

SKILL TREE™

7–12 Skill Lessons: Scope & Sequence

Designed for students in seventh through twelfth grade, all lessons in this track focus on the individual skill being taught as it relates to their personal competitive advantage. Building a personal competitive advantage can be a powerful motivator for students because it will allow them to create the kind of life they want to enjoy.

Whether they know it or not, every student in your learning environment has a dream. Whether it's getting a part, making the team, landing a part-time job, getting an opportunity, being selected for something special, or whatever they want, this dream is a piece of the lifestyle they want to live. And their personal competitive advantage is what will make it possible.

The **21 Skills** in the Skill Tree framework show them that achieving that lifestyle is directly related to their professional skills. Everything we ask students to do in the classroom is framed as part of building their personal competitive advantage, creating relevance and engagement. Together, we can inspire them with a fresh drive to start practicing these positive behaviors.

We highly recommend that the first five lessons be introduced first. After that, you may proceed through the rest of the lessons in our provided sequence, or choose to introduce lessons in whatever order you need based on your unique environment.

These skill lessons are designed to be flexible in a wide range of learning environments. They may be used as a bellringer exercise, as material for a full period, as a weekly check-in, or in any other way that best serves your students.



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1. The Power of Small Steps:

A 7–12 Lesson on Building Momentum, Growing Consistency, and Owning Your Future

This foundational lesson explores how small, consistent steps shape a student's long-term success. Students will learn that their advantage doesn't come from comparison or perfection; it comes from compound progress.

The lesson includes:

- A real-life Scenario to introduce the concept
- 8 Group Discussion Questions with follow-up questions
- 8 Journal Prompts for students to explore what they're learning
- 10 engaging classroom Activities
- A printable, reflective Worksheet for student application and reinforcement

2. The Power of Human Connection:

A 7–12 Lesson on Building Relationships, Creating Trust, and Growing Through Others

This lesson helps students explore the professional and personal impact of human connection, which is building authentic relationships with people who inspire, challenge, and support us.

Students can practice connecting meaningfully with others using these tools:

- A real-world Scenario that brings connection into focus
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 relevant Activities for middle and high schoolers
- A printable Worksheet for self-awareness and action planning

3. The Power of Self-Management:

A 7–12 Lesson on Taking Ownership, Building Focus, and Following Through

This lesson introduces students to the powerful professional skill of self-management, defined as the ability to control actions, thoughts, and emotions to stay focused on what matters most.

It includes:

- A real-world Scenario that brings self-management into focus
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 practical and engaging student Activities
- A printable Worksheet for personalized reflection and action planning

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4. The Power of Emotional Intelligence:

A 7–12 Lesson on Understanding Emotions, Navigating Relationships, and Leading with Insight

This lesson explores emotional intelligence (EQ), which is the ability to recognize, understand, and manage emotions, both our own and those of others. It's a powerful life and leadership skill that helps students navigate relationships, build trust, and lead with empathy.

It includes:

- A real-world Scenario that illustrates emotional intelligence
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 engaging Activities to explore emotional intelligence
- A printable Worksheet for EQ self-awareness and strategy-building

5. The Power of Coping:

A 7–12 Lesson on Managing Stress, Building Inner Strength, and Responding with Resilience

This lesson helps students explore the professional skill of coping, defined as the ability to respond to challenges, emotions, and stress in healthy, productive ways. As students move through the pressures of academics, relationships, identity, and expectations, their ability to cope becomes a critical foundation for long-term success and well-being.

This lesson includes:

- A real-world Scenario that makes coping relatable
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 meaningful and practical coping skill Activities
- A printable Worksheet to help students identify and build coping strategies

6. The Power of Communication:

A 7–12 Lesson on Expressing Ideas, Listening Well, and Building Mutual Understanding

This lesson teaches students the essential skill of communication, which is the ability to clearly express thoughts, listen actively, and collaborate with others. As teens step into more complex social and academic environments, strong communication becomes one of their most visible and valued abilities.

