

Preliminary STRIVE Experience 24-25

	Current Topic List (Order may change)	
MGSB		OSB
17-Sep	Introductory / Orientation Session.	18-Sep
24-Sep	The Brain	2-Oct
15-Oct	Killing ANTs	16-Oct
29-Oct	Habits	30-Oct
12-Nov	Study Strategies and Tactics	13-Nov
26-Nov	Organization	4-Dec
3-Dec	RULER - Introduce mood chart	18-Dec
17-Dec	Recognize Emotions	8-Jan
7-Jan	Understand Emotions	22-Jan
21-Jan	Label Emotions	12-Feb
4-Feb	Express Emotions	26-Feb
18-Feb	Regulate Emotions	5-Mar
4-Mar	Review RULER	19-Mar
18-Mar	Strategy to set goals & succeed	2-Apr
1-Apr		16-Apr
15-Apr		30-Apr
29-Apr		14-May
13-May		
5/16/2025 or 5/23	The End-of-Year Celebration will be off-site. Could be any day this week that works best for the school and students.	
27-May	Bonus Session - Feedback?	