



Connecting to Lessons

Each of the Dot resiliency lessons dive into a few big ideas. In order to find connections to your subject matter, take a look at the major themes visited in each lesson:

LESSON	LESSON
Flexibility	<ul style="list-style-type: none"> - Switching Attention - Adjusting to Changes - Seeing Multiple Options
Problem Solving	<ul style="list-style-type: none"> - Positive Attitude - Creativity in Thinking - Organization and Systematic Thinking
Planning	<ul style="list-style-type: none"> - Thinking Ahead - Organizing Your Thoughts - Follow Through
Logical Thinking	<ul style="list-style-type: none"> - Rigorous Thinking - Awareness of Fallacies - Observation and Analysis
Active Listening	<ul style="list-style-type: none"> - Intention - Verbal and Nonverbal Signs - Interest and Curiosity
Conflict Resolution	<ul style="list-style-type: none"> - Empathy - Collaborating on Solutions - CoolHeadedness
Prior Knowledge	<ul style="list-style-type: none"> - Making Connections - Recognizing Gaps in Knowledge - Combating Healthy Beliefs

Reflective Learning	<ul style="list-style-type: none"> - Desire to Improve - Self Honesty - Constantly Learning Cycle
Self Efficacy	<ul style="list-style-type: none"> - Confidence - Focus - Persistence
Strengths and Weaknesses	<ul style="list-style-type: none"> - Identifying Strengths - Using Strengths - Identifying Weaknesses - Using Weaknesses

What broad connections can you see between your chosen Dot lesson and the subject you are teaching?:

Major Ideas	Broad Connections