

Multimedia Extensions, My Roadmap to the Future, My Success Roadmap

Grades: 7, 8, 9, 10, 11, 12

States: ASCA National Standards for Students

Subjects: Health and PE, Language Arts, Mathematics, Library / Technology, Science, Social Studies

ASCA National Standards for Students

Health and PE

Grade 7

ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A1.	Improve Academic Self-concept
INDICATOR	A:A1.1.	<p>Articulate feelings of competence and confidence as learners</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:A1.2.	<p>Display a positive interest in learning</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A1.3.	<p>Take pride in work and achievement</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>

INDICATOR	A:A1.5.	<p>Identify attitudes and behaviors that lead to successful learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A2.	Acquire Skills for Improving Learning
INDICATOR	A:A2.1.	<p>Apply time-management and task-management skills</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
INDICATOR	A:A2.2.	<p>Demonstrate how effort and persistence positively affect learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A2.3.	<p>Use communications skills to know when and how to ask for help when needed</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:A2.4.	<p>Apply knowledge and learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A3.	Achieve School Success
INDICATOR	A:A3.1.	<p>Take responsibility for their actions</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	A:A3.2.	<p>Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:A3.3.	<p>Develop a broad range of interests and abilities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:A3.4.	<p>Demonstrate dependability, productivity and initiative</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A3.5.	<p>Share knowledge</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

STANDARD	A:B:	Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
COMPETENCY	A:B1.	Improve Learning
INDICATOR	A:B1.1.	<p>Demonstrate the motivation to achieve individual potential</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.2.	<p>Learn and apply critical-thinking skills</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

		<p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.4.	<p>Seek information and support from faculty, staff, family and peers</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:B1.5.	<p>Organize and apply academic information from a variety of sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.6.	<p>Use knowledge of learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	A:B1.7.	<p>Become a self-directed and independent learner</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B2.	<p>Plan to Achieve Goals</p>

INDICATOR	A:B2.1.	<p>Establish challenging academic goals in elementary, middle/jr. high and high school</p> <p>Multimedia Extensions Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.2.	<p>Use assessment results in educational planning</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:B2.3.	<p>Develop and implement annual plan of study to maximize academic ability and achievement</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
INDICATOR	A:B2.4.	<p>Apply knowledge of aptitudes and interests to goal setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.5.	<p>Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
INDICATOR	A:B2.6.	<p>Understand the relationship between classroom performance and success in school</p>

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.7.	<p>Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:C:	Students will understand the relationship of academics to the world of work and to life at home and in the community.
COMPETENCY	A:C1.	Relate School to Life Experiences
INDICATOR	A:C1.1.	<p>Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	A:C1.2.	<p>Seek co-curricular and community experiences to enhance the school experience</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:C1.3.	<p>Understand the relationship between learning and work</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	A:C1.4.	<p>Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
INDICATOR	A:C1.5.	<p>Understand that school success is the preparation to make the transition from student to community member</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:C1.6.	<p>Understand how school success and academic achievement enhance future career and vocational opportunities</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:A:	<p>Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</p>
COMPETENCY	C:A1.	<p>Develop Career Awareness</p>
INDICATOR	C:A1.1.	<p>Develop skills to locate, evaluate and interpret career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
INDICATOR	C:A1.3.	<p>Develop an awareness of personal abilities, skills, interests and motivations</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:A1.4.	<p>Learn how to interact and work cooperatively in teams</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.5.	<p>Learn to make decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.6.	<p>Learn how to set goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	C:A1.7.	<p>Understand the importance of planning</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.9.	<p>Develop hobbies and vocational interests</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:A:	<p>Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</p>
COMPETENCY	C:A2.	<p>Develop Employment Readiness</p>
INDICATOR	C:A2.1.	<p>Acquire employability skills such as working on a team, problem- solving and organizational skills</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	C:A2.2.	<p>Apply job readiness skills to seek employment opportunities</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B.	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B1.	Acquire Career Information
INDICATOR	C:B1.1.	<p>Apply decision-making skills to career planning, course selection and career transition</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.2.	<p>Identify personal skills, interests and abilities and relate them to current career choice</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.3.	<p>Demonstrate knowledge of the career-planning process</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:B1.5.	<p>Use research and information resources to obtain career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.6.	<p>Learn to use the Internet to access career-planning information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:B1.8.	Understand how changing economic and societal needs influence employment trends and future training My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B:	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B2.	Identify Career Goals
INDICATOR	C:B2.1.	Demonstrate awareness of the education and training needed to achieve career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.3.	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.4.	Select course work that is related to career interests My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.5.	Maintain a career-planning portfolio My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.

STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C1.	Acquire Knowledge to Achieve Career Goals
INDICATOR	C:C1.1.	Understand the relationship between educational achievement and career success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.2.	Explain how work can help to achieve personal success and satisfaction My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.3.	Identify personal preferences and interests influencing career choice and success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.5.	Describe the effect of work on lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.6.	Understand the importance of equity and access in career choice My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C2.	Apply Skills to Achieve Career Goals

INDICATOR	C:C2.1.	<p>Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:C2.3.	<p>Learn to work cooperatively with others as a team member</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:C2.4.	<p>Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.</p>
STANDARD	PS:A:	<p>Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.</p>
COMPETENCY	PS:A1.	<p>Acquire Self-knowledge</p>
INDICATOR	PS:A1.1.	<p>Develop positive attitudes toward self as a unique and worthy person</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:A1.2.	Identify values, attitudes and beliefs Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:A1.3.	Learn the goal-setting process Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:A1.4.	Understand change is a part of growth My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	PS:A1.5.	Identify and express feelings

