

BRIEF INTERVENTION COURSE (BIC 320)

Thoughts = Consequences

COURSE DESCRIPTION

The *Thoughts = Consequences* Brief course is for students who struggle with making positive choices on campus and in life. The course highlights the ACCI Subconscious Mind Model which illustrates how our subconscious mind is programmed through repeated experiences and relationships. Students will learn about "scripting" and how they can positively "script" their thinking patterns and rewrite negative beliefs about themselves and the world around them.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Obtain an understanding between the subconscious and conscious mind.
- Develop drug abuse Prevention Skills
- Develop positive and pro-social thinking skills

RECOMMENDED USES

- Self-Directed—Student does most of the course work independently with a coach or mentor.
- Group—To be completed at school in a group format with a facilitator.
- Hybrid—A combination of self directed learning and group instruction.
- Live Instruction—Facilitator led digital curriculum, suitable for both in class or virtual.

COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
Course Format: eLearning
Item Number: BIC 320
eLearning Length: 45 Slides
Scientific Model: Cognitive Restructuring

STANDARDS MET

MTSS Tier 2

PBIS

Restorative Practices

Evidence-based Practices

eLEARNING ACTIVITIES

- Narration
- Story Telling
- Animation
- Gamification
- Animated Thoughts
- Self Assessments
- Interactive Images

PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- Parent Enrollment
- Customized eLearning platform
- School Referral

Students can rise no higher than the thoughts they have about themselves.