

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

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

**States:** Connecticut Curriculum Frameworks

**Subjects:** Health and PE, Library / Technology, Science, Social Studies

**Connecticut Curriculum Frameworks**

**Health and PE**

**Grade 7 - Adopted 2006**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	Comprehensive School Health Education - Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STATE FRAMEWORK</b>	<b>M.1.2.</b>	<p>Describe the interrelationship of mental, emotional, social and physical health during preadolescence/adolescence</p> <p><b>My Roadmap to the Future</b>            Unit 3: Connections - Lesson 06: Analyzing Support            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><b>My Success Roadmap</b>            Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being            Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATE FRAMEWORK</b>	<b>M.1.4.</b>	<p>Examine how families and peers can influence the health of adolescents</p> <p><b>Multimedia Extensions</b>            Multimedia Extensions: Confidence            Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>            Unit 4: Stress - Lesson 07: Handling Pressure            Unit 4: Stress - Lesson 08: Analyzing Stress            Unit 5: Well-Being - Lesson 10: Analyzing Well-Being            Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>            Unit 3: Highway Connections - Lesson 07: Social Support            Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being            Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATE FRAMEWORK</b>	<b>M.1.7.</b>	<p>Explain how appropriate health care can prevent premature death and disability</p> <p><b>My Roadmap to the Future</b>            Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.2.</b>	Comprehensive School Health Education - Accessing Health Information and Resources: Students will demonstrate the ability to access valid health information, products and services.
<b>STATE FRAMEWORK</b>	<b>M.2.3.</b>	<p>Examine factors that may influence the personal selection of health information, products and services</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	Comprehensive School Health Education - Self-management of Healthy Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>M.3.2.</b>	<p>Examine personal health status to determine needs</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>M.3.6.</b>	<p>Apply skills to manage stress</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	Comprehensive School Health Education - Analyzing Internal and External Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health.
<b>STATE FRAMEWORK</b>	<b>M.4.1.</b>	Examine the influence of family beliefs and cultural beliefs on personal health behaviors  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>STATE FRAMEWORK</b>	<b>M.4.2.</b>	Analyze how media, technology and other factors influence personal health behaviors  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATE FRAMEWORK</b>	<b>M.4.3.</b>	Analyze how family, school and peers influence personal health  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STATE FRAMEWORK</b>	<b>M.4.4.</b>	Identify and explain how the media may influence behaviors and decisions in regard to sexuality  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

		Multimedia Extensions: Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.5.</b>	Comprehensive School Health Education - Communication Skills: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>M.5.1.</b>	Apply effective verbal and nonverbal communication skills as a means of enhancing health  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STATE FRAMEWORK</b>	<b>M.5.3.</b>	Identify ways in which emotions may affect communication, behavior and relationships  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
<b>STATE FRAMEWORK</b>	<b>M.5.4.</b>	Compare and contrast healthy ways to express needs, wants and feelings  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support
<b>STATE FRAMEWORK</b>	<b>M.5.6.</b>	Use communication skills to build and maintain healthy relationships  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.6.</b>	Comprehensive School Health Education - Decision-Making Skills: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>STATE FRAMEWORK</b>	<b>M.6.1.</b>	Use a decision-making process to enhance health  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STATE FRAMEWORK</b>	<b>M.6.2.</b>	Describe and analyze how health-related decisions are influenced by using resources from family, school and community