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.6.	<p>Distinguish between appropriate and inappropriate behavior</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.9.	<p>Demonstrate cooperative behavior in groups</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	PS:A1.10.	<p>Identify personal strengths and assets</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.11.	<p>Identify and discuss changing personal and social roles</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for</p>

		personal and social growth as students progress through school and into adulthood.
STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A2.	Acquire Interpersonal Skills
INDICATOR	PS:A2.6.	Use effective communications skills My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	PS:A2.7.	Know that communication involves speaking, listening and nonverbal behavior My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	PS:A2.8.	Learn how to make and keep friends My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:B:	Students will make decisions, set goals and take necessary action to achieve goals.
COMPETENCY	PS:B1.	Self-knowledge Application
INDICATOR	PS:B1.1.	Use a decision-making and problem-solving model My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:B1.4.	<p>Develop effective coping skills for dealing with problems</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.5.	<p>Demonstrate when, where and how to seek help for solving problems and making decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:B1.8.	<p>Know when peer pressure is influencing a decision</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:B1.9.	<p>Identify long- and short-term goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.10.	<p>Identify alternative ways of achieving goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.11.	<p>Use persistence and perseverance in acquiring knowledge and skills</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	PS:B1.12.	<p>Develop an action plan to set and achieve realistic goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:C:	Students will understand safety and survival skills.
COMPETENCY	PS:C1.	Acquire Personal Safety Skills
INDICATOR	PS:C1.5.	<p>Differentiate between situations requiring peer support and situations requiring adult professional help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.6.	<p>Identify resource people in the school and community, and know how to seek their help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.7.	<p>Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:C1.9.	<p>Learn how to cope with peer pressure</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

INDICATOR	PS:C1.10.	<p>Learn techniques for managing stress and conflict</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:C1.11.	<p>Learn coping skills for managing life events</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

ASCA National Standards for Students

Health and PE

Grade 8

ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A1.	Improve Academic Self-concept

INDICATOR	A:A1.1.	<p>Articulate feelings of competence and confidence as learners</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:A1.2.	<p>Display a positive interest in learning</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A1.3.	<p>Take pride in work and achievement</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A1.5.	<p>Identify attitudes and behaviors that lead to successful learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:A:	<p>Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.</p>
COMPETENCY	A:A2.	<p>Acquire Skills for Improving Learning</p>

INDICATOR	A:A2.1.	Apply time-management and task-management skills My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
INDICATOR	A:A2.2.	Demonstrate how effort and persistence positively affect learning My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation
INDICATOR	A:A2.3.	Use communications skills to know when and how to ask for help when needed My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	A:A2.4.	Apply knowledge and learning styles to positively influence school performance My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A3.	Achieve School Success
INDICATOR	A:A3.1.	Take responsibility for their actions My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:A3.2.	Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:A3.3.	<p>Develop a broad range of interests and abilities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:A3.4.	<p>Demonstrate dependability, productivity and initiative</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A3.5.	<p>Share knowledge</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B1.	<p>Improve Learning</p>
INDICATOR	A:B1.1.	<p>Demonstrate the motivation to achieve individual potential</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.2.	<p>Learn and apply critical-thinking skills</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.4.	<p>Seek information and support from faculty, staff, family and peers</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:B1.5.	<p>Organize and apply academic information from a variety of sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	A:B1.6.	Use knowledge of learning styles to positively influence school performance My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
INDICATOR	A:B1.7.	Become a self-directed and independent learner My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:B:	Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
COMPETENCY	A:B2.	Plan to Achieve Goals
INDICATOR	A:B2.1.	Establish challenging academic goals in elementary, middle/jr. high and high school Multimedia Extensions Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	A:B2.2.	Use assessment results in educational planning My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	A:B2.3.	Develop and implement annual plan of study to maximize academic ability and achievement

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
INDICATOR	A:B2.4.	<p>Apply knowledge of aptitudes and interests to goal setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.5.	<p>Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
INDICATOR	A:B2.6.	<p>Understand the relationship between classroom performance and success in school</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.7.	<p>Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>

STANDARD	A:C:	Students will understand the relationship of academics to the world of work and to life at home and in the community.
COMPETENCY	A:C1.	Relate School to Life Experiences
INDICATOR	A:C1.1.	Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:C1.2.	Seek co-curricular and community experiences to enhance the school experience My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	A:C1.3.	Understand the relationship between learning and work My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	A:C1.4.	Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	A:C1.5.	Understand that school success is the preparation to make the transition from student to community member My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	A:C1.6.	Understand how school success and academic achievement enhance future career and vocational opportunities My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A1.	Develop Career Awareness
INDICATOR	C:A1.1.	<p>Develop skills to locate, evaluate and interpret career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
INDICATOR	C:A1.3.	<p>Develop an awareness of personal abilities, skills, interests and motivations</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.4.	<p>Learn how to interact and work cooperatively in teams</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.5.	<p>Learn to make decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.6.	<p>Learn how to set goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.7.	<p>Understand the importance of planning</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.9.	<p>Develop hobbies and vocational interests</p>

		<p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A2.	Develop Employment Readiness
INDICATOR	C:A2.1.	<p>Acquire employability skills such as working on a team, problem- solving and organizational skills</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	C:A2.2.	<p>Apply job readiness skills to seek employment opportunities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B:	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B1.	Acquire Career Information
INDICATOR	C:B1.1.	<p>Apply decision-making skills to career planning, course selection and career transition</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.2.	Identify personal skills, interests and abilities and relate them to current career choice

