



ACM 2023-2024 School Calendar

WEEK	LESSON
ACM COURSE INTRODUCTION	
WEEK 1	What is Confidence?
WEEK 2	Mindset vs. Skill Set
WEEK 3	A Confident Mindset
WEEK 4	Circle of Confidence
COURAGE	
WEEK 5	Strengths
WEEK 6	Areas for Growth
WEEK 7	Understanding Fear
WEEK 8	Coping Mechanisms
CHARACTER	
WEEK 9	Gratitude
WEEK 10	Responsibility and Time Management
WEEK 11	Finding Fun
WEEK 12	Kindness
WEEK 13	Contributing at Home
WEEK 14	Making a Difference in the World
WEEK 15	Positive Social Behaviors
COMMITMENT	
WEEK 16	Want-to-Learn vs. Need-to-Learn Skills

WEEK 17	Setting Goals
WEEK 18	Overcoming Obstacles
Week 19	Getting Feedback
WEEK 20	Accepting Successes and Failures
APPLYING ACM TO EVERYDAY LIFE	
WEEK 21	Encountering Bullying
WEEK 22	My Values
WEEK 23	Me Time
WEEK 24	My Well-Being Part 1
WEEK 25	My Well-Being Part 2
WEEK 26	Courage Unfiltered
WEEK 27	My Friends and Family
WEEK 28	My Groups
WEEK 29	FOMO
WEEK 30	What Makes Me Unique