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.7.</b>	Comprehensive School Health Education - Goal-Setting: Students will use goal-setting skills to enhance health.
<b>STATE FRAMEWORK</b>	<b>M.7.1.</b>	<p>Use the goal-setting process to enhance health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.8.</b>	Comprehensive School Health Education - Advocacy: Students will demonstrate the ability to advocate for personal, family and community health.
<b>STATE FRAMEWORK</b>	<b>M.8.7.</b>	<p>Assess the impact of family, cultural, media and societal messages on one's thoughts, feelings, values and behaviors related to sexuality</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.11.</b>	Comprehensive Physical Education - Engaging in Physical Activity: Students will participate regularly in physical activity.
<b>STATE FRAMEWORK</b>	<b>M.11.2.</b>	<p>Apply an understanding of the connections between the purposes of movements and their effect on fitness</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.12.</b>	Comprehensive Physical Education - Physical Fitness: Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.
<b>STATE FRAMEWORK</b>	<b>M.12.4.</b>	<p>Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.13.</b>	Comprehensive Physical Education - Responsible Behavior: Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.
<b>STATE FRAMEWORK</b>	<b>M.13.4.</b>	<p>Apply appropriate skills for resolving conflicts peacefully</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.14.</b>	Comprehensive Physical Education - Benefits of Physical Activity: Students will choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.
<b>STATE FRAMEWORK</b>	<b>M.14.4.</b>	<p>Realize that physical activity and challenges present opportunities for personal growth</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>

STATE FRAMEWORK	M.14.6.	<p>Demonstrate willingness to attempt a variety of new physical activities</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
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**Connecticut Curriculum Frameworks**

**Health and PE**

**Grade 8 - Adopted 2006**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	Comprehensive School Health Education - Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STATE FRAMEWORK	M.1.2.	<p>Describe the interrelationship of mental, emotional, social and physical health during preadolescence/adolescence</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support 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><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STATE FRAMEWORK	M.1.4.	<p>Examine how families and peers can influence the health of adolescents</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STATE FRAMEWORK	M.1.7.	<p>Explain how appropriate health care can prevent premature death and disability</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.2.</b>	Comprehensive School Health Education - Accessing Health Information and Resources: Students will demonstrate the ability to access valid health information, products and services.
<b>STATE FRAMEWORK</b>	<b>M.2.3.</b>	<p>Examine factors that may influence the personal selection of health information, products and services</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	Comprehensive School Health Education - Self-management of Healthy Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>M.3.2.</b>	<p>Examine personal health status to determine needs</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>M.3.6.</b>	<p>Apply skills to manage stress</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>

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<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	Comprehensive School Health Education - Analyzing Internal and External Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health.
<b>STATE FRAMEWORK</b>	<b>M.4.1.</b>	Examine the influence of family beliefs and cultural beliefs on personal health behaviors  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>STATE FRAMEWORK</b>	<b>M.4.2.</b>	Analyze how media, technology and other factors influence personal health behaviors  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATE FRAMEWORK</b>	<b>M.4.3.</b>	Analyze how family, school and peers influence personal health  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STATE FRAMEWORK</b>	<b>M.4.4.</b>	Identify and explain how the media may influence behaviors and decisions in regard to sexuality  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

		Multimedia Extensions: Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.5.</b>	Comprehensive School Health Education - Communication Skills: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>M.5.1.</b>	Apply effective verbal and nonverbal communication skills as a means of enhancing health  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STATE FRAMEWORK</b>	<b>M.5.3.</b>	Identify ways in which emotions may affect communication, behavior and relationships  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
<b>STATE FRAMEWORK</b>	<b>M.5.4.</b>	Compare and contrast healthy ways to express needs, wants and feelings  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support
<b>STATE FRAMEWORK</b>	<b>M.5.6.</b>	Use communication skills to build and maintain healthy relationships  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.6.</b>	Comprehensive School Health Education - Decision-Making Skills: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>STATE FRAMEWORK</b>	<b>M.6.1.</b>	Use a decision-making process to enhance health  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>STATE FRAMEWORK</b>	<b>M.6.2.</b>	Describe and analyze how health-related decisions are influenced by using resources from family, school and community

