

The Real U Program Curriculum

CHEC-IN ACTIVITIES	CORE CURRICULUM	CHEC-OUT ACTIVITIES	SERVICE LEARNING
<ol style="list-style-type: none"> 1. CHEC-In Pre-test 2. Backstage with Lola 3. Ask the Audience 4. Creating My Mental Health Journal 	<ol style="list-style-type: none"> 1. UR Brain Quest <ul style="list-style-type: none"> ▪ Live with Lola ▪ Crossword Puzzle ▪ Mental Leap Game ▪ Quiz ▪ This is My Nose 2. Emotion Commotion <ul style="list-style-type: none"> ▪ Live with Lola ▪ Matching Worksheet ▪ Quiz ▪ Thinking about Thinking 3. Express Yourself <ul style="list-style-type: none"> ▪ Live with Lola ▪ Word Search ▪ Mood Matrix Game ▪ Quiz ▪ Personality BINGO 	<ol style="list-style-type: none"> 1. Rack 'Em Up for Mental Health 2. CHEC-Out Post-test 3. The Real U Survey 	<ol style="list-style-type: none"> 1. Defining Supportive Relationships 2. Sharing Information 3. Developing Relationships with Adults