

Course Catalogue

Global

BASE Education SEL - Interactive Courses

Adrenaline
 All or Nothing Thinking ●
 Anger Management
 Anxiety
 Avoiding Exploitation
 Bullying and Cyber Bullying
 Bullying and Cyber Bullying (Grades 3-5)
 Character Traits ●
 Coping Strategies ●
 Coronavirus (COVID-19)
 Cultural Implications Within Family and Learned Behavior
 Depression
 Digital Citizenship ●
 Digital Safety (Grades 3-5)
 Future Goals ●
 Getting to Know You
 Healthy Communication ●
 Healthy Relationships ●
 Impulsive Decision-Making
 Irrational Thinking
 Keeping Calm (Grades 3-5)
 Learned Helplessness
 Learning How to Say "No Thanks".
 LGBTQIA
 Life Changes and Adjustments
 Motivation ●
 Primary and Secondary Impacts of Behavior
 Putting It All Together
 Raising Awareness of Opioid Addiction
 Refocus
 Restorative Practices
 Self-Esteem ●
 Social and Emotional Learning and You: A Personalized Guide for Successful SEL Integration
 Social Justice Series, Part One - Equity
 Strategies for Successful Return to School
 Stress Management ●
 Substance Abuse: Section 01 - Introduction and Disclosure

Substance Abuse: Section 02 - Pre-Course Knowledge Test
 Substance Abuse: Section 03 - Pre-Course Attitude Survey
 Substance Abuse: Section 04 - Drugs and the Brain
 Substance Abuse: Section 05 - Moods and Drugs
 Substance Abuse: Section 06 - Absorption of Drugs
 Substance Abuse: Section 07 - Route Variance
 Substance Abuse: Section 08 - Mixing Drugs
 Substance Abuse: Section 09 - Overdose
 Substance Abuse: Section 10 - The Cycle of Abuse
 Substance Abuse: Section 11 - Marijuana and Concentrates
 Substance Abuse: Section 12 - MDMA/Ecstasy
 Substance Abuse: Section 13 - Methamphetamine
 Substance Abuse: Section 14 - Heroin
 Substance Abuse: Section 15 - Hallucinogens and Dissociative Drugs
 Substance Abuse: Section 16 - Prescription Drugs
 Substance Abuse: Section 17 - Cocaine
 Substance Abuse: Section 18 - Inhalants and the Choking Game
 Substance Abuse: Section 19 - Cigarettes
 Substance Abuse: Section 20 - Spice
 Substance Abuse: Section 21 - Bath Salts
 Substance Abuse: Section 22 - Alcohol
 Substance Abuse: Section 23 - Friends and Drugs
 Substance Abuse: Section 24 - Emotions and Drugs
 Substance Abuse: Section 25 - Life Story
 Substance Abuse: Section 26 - "F-You" (Forget You) Moment
 Substance Abuse: Section 27 - Brainstorming the Future
 Substance Abuse: Section 28 - Why Kids Use
 Substance Abuse: Section 29 - Moving Forward
 Substance Abuse: Section 30 - Lying, Concealment, Deception
 Substance Abuse: Section 31 - Impulsivity
 Substance Abuse: Section 32 - Responsibilities
 Substance Abuse: Section 33 - Refusal, Coping and Withdrawal
 Substance Abuse: Section 34 - Triggers and Goals
 Substance Abuse: Section 35 - Relapse
 Substance Abuse: Section 36 - Close
 Substance Abuse: Section 37 - Post-Course Knowledge Acquisition Test
 Substance Abuse: Section 38 - Post-Course Attitude Survey
 Substance Abuse: Section 39 - Closing Remarks
 Vision of Self ●

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BASE Education SEL – Video-Based Courses

Anger
Boundaries
Bullying and Cyberbullying
Coping Strategies
Digital Safety
Diversity
Emotions
Empathy
Equity
Families
Gratitude
Growth Mindset
Healthy Communication
Healthy Relationships
Mindfulness
Peer Pressure
Resilience
Respect
Responsibility
Self-Esteem
Self-Regulation
Setting Goals
Teasing
Who Am I?
Worries