

UPLIFTED: WHAT MAKES YOU HAPPY?

SCOPE AND SEQUENCE – HIGH SCHOOL

VIDEO

TEXTBOOK

EPISODE	VIDEO LENGTH	TEXT-BOOK	NEUROSCIENCE CONNECTION	WORKBOOK PERSON OF FOCUS
INTRO	5:30	PG. 2	<ul style="list-style-type: none"> The Teenage Brain and Interpersonal Neurobiology 	St. John Henry Cardinal Newman
1 – God First Loved Us	10:41	PG. 14	<ul style="list-style-type: none"> Experience Is the Architect of the Mind Temperament and Attachment 	St. John Paul II
2 – Human Person— Image and Likeness	4:24	PG. 27	<ul style="list-style-type: none"> Integration and Mental Health Mindsight: Intentionality over Instincts What Are Mirror Neurons? Erik Erikson’s Stages of Adolescent Development: Who Am I? Adolescence and Suicide 	Blaise Pascal
3 – Cardinal Virtues	6:45	PG. 42	<ul style="list-style-type: none"> Plato’s City and Interpersonal Neurobiology Marshmallow Test Grit and Mindset Time-In: Insight and <i>Lectio Divina</i> The Reality Principle and the Virtual World Empathy and the Virtue of Justice 	Peter Kreeft
4 – Allure of Sin	7:34	PG. 57	<ul style="list-style-type: none"> Attachment and Following Rupture with Repair The Frontal Lobe and the Limbic System The River of Integration and Virtue 	St. Augustine of Hippo
5 – Grace and the Theological Virtues	4:59	PG. 77	<ul style="list-style-type: none"> Interpersonal Neurobiology and Love 	Frank Sheed
6 – Gifts of the Holy Spirit	6:39	PG. 92	<ul style="list-style-type: none"> The Mind and the Gifts of the Holy Spirit 	Archbishop Luis Martinez
7 – Fruits of the Holy Spirit	5:12	PG. 106	<ul style="list-style-type: none"> Neuroplasticity and the Fruits of the Holy Spirit 	St. John XXIII St. Paul VI
8 – Into God’s Life	4:27	PG. 117	<ul style="list-style-type: none"> Neurobiology and Worship 	Caryll Houselander