**Emotional Support Program**

**Enduring Understandings**

1. Becoming resilient will help you overcome obstacles and disappointments in life
2. Having effective and appropriate interpersonal communication skills will help you become successful in your post-secondary plans
3. Personal Responsibility and ownership of consequences are important qualities for personal and professional success
4. Lifelong personal well-being is achieved through motivation and commitment to maintain healthy attitudes and behaviors
5. Decision-making and risk avoidance skills are essential to healthy choices promoting lifelong wellness
6. Recognizing the need for help for yourself or others is developmentally healthy
7. Understand that there is a connection between your social emotional health and its impact on all aspects of your life both personally and professionally.
8. Becoming aware of your strengths, weaknesses, and interests will facilitate future planning and personal growth
9. Be aware that there are social emotional supports available and knowing how to access them is critical in your development