paper organization and computer organization: email, documents,

Time management

Test-taking skills

Reading effectively

Module Four: Leads with the heart: compassion, empathy, and courage

Developing a definition of a leader

Definition of the terms: compassion, empathy, and courage

Read profiles in compassion

Read profiles in empathy

Read profiles in courage

Module Five: Self-Discipline

Hygiene

Daily grooming

Dental hygiene

Implications of poor hygiene

Maintaining a clean room

Changing Sheets

How to do laundry

Nutrition

Basics of nutrition

Health

Tobacco and Nicotine

Types

E cigs

Addiction

Medical results

Module Six: Respect for Others

Discussion of civility

Value of good digital citizenship

Review of school's responsible use policies

Instruction in community norms for treating each other

How to say "thank you" and how to say I'm sorry

Resolving roommate conflict

What does it mean to be a friend?

Module Seven: Sense of Purpose and Part of Legacy

History of Woodberry

Fast Facts

Alumni profiles

Interview faculty and staff

Fourth Form (10th Grade)

Module One: Self-Awareness (Talents and Development)

Talent Identification through an assessment tool

Instruction on how to develop identified talents into strengths

Instruction on the available avenues in the school whereby students can use their talents: clubs, teams, student council, etc.

Provide examples of older students using their talents

Module Two: Moral Integrity

Honor System Review

Discussion of honor system and technology (focus on social media)

Discussion of the relationship between the honor and discipline systems
Discussion on what it means to live honorably
Discussion of ethics and decision-making

Module Three: Sound Scholarship

Presentation of the components of academic success

Study skills

- Time management

- Learning style inventory and how to utilize information

- How to prep for an exam

- Note-taking

- Paper organization

- Time management

- Test-taking skills

- Reading effectively

Do a learning styles inventory and analyze results

Focus on using digital resources effectively

Module Four: Leads with the heart: compassion, empathy, and courage

Discussion of emotional intelligence

Discussion of the types of leadership and leadership styles

Help them identify how they can lead at Woodberry

Module Five: Self-Discipline

Hygiene

- Daily grooming

- Dental hygiene

- Implications of poor hygiene

- Maintaining a clean room

- Changing Sheets

- How to do laundry

Nutrition

- Basics of nutrition

Health

- Tobacco and Nicotine

 - Types

 - E cigs

 - Addiction

 - Medical results

Instructions in developing a healthy lifestyle

Module Six: Respect for Others

- Discussion of civility
- Value of good digital citizenship
- Review of school's responsible use policies
- Review of community norms
- Discussion of hazing, bullying, and harassment
- Discussion of emotional intelligence
- Continue discussion of cultural competency: tolerating vs. taking an interest
- Dating
 - Treating others with respect
 - Appropriate communication
 - Time management
- Identifying healthy vs. unhealthy relationships
- Introduction of environmental stewardship

Module Seven: Sense of Purpose and Part of Legacy

- History of Woodberry
- Fast Facts
- Review alumni profiles

Fifth Form (11th Grade)

Module One: Self-Awareness (Talents and Development)

Provide opportunities for students to use talents and have adults provide feedback

Module Two: Moral Integrity

- Honor system review
- Continued ethics discussion
- Look at case studies that connect honor principles and real life incidents

Module Three: Sound Scholarship

- Review of all the above from Fourth Form
- Introduction to public speaking: introduced to strategies, learn how to respectfully participate in classroom discussions
- Give speech to entire school

Module Four: Leads with the heart: compassion, empathy, and courage

Help students identify their leadership style and the pros and pitfalls
Have groups of students develop and do service projects

Module Five: Self-Discipline

Focus on emotional and mental health
Managing stress
Defining depression and its effects
Stress the importance of communicating about problems

Module Six: Respect for Others

Continue discussion of cultural competency
Continue discussion on dating

Module Seven: Sense of Purpose and Part of Legacy

Alumni Service Fair – have alumni come and discuss how they are involved in their communities

Sixth Form (Twelfth Grade)

Module One: Self-Awareness (Talents and Development)

Instruction on activities available on college campuses whereby they can further develop their talents into strengths

Module Two: Moral Integrity

Have seniors plan and lead honor system refresher sessions for younger students

Module Three: Sound Scholarship

Design and do independent research project
Provide instruction on navigating the college academic environment
Create a glossary of terms

Module Four: Leads with the heart: compassion, empathy, and courage

Have seniors meet with alumni who participate in community service opportunities in their communities

Module Five: Self-Discipline

Identify college medical and mental health resources
Instruction on finances: money and banking, loans, saving

Module Six: Respect for Others

Introduction to the college social environment
Fraternities and Sororities
Dating hook-up culture
Dating and alcohol

Module Seven: Sense of Purpose and Part of Legacy

Discussion of philanthropy and how graduates contribute to Woodberry
Volunteer opportunities
Class agents
Admissions – PAAW
Giving