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.3.	<p>Demonstrate knowledge of the career-planning process</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:B1.5.	<p>Use research and information resources to obtain career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.6.	<p>Learn to use the Internet to access career-planning information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.8.	<p>Understand how changing economic and societal needs influence employment trends and future training</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:B:	<p>Students will employ strategies to achieve future career goals with success and satisfaction.</p>
COMPETENCY	C:B2.	<p>Identify Career Goals</p>
INDICATOR	C:B2.1.	<p>Demonstrate awareness of the education and training needed to achieve career goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:B2.3.	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.4.	Select course work that is related to career interests My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.5.	Maintain a career-planning portfolio My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C1.	Acquire Knowledge to Achieve Career Goals
INDICATOR	C:C1.1.	Understand the relationship between educational achievement and career success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.2.	Explain how work can help to achieve personal success and satisfaction My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.3.	Identify personal preferences and interests influencing career choice and success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.5.	Describe the effect of work on lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.6.	Understand the importance of equity and access in career choice My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C2.	Apply Skills to Achieve Career Goals
INDICATOR	C:C2.1.	Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.3.	Learn to work cooperatively with others as a team member My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.4.	Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.

STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A1.	Acquire Self-knowledge
INDICATOR	PS:A1.1.	<p>Develop positive attitudes toward self as a unique and worthy person</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.2.	<p>Identify values, attitudes and beliefs</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:A1.3.	<p>Learn the goal-setting process</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.4.	<p>Understand change is a part of growth</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
INDICATOR	PS:A1.5.	<p>Identify and express feelings</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.6.	<p>Distinguish between appropriate and inappropriate behavior</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.9.	<p>Demonstrate cooperative behavior in groups</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	PS:A1.10.	<p>Identify personal strengths and assets</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.11.	<p>Identify and discuss changing personal and social roles</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.</p>
STANDARD	PS:A:	<p>Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.</p>
COMPETENCY	PS:A2.	<p>Acquire Interpersonal Skills</p>
INDICATOR	PS:A2.6.	<p>Use effective communications skills</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	PS:A2.7.	<p>Know that communication involves speaking, listening and nonverbal behavior</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	PS:A2.8.	<p>Learn how to make and keep friends</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:B:	Students will make decisions, set goals and take necessary action to achieve goals.
COMPETENCY	PS:B1.	Self-knowledge Application
INDICATOR	PS:B1.1.	<p>Use a decision-making and problem-solving model</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:B1.4.	<p>Develop effective coping skills for dealing with problems</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.5.	<p>Demonstrate when, where and how to seek help for solving problems and making decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:B1.8.	Know when peer pressure is influencing a decision My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:B1.9.	Identify long- and short-term goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:B1.10.	Identify alternative ways of achieving goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:B1.11.	Use persistence and perseverance in acquiring knowledge and skills My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	PS:B1.12.	Develop an action plan to set and achieve realistic goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:C:	Students will understand safety and survival skills.
COMPETENCY	PS:C1.	Acquire Personal Safety Skills
INDICATOR	PS:C1.5.	Differentiate between situations requiring peer support and situations requiring adult professional help My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:C1.6.	Identify resource people in the school and community, and know how to seek their help

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.7.	<p>Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:C1.9.	<p>Learn how to cope with peer pressure</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.10.	<p>Learn techniques for managing stress and conflict</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:C1.11.	<p>Learn coping skills for managing life events</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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ASCA National Standards for Students

Health and PE

Grade 9

ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A1.	Improve Academic Self-concept
INDICATOR	A:A1.1.	<p>Articulate feelings of competence and confidence as learners</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:A1.2.	<p>Display a positive interest in learning</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A1.3.	Take pride in work and achievement

		<p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A1.5.	<p>Identify attitudes and behaviors that lead to successful learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A2.	Acquire Skills for Improving Learning
INDICATOR	A:A2.1.	<p>Apply time-management and task-management skills</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
INDICATOR	A:A2.2.	<p>Demonstrate how effort and persistence positively affect learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A2.3.	<p>Use communications skills to know when and how to ask for help when needed</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:A2.4.	<p>Apply knowledge and learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A3.	Achieve School Success
INDICATOR	A:A3.1.	Take responsibility for their actions My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:A3.2.	Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	A:A3.3.	Develop a broad range of interests and abilities My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	A:A3.4.	Demonstrate dependability, productivity and initiative My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	A:A3.5.	Share knowledge My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

STANDARD	A:B:	Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
COMPETENCY	A:B1.	Improve Learning
INDICATOR	A:B1.1.	<p>Demonstrate the motivation to achieve individual potential</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.2.	<p>Learn and apply critical-thinking skills</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

		<p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.4.	<p>Seek information and support from faculty, staff, family and peers</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:B1.5.	<p>Organize and apply academic information from a variety of sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.6.	<p>Use knowledge of learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	A:B1.7.	<p>Become a self-directed and independent learner</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B2.	<p>Plan to Achieve Goals</p>

INDICATOR	A:B2.1.	<p>Establish challenging academic goals in elementary, middle/jr. high and high school</p> <p>Multimedia Extensions Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.2.	<p>Use assessment results in educational planning</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:B2.3.	<p>Develop and implement annual plan of study to maximize academic ability and achievement</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
INDICATOR	A:B2.4.	<p>Apply knowledge of aptitudes and interests to goal setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.5.	<p>Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
INDICATOR	A:B2.6.	<p>Understand the relationship between classroom performance and success in school</p>