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.7.</b>	Comprehensive School Health Education - Goal-Setting: Students will use goal-setting skills to enhance health.
<b>STATE FRAMEWORK</b>	<b>M.7.1.</b>	<p>Use the goal-setting process to enhance health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.8.</b>	Comprehensive School Health Education - Advocacy: Students will demonstrate the ability to advocate for personal, family and community health.
<b>STATE FRAMEWORK</b>	<b>M.8.7.</b>	<p>Assess the impact of family, cultural, media and societal messages on one's thoughts, feelings, values and behaviors related to sexuality</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.11.</b>	Comprehensive Physical Education - Engaging in Physical Activity: Students will participate regularly in physical activity.
<b>STATE FRAMEWORK</b>	<b>M.11.2.</b>	<p>Apply an understanding of the connections between the purposes of movements and their effect on fitness</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.12.</b>	Comprehensive Physical Education - Physical Fitness: Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.
<b>STATE FRAMEWORK</b>	<b>M.12.4.</b>	<p>Plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.14.</b>	Comprehensive Physical Education - Benefits of Physical Activity: Students will choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.
<b>STATE FRAMEWORK</b>	<b>M.14.4.</b>	<p>Realize that physical activity and challenges present opportunities for personal growth</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>STATE FRAMEWORK</b>	<b>M.14.6.</b>	<p>Demonstrate willingness to attempt a variety of new physical activities</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>

**Social Studies**

**Grade 7 - Adopted 1998**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	History: Historical Thinking: Students will develop historical thinking skills, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretation.
<b>STATE FRAMEWORK</b>	<b>1.1.</b>	<p>Formulate historical questions based on primary and secondary sources, including documents, eyewitness accounts, letters and diaries, artifacts, real or simulated historical sites, charts, graphs, diagrams and written texts.</p> <p><b>My Success Roadmap</b>            Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School            Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>STATE FRAMEWORK</b>	<b>1.2.</b>	<p>Gather information from multiple sources, including archives or electronic databases, to have experience with historical sources and to appreciate the need for multiple perspectives.</p> <p><b>My Success Roadmap</b>            Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>STATE FRAMEWORK</b>	<b>1.6.</b>	<p>Analyze data in order to see persons and events in their historical context, understand causal factors and appreciate change over time.</p> <p><b>Multimedia Extensions</b>            Multimedia Extensions: Confidence            Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>            Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>            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 3: Highway Connections - Lesson 07: Social Support</p>
<b>STATE FRAMEWORK</b>	<b>1.8.</b>	<p>Develop written narratives and short interpretative essays, as well as other appropriate presentations from investigations of source materials.</p> <p><b>My Success Roadmap</b>            Unit 1: Destination Success - Lesson 02: Your Goals            Unit 1: Destination Success - Lesson 03: Career Ideas            Unit 3: Highway Connections - Lesson 07: Social Support            Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.2.</b>	History: Local, United States and World History: Students will use historical thinking skills to develop an understanding of the major historical periods, issues and trends in United States history, world history, and Connecticut and local history.
<b>STATE FRAMEWORK</b>	<b>2.5.</b>	<p>Explain the relationships among the events and trends studied in local, state, national and world history.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	History: Historical Themes: Students will apply their understanding of historical periods, issues and trends to examine such historical themes as ideals, beliefs and institutions; conflict and conflict resolution; human movement and interaction; and science and technology in order to understand how the world came to be the way it is.
<b>STATE FRAMEWORK</b>	<b>3.2.</b>	<p>Explain how roles and status of people have differed and changed throughout history based on gender, age, class, racial and ethnic identity, wealth, and/or social position.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	History: Applying History: Students will recognize the continuing importance of historical thinking and historical knowledge in their own lives and in the world in which they live.
<b>STATE FRAMEWORK</b>	<b>4.5.</b>	<p>Describe relationships between historical subject matter and other subjects they study, current issues and personal concerns.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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</p>

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
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**Connecticut Curriculum Frameworks**