This lesson includes:

- A real-world Scenario that highlights real communication challenges
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 practical and reflective communication Activities
- A printable Worksheet for communication growth and planning

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7. The Power of Active Listening:

A 7–12 Lesson on Paying Attention, Building Trust, and Strengthening Understanding

This lesson teaches students the underrated but powerful skill of active listening, which means being fully present and focused when someone else is speaking. In a fast-paced world full of distractions, learning to listen with purpose is a competitive advantage that builds trust, empathy, and stronger relationships.

The lesson includes:

- A real-world Scenario that illustrates active listening in action
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 hands-on and reflective listening Activities
- A printable Worksheet for students to practice and apply listening strategies



8. The Power of Empathy:

A 7–12 Lesson on Understanding Others, Building Compassion, and Growing Connection

This lesson introduces students to the professional and personal value of empathy, which is the ability to understand and share the feelings of others. When practicked consistently, empathy strengthens relationships, reduces conflict, and helps students become thoughtful leaders and trusted teammates.

Students explore empathy through:

- A real-world Scenario that makes empathy relatable
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 interactive Activities to strengthen empathy
- A printable Worksheet to reflect and apply empathy in real life



9. The Power of Leadership:

A 7–12 Lesson on Inspiring Others, Owning Responsibility, and Making a Positive Impact

This lesson empowers students to understand and embody leadership, not as a title or popularity contest, but as a mindset of responsibility, service, and vision. Leadership is a skill that can be practiced daily through how we treat others.

Leadership skills are practiced through:

- A real-world Scenario that makes leadership relatable
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 action-driven Activities to explore leadership
- A printable Worksheet to reflect on leadership values and actions

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10. The Power of Teamwork:

A 7–12 Lesson on Collaborating Effectively, Sharing Responsibility, and Growing Together

This lesson focuses on the skill of teamwork, which is the ability to work with others toward a shared goal. In middle and high school, collaboration is part of daily life, from academics and sports to clubs and friendships. But being a great teammate isn't always easy; it takes practice, flexibility, and communication.

This lesson includes:

- A real-world Scenario that brings teamwork to life
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to build collaboration skills
- A printable Worksheet to reflect and plan for stronger teamwork

11. The Power of Adaptability:

A 7–12 Lesson on Embracing Change, Staying Flexible, and Thriving Through Uncertainty

This lesson introduces students to the essential skill of adaptability, defined as the ability to adjust our thoughts, actions, and mindset when things don't go as planned. Adaptability gives students the tools to stay calm, resourceful, and confident in unfamiliar or changing situations.

Students will explore this skill through:

- A real-world Scenario that brings adaptability to life
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities that build flexible thinking and emotional agility
- A printable Worksheet for students to reflect on and grow adaptability

12. The Power of Problem-Solving:

A 7–12 Lesson on Thinking Critically, Taking Initiative, and Creating Real-World Solutions

This lesson empowers students with the skill of problem-solving so they can approach challenges with logic, creativity, and a willingness to take action. In the classroom, workplace, and life, problem-solvers are the people others rely on to move things forward.

Students will hone their problem-solving skills through:

- A real-world Scenario that highlights everyday problem-solving
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities that build confidence and creativity in problem-solving
- A printable Worksheet for personalized reflection and application

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13. The Power of Critical Thinking:

A 7–12 Lesson on Analyzing Information, Making Better Decisions, and Thinking for Yourself

This lesson helps students build critical thinking, or the ability to analyze, evaluate, and make thoughtful decisions based on evidence, logic, and reflection. In a world filled with opinions, noise, and fast-moving information, students who can think clearly and independently will always stand out.

To promote growth in critical thinking, students can take part in:

- A real-world Scenario to explore critical thinking in action
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 thought-provoking Activities to develop stronger thinking habits
- A printable Worksheet to reflect on and practice critical thinking skills

14. The Power of Time Management:

A 7–12 Lesson on Planning Ahead, Prioritizing What Matters, and Owning Your Schedule

This lesson helps students understand and develop time management, which is the skill of planning, organizing, and using time wisely to reach goals. Time management is about awareness of how time is used, what matters most, and how to make consistent progress without burning out.