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.7.	<p>Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:C:	Students will understand the relationship of academics to the world of work and to life at home and in the community.
COMPETENCY	A:C1.	Relate School to Life Experiences
INDICATOR	A:C1.1.	<p>Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	A:C1.2.	<p>Seek co-curricular and community experiences to enhance the school experience</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:C1.3.	<p>Understand the relationship between learning and work</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	A:C1.4.	<p>Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
INDICATOR	A:C1.5.	<p>Understand that school success is the preparation to make the transition from student to community member</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:C1.6.	<p>Understand how school success and academic achievement enhance future career and vocational opportunities</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:A:	<p>Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</p>
COMPETENCY	C:A1.	<p>Develop Career Awareness</p>
INDICATOR	C:A1.1.	<p>Develop skills to locate, evaluate and interpret career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
INDICATOR	C:A1.3.	<p>Develop an awareness of personal abilities, skills, interests and motivations</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:A1.4.	<p>Learn how to interact and work cooperatively in teams</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.5.	<p>Learn to make decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.6.	<p>Learn how to set goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	C:A1.7.	<p>Understand the importance of planning</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.9.	<p>Develop hobbies and vocational interests</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:A:	<p>Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</p>
COMPETENCY	C:A2.	<p>Develop Employment Readiness</p>
INDICATOR	C:A2.1.	<p>Acquire employability skills such as working on a team, problem- solving and organizational skills</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	C:A2.2.	<p>Apply job readiness skills to seek employment opportunities</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B.	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B1.	Acquire Career Information
INDICATOR	C:B1.1.	<p>Apply decision-making skills to career planning, course selection and career transition</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.2.	<p>Identify personal skills, interests and abilities and relate them to current career choice</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.3.	<p>Demonstrate knowledge of the career-planning process</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:B1.5.	<p>Use research and information resources to obtain career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.6.	<p>Learn to use the Internet to access career-planning information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:B1.8.	Understand how changing economic and societal needs influence employment trends and future training My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B:	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B2.	Identify Career Goals
INDICATOR	C:B2.1.	Demonstrate awareness of the education and training needed to achieve career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.3.	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.4.	Select course work that is related to career interests My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.5.	Maintain a career-planning portfolio My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.

STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C1.	Acquire Knowledge to Achieve Career Goals
INDICATOR	C:C1.1.	Understand the relationship between educational achievement and career success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.2.	Explain how work can help to achieve personal success and satisfaction My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.3.	Identify personal preferences and interests influencing career choice and success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.5.	Describe the effect of work on lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.6.	Understand the importance of equity and access in career choice My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C2.	Apply Skills to Achieve Career Goals

INDICATOR	C:C2.1.	Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.3.	Learn to work cooperatively with others as a team member My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.4.	Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A1.	Acquire Self-knowledge
INDICATOR	PS:A1.1.	Develop positive attitudes toward self as a unique and worthy person Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:A1.2.	Identify values, attitudes and beliefs Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
INDICATOR	PS:A1.3.	Learn the goal-setting process Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:A1.4.	Understand change is a part of growth My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	PS:A1.5.	Identify and express feelings

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.6.	<p>Distinguish between appropriate and inappropriate behavior</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.9.	<p>Demonstrate cooperative behavior in groups</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	PS:A1.10.	<p>Identify personal strengths and assets</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.11.	<p>Identify and discuss changing personal and social roles</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for</p>

		personal and social growth as students progress through school and into adulthood.
STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A2.	Acquire Interpersonal Skills
INDICATOR	PS:A2.6.	Use effective communications skills My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	PS:A2.7.	Know that communication involves speaking, listening and nonverbal behavior My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	PS:A2.8.	Learn how to make and keep friends My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:B:	Students will make decisions, set goals and take necessary action to achieve goals.
COMPETENCY	PS:B1.	Self-knowledge Application
INDICATOR	PS:B1.1.	Use a decision-making and problem-solving model My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:B1.4.	<p>Develop effective coping skills for dealing with problems</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.5.	<p>Demonstrate when, where and how to seek help for solving problems and making decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:B1.8.	<p>Know when peer pressure is influencing a decision</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:B1.9.	<p>Identify long- and short-term goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.10.	<p>Identify alternative ways of achieving goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.11.	<p>Use persistence and perseverance in acquiring knowledge and skills</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	PS:B1.12.	<p>Develop an action plan to set and achieve realistic goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:C:	Students will understand safety and survival skills.
COMPETENCY	PS:C1.	Acquire Personal Safety Skills
INDICATOR	PS:C1.5.	<p>Differentiate between situations requiring peer support and situations requiring adult professional help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.6.	<p>Identify resource people in the school and community, and know how to seek their help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.7.	<p>Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:C1.9.	<p>Learn how to cope with peer pressure</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

INDICATOR	PS:C1.10.	<p>Learn techniques for managing stress and conflict</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:C1.11.	<p>Learn coping skills for managing life events</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

ASCA National Standards for Students

Health and PE

Grade 10

ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A1.	Improve Academic Self-concept

INDICATOR	A:A1.1.	<p>Articulate feelings of competence and confidence as learners</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:A1.2.	<p>Display a positive interest in learning</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A1.3.	<p>Take pride in work and achievement</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A1.5.	<p>Identify attitudes and behaviors that lead to successful learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:A:	<p>Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.</p>
COMPETENCY	A:A2.	<p>Acquire Skills for Improving Learning</p>

