



## EDGENUITY ONLINE PROGRAM

**\*Social -Emotional Learning Modules for Individual Use and Classroom Use**

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### **WHY PRACTICE SOCIAL EMOTIONAL SKILLS:**

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- \*TO IMPROVE YOUR COMMUNICATION**
- \*TO IMPROVE YOUR ACADEMIC PERFORMANCE**
- \*TO REDUCE FEELINGS OF STRESS AND ANXIETY**
- \*TO MANAGE YOUR EMOTIONS, SUCH AS ANGER, SADNESS, FEAR, ETC.**
- \*TO ENHANCE YOUR SELF-AWARENESS, MOTIVATION, SELF-ESTEEM**
- \*TO LEARN ABOUT LEADERSHIP SKILLS AND HEALTHY RELATIONSHIPS**
- \*TO BUILD YOUR RESILIENCE TO CHALLENGES**
- \*TO LEARN TO COPE WITH TRAUMA**
- \*TO IDENTIFY WHAT BEST FITS YOUR INTERESTS**

### **DIRECTIONS TO USE THIS PROGRAM:**

- 1) GO TO COUNSELOR'S CORNER ON QTS WEBSITE
  - 2) CLICK ON "CLEVER" PORTAL UNDER EDGENUITY
  - 3) SIGN IN WITH YOUR GOOGLE EMAIL
  - 4) CLICK ON EDGENUITY APP
  - 5) WATCH ORIENTATION VIDEO (YOU ONLY NEED TO DO THIS ONCE)
  - 6) CLICK ON PLUS SIGN(+) ON TOP RIGHT OF SCREEN TO SEE AVAILABLE COURSES
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FOR MORE INFORMATION CONTACT: CONTACT NAME @ TELEPHONE