Students will learn to manage their time effectively through:

- A real-world Scenario that brings time management into focus
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 helpful and relatable Activities to build strong time habits
- A printable Worksheet to reflect on and strengthen time use

15. The Power of Work-Life Balance:

A 7–12 Lesson on Managing Responsibilities, Protecting Wellbeing, and Living with Intention

This lesson introduces students to the essential concept of work-life balance so they can manage school, responsibilities, and personal goals without sacrificing health, joy, or connection. For teens balancing academics, extracurriculars, family expectations, jobs, and social life, this skill is critical.

This lesson includes:

- A real-world Scenario that brings balance into focus
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to explore and build balanced routines
- A printable Worksheet to reflect and plan for better balance

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16. The Power of Networking:

A 7–12 Lesson on Building Relationships, Creating Opportunities, and Growing Together

This lesson introduces students to networking, defined as the professional skill of building authentic relationships that lead to growth, opportunities, and collaboration. While the term may sound like a business buzzword, networking is simply connecting with others in meaningful ways that support shared goals.

Students can practice their networking skills through:

- A real-world Scenario to show networking in action
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 engaging Activities to build practical networking skills
- A printable Worksheet to reflect on and grow personal networks



17. The Power of Creativity:

A 7–12 Lesson on Thinking Differently, Expressing Yourself, and Solving Problems with Imagination

This lesson helps students unlock and apply creativity, which is the ability to think in original ways, explore new ideas, and express themselves with confidence.

Creativity empowers students to be flexible thinkers, courageous contributors, and innovative problem-solvers, which they can practice through:

- A real-world Scenario that shows creativity in action
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to develop and celebrate creative thinking
- A printable Worksheet to reflect on and grow their creativity



18. The Power of Punctuality:

A 7–12 Lesson on Being Reliable, Building Trust, and Owning Your Time

This lesson focuses on the professional skill of punctuality so students can build the habit of being on time, prepared, and respectful of others' time. Learning to manage arrival times, deadlines, and daily routines is more than a classroom expectation; it's a long-term asset.

Students practice being punctual through:

- A real-world Scenario that brings punctuality into focus
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 engaging Activities to strengthen time awareness and responsibility
- A printable Worksheet for personal reflection and punctuality planning

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19. The Power of Negotiation:

A 7–12 Lesson on Speaking Up, Finding Solutions, and Creating Win-Win Outcomes

This lesson introduces students to the professional skill of negotiation, which is the ability to communicate needs, solve disagreements, and find fair outcomes that benefit everyone involved. Far from being just a business tactic, negotiation is a life skill that shows up in school, friendships, families, and future careers.

Students will learn how to advocate appropriately for themselves and others through:

- A real-world Scenario that highlights everyday negotiation
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to build respectful and strategic negotiation skills
- A printable Worksheet for reflection and planning

20. The Power of Conflict Resolution:

A 7–12 Lesson on Managing Disagreements, Repairing Relationships, and Building Peace Through Communication

This lesson equips students with the essential skill of conflict resolution so they can address disagreements with calm, clarity, and care. In middle and high school, conflict is a normal part of growing up. Whether it's a misunderstanding, a difference in values, or hurt feelings, students need tools to respond instead of react.

This lesson includes:

- A real-world Scenario to show resolution in action
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to build calm, respectful conflict resolution habits
- A printable Worksheet for reflection and planning

21. The Power of Being Bully-Proof:

A 7–12 Lesson on Standing Strong, Staying Safe, and Supporting Others With Courage

This lesson builds students' ability to become bully-proof, not by becoming hard or aggressive, but by learning to protect their mindset, speak up, set boundaries, and build a strong inner foundation of self-worth. Being bully-proof means we understand our value, we stay connected to supportive people, and we speak up—for both ourselves and others—when something isn't right.

This lesson includes:

- A real-world Scenario that builds emotional and social strength
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 Activities to build resilience, assertiveness, and allyship
- A printable Worksheet to reflect and apply key strategies

To learn more about the Skill Tree, visit TFSresults.com/career-tree/skill-tree

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