INDICATOR	A:A2.1.	Apply time-management and task-management skills My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
INDICATOR	A:A2.2.	Demonstrate how effort and persistence positively affect learning My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation
INDICATOR	A:A2.3.	Use communications skills to know when and how to ask for help when needed My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	A:A2.4.	Apply knowledge and learning styles to positively influence school performance My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A3.	Achieve School Success
INDICATOR	A:A3.1.	Take responsibility for their actions My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:A3.2.	Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:A3.3.	<p>Develop a broad range of interests and abilities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:A3.4.	<p>Demonstrate dependability, productivity and initiative</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A3.5.	<p>Share knowledge</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B1.	<p>Improve Learning</p>
INDICATOR	A:B1.1.	<p>Demonstrate the motivation to achieve individual potential</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.2.	<p>Learn and apply critical-thinking skills</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.4.	<p>Seek information and support from faculty, staff, family and peers</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:B1.5.	<p>Organize and apply academic information from a variety of sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	A:B1.6.	Use knowledge of learning styles to positively influence school performance My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
INDICATOR	A:B1.7.	Become a self-directed and independent learner My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:B:	Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
COMPETENCY	A:B2.	Plan to Achieve Goals
INDICATOR	A:B2.1.	Establish challenging academic goals in elementary, middle/jr. high and high school Multimedia Extensions Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	A:B2.2.	Use assessment results in educational planning My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	A:B2.3.	Develop and implement annual plan of study to maximize academic ability and achievement

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
INDICATOR	A:B2.4.	<p>Apply knowledge of aptitudes and interests to goal setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.5.	<p>Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
INDICATOR	A:B2.6.	<p>Understand the relationship between classroom performance and success in school</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.7.	<p>Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>

STANDARD	A:C:	Students will understand the relationship of academics to the world of work and to life at home and in the community.
COMPETENCY	A:C1.	Relate School to Life Experiences
INDICATOR	A:C1.1.	Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:C1.2.	Seek co-curricular and community experiences to enhance the school experience My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	A:C1.3.	Understand the relationship between learning and work My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	A:C1.4.	Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	A:C1.5.	Understand that school success is the preparation to make the transition from student to community member My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	A:C1.6.	Understand how school success and academic achievement enhance future career and vocational opportunities My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A1.	Develop Career Awareness
INDICATOR	C:A1.1.	<p>Develop skills to locate, evaluate and interpret career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
INDICATOR	C:A1.3.	<p>Develop an awareness of personal abilities, skills, interests and motivations</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.4.	<p>Learn how to interact and work cooperatively in teams</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.5.	<p>Learn to make decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.6.	<p>Learn how to set goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.7.	<p>Understand the importance of planning</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.9.	<p>Develop hobbies and vocational interests</p>

		<p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A2.	Develop Employment Readiness
INDICATOR	C:A2.1.	<p>Acquire employability skills such as working on a team, problem- solving and organizational skills</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	C:A2.2.	<p>Apply job readiness skills to seek employment opportunities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B:	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B1.	Acquire Career Information
INDICATOR	C:B1.1.	<p>Apply decision-making skills to career planning, course selection and career transition</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.2.	Identify personal skills, interests and abilities and relate them to current career choice

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.3.	<p>Demonstrate knowledge of the career-planning process</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:B1.5.	<p>Use research and information resources to obtain career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.6.	<p>Learn to use the Internet to access career-planning information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.8.	<p>Understand how changing economic and societal needs influence employment trends and future training</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:B:	<p>Students will employ strategies to achieve future career goals with success and satisfaction.</p>
COMPETENCY	C:B2.	<p>Identify Career Goals</p>
INDICATOR	C:B2.1.	<p>Demonstrate awareness of the education and training needed to achieve career goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:B2.3.	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.4.	Select course work that is related to career interests My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.5.	Maintain a career-planning portfolio My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C1.	Acquire Knowledge to Achieve Career Goals
INDICATOR	C:C1.1.	Understand the relationship between educational achievement and career success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.2.	Explain how work can help to achieve personal success and satisfaction My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.3.	Identify personal preferences and interests influencing career choice and success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.5.	Describe the effect of work on lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.6.	Understand the importance of equity and access in career choice My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C2.	Apply Skills to Achieve Career Goals
INDICATOR	C:C2.1.	Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.3.	Learn to work cooperatively with others as a team member My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.4.	Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.

STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A1.	Acquire Self-knowledge
INDICATOR	PS:A1.1.	<p>Develop positive attitudes toward self as a unique and worthy person</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.2.	<p>Identify values, attitudes and beliefs</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:A1.3.	<p>Learn the goal-setting process</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.4.	<p>Understand change is a part of growth</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
INDICATOR	PS:A1.5.	<p>Identify and express feelings</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.6.	<p>Distinguish between appropriate and inappropriate behavior</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.9.	<p>Demonstrate cooperative behavior in groups</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	PS:A1.10.	<p>Identify personal strengths and assets</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.11.	<p>Identify and discuss changing personal and social roles</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.</p>
STANDARD	PS:A:	<p>Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.</p>
COMPETENCY	PS:A2.	<p>Acquire Interpersonal Skills</p>
INDICATOR	PS:A2.6.	<p>Use effective communications skills</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	PS:A2.7.	<p>Know that communication involves speaking, listening and nonverbal behavior</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	PS:A2.8.	<p>Learn how to make and keep friends</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:B:	Students will make decisions, set goals and take necessary action to achieve goals.
COMPETENCY	PS:B1.	Self-knowledge Application
INDICATOR	PS:B1.1.	<p>Use a decision-making and problem-solving model</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:B1.4.	<p>Develop effective coping skills for dealing with problems</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.5.	<p>Demonstrate when, where and how to seek help for solving problems and making decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:B1.8.	Know when peer pressure is influencing a decision My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:B1.9.	Identify long- and short-term goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:B1.10.	Identify alternative ways of achieving goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:B1.11.	Use persistence and perseverance in acquiring knowledge and skills My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	PS:B1.12.	Develop an action plan to set and achieve realistic goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:C:	Students will understand safety and survival skills.
COMPETENCY	PS:C1.	Acquire Personal Safety Skills
INDICATOR	PS:C1.5.	Differentiate between situations requiring peer support and situations requiring adult professional help My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:C1.6.	Identify resource people in the school and community, and know how to seek their help

