



## Essential Life Skills -Social Emotional Learning (SEL) 2024/2025

### Teacher Contact Information

Teacher Name: Lisa Drageset  
Room: D3

School Site: Nevada Union High School  
Contact Information: [ldrageset@njuhsd.com](mailto:ldrageset@njuhsd.com)



### Meet Your Teacher

Hello! My name is Lisa Drageset and this is my 20th year as a teacher for NJUHSD and the start of my 11th year at Nevada Union. My husband is also a teacher at Nevada Union and I have two children attending NUHS this year. I enjoy spending time in my garden, home projects, camping and watching my kids play sports. I grew up in Greenville, California, a small rural community in Plumas County. I attended California State University, Chico where I earned a B.S. in Therapeutic Recreation, a minor in Special Education and I completed the credential program for Multiple Subjects and Education Specialist. I look forward to this school year and all of the possibilities.

### Course Description

**Essential Life Skills** is a Special Education course designed to provide a safe and enjoyable environment for high school students to enhance their social-emotional and self-advocacy skills. Led by an Educational Specialist and a Mental Health Therapist, students will participate in group sessions focused on developing social-emotional skills.

In these sessions, students will practice social skills, learn coping mechanisms for emotional regulation, and engage in Cognitive Behavioral Therapy to address social and other anxieties. Through explicit instruction and self-reflection, students will also develop executive function skills such as planning, time management, and impulse control to improve their learning and daily life management.

This course aims to help students better understand themselves, manage their emotions, and build healthy relationships. The engaging, interactive, and supportive environment is tailored to meet the unique needs of each student, ensuring a positive and impactful learning experience.

### Essential Learning Outcomes (ELOs)

By the end of this course students will be able to:

1. Understand and manage their emotions.
2. Set and achieve positive goals.
3. Demonstrate empathy for others.

- 4. Establish and maintain positive relationships.
- 5. Make responsible decisions.

## Participation Expectations

- **Respect:** Show respect for yourself and others at all times.
- **Engagement:** Participate actively in all activities and discussions.
- **Responsibility:** Complete assignments on time and come prepared to class.
- **Confidentiality:** Respect the privacy of classmates when discussing personal experiences.

## Grading Policy

It is highly recommended that both you and your parent/guardian monitor your grades closely online. Grades will be updated bi-weekly. If there are any concerns, please don't hesitate to contact me.

- **Participation:** 30%
- **Reflection Journals:** 20%
- **Daily Assignments/Homework:** 40%
- **Final Project/Assessments:** 10%

### Grading Percentage

- 90-100%      A
- 80-89%      B
- 70-79%      C
- 60-69%      D
- 59 and below F

## Late Work Policy

Late work will be accepted, but must be turned in prior to the last day of the Interim Progress Reporting (IPR) date for the grading period and there will be a 15% reduction of points. (See below)

| Grading Period   | DUE DATE |
|------------------|----------|
| IPR 1            | 9/6/24   |
| IPR 2/Quarter 1  | 10/4/24  |
| IPR 3            | 11/15/24 |
| Semester 1/Qtr 2 | 12/20/24 |

| Grading Period   | DUE DATE |
|------------------|----------|
| IPR 4            | 2/13/25  |
| IPR 5/Qtr 3      | 3/21/25  |
| IPR 6            | 5/2/25   |
| Semester 2/Qtr 4 | 6/13/25  |

## Student Absences

### Make-up work

- For any excused absences, you will receive full credit for any make-up work completed within the allowed time. The grace period is that you will have two days to complete missed work for each day absent.
- If you missed a class, log onto Schoology to get the assignment.

- If you know that you are going to be gone, you must get the assignments ahead of time. This will provide you with a better opportunity to keep on track while you are gone.
- Assignments that are due the day of the absence will be due the day you return.
- If you missed an assessment due to an absence, you must make this up upon your return by signing up for my FLEX period.
- If you are planning on being gone for five or more days, an independent study contract must be obtained by you and brought to me at least two days before you leave. The assignments will be due the second day you come back. More time will not be given.

**Note for Athletes, Field Trips, Band and Choir**

There are times when a school sanctioned function or activity pulls you out of class. It is your responsibility to get your assignments BEFORE you are absent. Assignments are due the day you return.

## **Recommended Materials**

### **Instructional Material/supplies**

- Writing utensil
- CHARGED Chromebooks must be brought to class every day!

### **Support and Accommodations**

This class is designed to support all students, including those with special needs. Please reach out if you need any specific accommodations to help you succeed in this course.

### **Contact Information**

Feel free to contact me with any questions, concerns, or to schedule a meeting. I am here to support you throughout this course.