

<b>Department</b>	Social Emotional Learning (SEL)	<b>Grade Level</b>	9-12
<b>Course Title</b>	Advisory	<b>Requirement Equivalent</b>	Personal Development

**Course Description** ([ISBE Course Description](#))

Personal Development courses emphasize strengthening self-esteem, recognizing and resisting negative peer pressure, and developing coping skills for dealing with life and career issues and changes (such as family changes). These courses include communication, conflict resolution, practical problem-solving, and decision making. They may also include building resiliency skills and asset building.

**Units of Study**

- Courage
- Caring
- Integrity
- Inclusion
- Respect
- Responsibility