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.7.	<p>Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:C1.9.	<p>Learn how to cope with peer pressure</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.10.	<p>Learn techniques for managing stress and conflict</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:C1.11.	<p>Learn coping skills for managing life events</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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ASCA National Standards for Students

Health and PE

Grade 11

ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A1.	Improve Academic Self-concept
INDICATOR	A:A1.1.	<p>Articulate feelings of competence and confidence as learners</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:A1.2.	<p>Display a positive interest in learning</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A1.3.	<p>Take pride in work and achievement</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>

INDICATOR	A:A1.5.	<p>Identify attitudes and behaviors that lead to successful learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A2.	Acquire Skills for Improving Learning
INDICATOR	A:A2.1.	<p>Apply time-management and task-management skills</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
INDICATOR	A:A2.2.	<p>Demonstrate how effort and persistence positively affect learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A2.3.	<p>Use communications skills to know when and how to ask for help when needed</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:A2.4.	<p>Apply knowledge and learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A.	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A3.	Achieve School Success
INDICATOR	A:A3.1.	<p>Take responsibility for their actions</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	A:A3.2.	<p>Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:A3.3.	<p>Develop a broad range of interests and abilities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:A3.4.	<p>Demonstrate dependability, productivity and initiative</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A3.5.	<p>Share knowledge</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

STANDARD	A:B:	Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
COMPETENCY	A:B1.	Improve Learning
INDICATOR	A:B1.1.	<p>Demonstrate the motivation to achieve individual potential</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.2.	<p>Learn and apply critical-thinking skills</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

		<p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.4.	<p>Seek information and support from faculty, staff, family and peers</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:B1.5.	<p>Organize and apply academic information from a variety of sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.6.	<p>Use knowledge of learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	A:B1.7.	<p>Become a self-directed and independent learner</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B2.	<p>Plan to Achieve Goals</p>

INDICATOR	A:B2.1.	<p>Establish challenging academic goals in elementary, middle/jr. high and high school</p> <p>Multimedia Extensions Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.2.	<p>Use assessment results in educational planning</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:B2.3.	<p>Develop and implement annual plan of study to maximize academic ability and achievement</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
INDICATOR	A:B2.4.	<p>Apply knowledge of aptitudes and interests to goal setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.5.	<p>Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
INDICATOR	A:B2.6.	<p>Understand the relationship between classroom performance and success in school</p>

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.7.	<p>Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:C:	Students will understand the relationship of academics to the world of work and to life at home and in the community.
COMPETENCY	A:C1.	Relate School to Life Experiences
INDICATOR	A:C1.1.	<p>Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	A:C1.2.	<p>Seek co-curricular and community experiences to enhance the school experience</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:C1.3.	<p>Understand the relationship between learning and work</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	A:C1.4.	Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	A:C1.5.	Understand that school success is the preparation to make the transition from student to community member My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	A:C1.6.	Understand how school success and academic achievement enhance future career and vocational opportunities My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A1.	Develop Career Awareness
INDICATOR	C:A1.1.	Develop skills to locate, evaluate and interpret career information My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
INDICATOR	C:A1.3.	Develop an awareness of personal abilities, skills, interests and motivations My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

INDICATOR	C:A1.4.	<p>Learn how to interact and work cooperatively in teams</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.5.	<p>Learn to make decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.6.	<p>Learn how to set goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	C:A1.7.	<p>Understand the importance of planning</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.9.	<p>Develop hobbies and vocational interests</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:A:	<p>Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</p>
COMPETENCY	C:A2.	<p>Develop Employment Readiness</p>
INDICATOR	C:A2.1.	<p>Acquire employability skills such as working on a team, problem- solving and organizational skills</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	C:A2.2.	<p>Apply job readiness skills to seek employment opportunities</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B.	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B1.	Acquire Career Information
INDICATOR	C:B1.1.	<p>Apply decision-making skills to career planning, course selection and career transition</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.2.	<p>Identify personal skills, interests and abilities and relate them to current career choice</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.3.	<p>Demonstrate knowledge of the career-planning process</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:B1.5.	<p>Use research and information resources to obtain career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.6.	<p>Learn to use the Internet to access career-planning information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:B1.8.	Understand how changing economic and societal needs influence employment trends and future training My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B:	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B2.	Identify Career Goals
INDICATOR	C:B2.1.	Demonstrate awareness of the education and training needed to achieve career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.3.	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.4.	Select course work that is related to career interests My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.5.	Maintain a career-planning portfolio My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.

STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C1.	Acquire Knowledge to Achieve Career Goals
INDICATOR	C:C1.1.	Understand the relationship between educational achievement and career success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.2.	Explain how work can help to achieve personal success and satisfaction My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.3.	Identify personal preferences and interests influencing career choice and success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.5.	Describe the effect of work on lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.6.	Understand the importance of equity and access in career choice My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C2.	Apply Skills to Achieve Career Goals

INDICATOR	C:C2.1.	Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.3.	Learn to work cooperatively with others as a team member My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.4.	Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A1.	Acquire Self-knowledge
INDICATOR	PS:A1.1.	Develop positive attitudes toward self as a unique and worthy person Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:A1.2.	Identify values, attitudes and beliefs Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:A1.3.	Learn the goal-setting process Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:A1.4.	Understand change is a part of growth My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	PS:A1.5.	Identify and express feelings

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.6.	<p>Distinguish between appropriate and inappropriate behavior</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.9.	<p>Demonstrate cooperative behavior in groups</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	PS:A1.10.	<p>Identify personal strengths and assets</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.11.	<p>Identify and discuss changing personal and social roles</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for</p>

		personal and social growth as students progress through school and into adulthood.
STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A2.	Acquire Interpersonal Skills
INDICATOR	PS:A2.6.	Use effective communications skills My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	PS:A2.7.	Know that communication involves speaking, listening and nonverbal behavior My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	PS:A2.8.	Learn how to make and keep friends My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:B:	Students will make decisions, set goals and take necessary action to achieve goals.
COMPETENCY	PS:B1.	Self-knowledge Application
INDICATOR	PS:B1.1.	Use a decision-making and problem-solving model My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:B1.4.	<p>Develop effective coping skills for dealing with problems</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.5.	<p>Demonstrate when, where and how to seek help for solving problems and making decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:B1.8.	<p>Know when peer pressure is influencing a decision</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:B1.9.	<p>Identify long- and short-term goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.10.	<p>Identify alternative ways of achieving goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.11.	<p>Use persistence and perseverance in acquiring knowledge and skills</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	PS:B1.12.	<p>Develop an action plan to set and achieve realistic goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:C:	Students will understand safety and survival skills.
COMPETENCY	PS:C1.	Acquire Personal Safety Skills
INDICATOR	PS:C1.5.	<p>Differentiate between situations requiring peer support and situations requiring adult professional help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.6.	<p>Identify resource people in the school and community, and know how to seek their help</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.7.	<p>Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:C1.9.	<p>Learn how to cope with peer pressure</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

INDICATOR	PS:C1.10.	<p>Learn techniques for managing stress and conflict</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:C1.11.	<p>Learn coping skills for managing life events</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

ASCA National Standards for Students

Health and PE

Grade 12

ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A1.	Improve Academic Self-concept

INDICATOR	A:A1.1.	<p>Articulate feelings of competence and confidence as learners</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:A1.2.	<p>Display a positive interest in learning</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A1.3.	<p>Take pride in work and achievement</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
INDICATOR	A:A1.5.	<p>Identify attitudes and behaviors that lead to successful learning</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:A:	<p>Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.</p>
COMPETENCY	A:A2.	<p>Acquire Skills for Improving Learning</p>

INDICATOR	A:A2.1.	Apply time-management and task-management skills My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
INDICATOR	A:A2.2.	Demonstrate how effort and persistence positively affect learning My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation
INDICATOR	A:A2.3.	Use communications skills to know when and how to ask for help when needed My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	A:A2.4.	Apply knowledge and learning styles to positively influence school performance My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
ACADEMIC DOMAIN	ASCA.A.	Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
STANDARD	A:A:	Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
COMPETENCY	A:A3.	Achieve School Success
INDICATOR	A:A3.1.	Take responsibility for their actions My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:A3.2.	Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	A:A3.3.	<p>Develop a broad range of interests and abilities</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:A3.4.	<p>Demonstrate dependability, productivity and initiative</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	A:A3.5.	<p>Share knowledge</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B1.	<p>Improve Learning</p>
INDICATOR	A:B1.1.	<p>Demonstrate the motivation to achieve individual potential</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.2.	<p>Learn and apply critical-thinking skills</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B1.4.	<p>Seek information and support from faculty, staff, family and peers</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	A:B1.5.	<p>Organize and apply academic information from a variety of sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	A:B1.6.	<p>Use knowledge of learning styles to positively influence school performance</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	A:B1.7.	<p>Become a self-directed and independent learner</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>
STANDARD	A:B:	<p>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p>
COMPETENCY	A:B2.	<p>Plan to Achieve Goals</p>
INDICATOR	A:B2.1.	<p>Establish challenging academic goals in elementary, middle/jr. high and high school</p> <p>Multimedia Extensions Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.2.	<p>Use assessment results in educational planning</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	A:B2.3.	<p>Develop and implement annual plan of study to maximize academic ability and achievement</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
INDICATOR	A:B2.4.	<p>Apply knowledge of aptitudes and interests to goal setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.5.	<p>Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
INDICATOR	A:B2.6.	<p>Understand the relationship between classroom performance and success in school</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	A:B2.7.	<p>Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.A.	<p>Academic Development: ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.</p>

