# **Transcript**

As you work through your course, you’ll notice all of your units are organized the same way.

On-screen text reads:

* Introduction
* Special Lesson

Each unit starts with an introduction and a special lesson focusing on building healthy attitudes, goal-achieving habits, and positive social interactions.

On-screen text reads:

* Core Content

The biggest part of each unit is the content lessons and assessments. Each set covers a specific topic. Content lessons start with an Explain section, followed by Check-in and Practice sections. You might see each of these more than once so you can learn and practice in small chunks.

Explain sections present new concepts and skills that build on what you already know.

Check-in sections include tasks and activities for you to complete and demonstrate your understanding.

Practice sections include activities for you to complete and demonstrate how well you understand the information. As you complete each content lesson, select the Completion button before moving on to the assessment.

On-screen text reads:

* Application
* Reflection
* Review

Near the end of the unit, you will apply, reflect on, and review everything you’ve learned before completing the unit test.

On-screen text reads:

* Unit Test

Stay focused, complete your work consistently, and you’ll be on the road to success.

This topic has concluded.