STANDARD	A:C:	Students will understand the relationship of academics to the world of work and to life at home and in the community.
COMPETENCY	A:C1.	Relate School to Life Experiences
INDICATOR	A:C1.1.	Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	A:C1.2.	Seek co-curricular and community experiences to enhance the school experience My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence
INDICATOR	A:C1.3.	Understand the relationship between learning and work My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	A:C1.4.	Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
INDICATOR	A:C1.5.	Understand that school success is the preparation to make the transition from student to community member My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	A:C1.6.	Understand how school success and academic achievement enhance future career and vocational opportunities My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A1.	Develop Career Awareness
INDICATOR	C:A1.1.	<p>Develop skills to locate, evaluate and interpret career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
INDICATOR	C:A1.3.	<p>Develop an awareness of personal abilities, skills, interests and motivations</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.4.	<p>Learn how to interact and work cooperatively in teams</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:A1.5.	<p>Learn to make decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.6.	<p>Learn how to set goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.7.	<p>Understand the importance of planning</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:A1.9.	<p>Develop hobbies and vocational interests</p>

		<p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:A:	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
COMPETENCY	C:A2.	Develop Employment Readiness
INDICATOR	C:A2.1.	<p>Acquire employability skills such as working on a team, problem- solving and organizational skills</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	C:A2.2.	<p>Apply job readiness skills to seek employment opportunities</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:B:	Students will employ strategies to achieve future career goals with success and satisfaction.
COMPETENCY	C:B1.	Acquire Career Information
INDICATOR	C:B1.1.	<p>Apply decision-making skills to career planning, course selection and career transition</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.2.	Identify personal skills, interests and abilities and relate them to current career choice

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.3.	<p>Demonstrate knowledge of the career-planning process</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	C:B1.5.	<p>Use research and information resources to obtain career information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.6.	<p>Learn to use the Internet to access career-planning information</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	C:B1.8.	<p>Understand how changing economic and societal needs influence employment trends and future training</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
ACADEMIC DOMAIN	ASCA.C.	<p>Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.</p>
STANDARD	C:B:	<p>Students will employ strategies to achieve future career goals with success and satisfaction.</p>
COMPETENCY	C:B2.	<p>Identify Career Goals</p>
INDICATOR	C:B2.1.	<p>Demonstrate awareness of the education and training needed to achieve career goals</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

INDICATOR	C:B2.3.	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.4.	Select course work that is related to career interests My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:B2.5.	Maintain a career-planning portfolio My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C1.	Acquire Knowledge to Achieve Career Goals
INDICATOR	C:C1.1.	Understand the relationship between educational achievement and career success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.2.	Explain how work can help to achieve personal success and satisfaction My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.3.	Identify personal preferences and interests influencing career choice and success My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.5.	Describe the effect of work on lifestyle My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C1.6.	Understand the importance of equity and access in career choice My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.C.	Career Development: ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
STANDARD	C:C:	Students will understand the relationship between personal qualities, education, training and the world of work.
COMPETENCY	C:C2.	Apply Skills to Achieve Career Goals
INDICATOR	C:C2.1.	Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.3.	Learn to work cooperatively with others as a team member My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	C:C2.4.	Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.

STANDARD	PS:A:	Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
COMPETENCY	PS:A1.	Acquire Self-knowledge
INDICATOR	PS:A1.1.	<p>Develop positive attitudes toward self as a unique and worthy person</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.2.	<p>Identify values, attitudes and beliefs</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:A1.3.	<p>Learn the goal-setting process</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.4.	<p>Understand change is a part of growth</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
INDICATOR	PS:A1.5.	<p>Identify and express feelings</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.6.	<p>Distinguish between appropriate and inappropriate behavior</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	PS:A1.9.	<p>Demonstrate cooperative behavior in groups</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	PS:A1.10.	<p>Identify personal strengths and assets</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:A1.11.	<p>Identify and discuss changing personal and social roles</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 11: Showing Motivation</p>
ACADEMIC DOMAIN	ASCA.PS.	<p>Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.</p>
STANDARD	PS:A:	<p>Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.</p>
COMPETENCY	PS:A2.	<p>Acquire Interpersonal Skills</p>
INDICATOR	PS:A2.6.	<p>Use effective communications skills</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
INDICATOR	PS:A2.7.	<p>Know that communication involves speaking, listening and nonverbal behavior</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	PS:A2.8.	<p>Learn how to make and keep friends</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:B:	Students will make decisions, set goals and take necessary action to achieve goals.
COMPETENCY	PS:B1.	Self-knowledge Application
INDICATOR	PS:B1.1.	<p>Use a decision-making and problem-solving model</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:B1.4.	<p>Develop effective coping skills for dealing with problems</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:B1.5.	<p>Demonstrate when, where and how to seek help for solving problems and making decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:B1.8.	Know when peer pressure is influencing a decision My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:B1.9.	Identify long- and short-term goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:B1.10.	Identify alternative ways of achieving goals Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	PS:B1.11.	Use persistence and perseverance in acquiring knowledge and skills My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	PS:B1.12.	Develop an action plan to set and achieve realistic goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
ACADEMIC DOMAIN	ASCA.PS.	Personal/Social Development: ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
STANDARD	PS:C:	Students will understand safety and survival skills.
COMPETENCY	PS:C1.	Acquire Personal Safety Skills
INDICATOR	PS:C1.5.	Differentiate between situations requiring peer support and situations requiring adult professional help My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
INDICATOR	PS:C1.6.	Identify resource people in the school and community, and know how to seek their help

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.7.	<p>Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	PS:C1.9.	<p>Learn how to cope with peer pressure</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
INDICATOR	PS:C1.10.	<p>Learn techniques for managing stress and conflict</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	PS:C1.11.	<p>Learn coping skills for managing life events</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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