**Social Studies**

**Grade 8 - Adopted 1998**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	History: Historical Thinking: Students will develop historical thinking skills, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretation.
<b>STATE FRAMEWORK</b>	<b>1.1.</b>	Formulate historical questions based on primary and secondary sources, including documents, eyewitness accounts, letters and diaries, artifacts, real or simulated historical sites, charts, graphs, diagrams and written texts.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>STATE FRAMEWORK</b>	<b>1.2.</b>	Gather information from multiple sources, including archives or electronic databases, to have experience with historical sources and to appreciate the need for multiple perspectives.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STATE FRAMEWORK</b>	<b>1.6.</b>	Analyze data in order to see persons and events in their historical context, understand causal factors and appreciate change over time.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> 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 3: Highway Connections - Lesson 07: Social Support
<b>STATE FRAMEWORK</b>	<b>1.8.</b>	Develop written narratives and short interpretative essays, as well as other appropriate presentations from investigations of source materials.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.2.</b>	History: Local, United States and World History: Students will use historical thinking skills to develop an understanding of the major historical periods, issues and trends in United States history, world history, and Connecticut and local history.
<b>STATE FRAMEWORK</b>	<b>2.5.</b>	Explain the relationships among the events and trends studied in local, state, national and world history.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> 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 3: Highway Connections - Lesson 07: Social Support
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	History: Historical Themes: Students will apply their understanding of historical periods, issues and trends to examine such historical themes as ideals, beliefs and institutions; conflict and conflict resolution; human movement and interaction; and science and technology in order to understand how the world came to be the way it is.
<b>STATE FRAMEWORK</b>	<b>3.2.</b>	Explain how roles and status of people have differed and changed throughout history based on gender, age, class, racial and ethnic identity, wealth, and/or social position.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	History: Applying History: Students will recognize the continuing importance of historical thinking and historical knowledge in their own lives and in the world in which they live.
<b>STATE FRAMEWORK</b>	<b>4.5.</b>	Describe relationships between historical subject matter and other subjects they study, current issues and personal concerns.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

	<p><b>My Success Roadmap</b>  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 08: Analyzing Support &amp; Connection</p>
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**Connecticut Curriculum Frameworks**

**Health and PE**

**Grade 9 - Adopted 2006**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	Comprehensive School Health Education - Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STATE FRAMEWORK</b>	<b>H.1.2.</b>	<p>Describe the interrelationship of mental, emotional, social and physical health throughout adulthood</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  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><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATE FRAMEWORK</b>	<b>H.1.4.</b>	<p>Evaluate how families, peers and community members can influence the health of individuals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATE FRAMEWORK</b>	<b>H.1.10.</b>	Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime-from birth to death

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.2.</b>	Comprehensive School Health Education - Accessing Health Information and Resources: Students will demonstrate the ability to access valid health information, products and services.
<b>STATE FRAMEWORK</b>	<b>H.2.3.</b>	<p>Evaluate factors that may influence the personal selection of health products and services</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	Comprehensive School Health Education - Self-management of Healthy Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>H.3.2.</b>	<p>Analyze personal health status to determine needs</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>H.3.6.</b>	<p>Evaluate and apply appropriate stress management strategies</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	Comprehensive School Health Education - Analyzing Internal and External Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health.
<b>STATE FRAMEWORK</b>	<b>H.4.2.</b>	Evaluate the effects of media, technology and other factors on personal, family and community health  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATE FRAMEWORK</b>	<b>H.4.3.</b>	Evaluate how information from family, school, peers and the community influences personal health  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STATE FRAMEWORK</b>	<b>H.4.4.</b>	Analyze the media influence on behaviors and decisions as it relates to sexuality  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.5.</b>	Comprehensive School Health Education - Communication Skills: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>H.5.1.</b>	Compare and contrast skills for communicating effectively with family, peers and others  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>STATE FRAMEWORK</b>	<b>H.5.3.</b>	Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior  <b>My Roadmap to the Future</b>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
<b>STATE FRAMEWORK</b>	<b>H.5.4.</b>	<p>Analyze situations and demonstrate healthy ways to express needs, wants and feelings</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.6.</b>	<p>Comprehensive School Health Education - Decision-Making Skills: Students will demonstrate the ability to use decision-making skills to enhance health.</p>
<b>STATE FRAMEWORK</b>	<b>H.6.1.</b>	<p>Demonstrate various strategies when making decisions to enhance health</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>H.6.2.</b>	<p>Demonstrate the ability to make health- enhancing decisions using the collaborative decision- making process</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>H.6.3.</b>	<p>Predict the immediate and long-term impact of health decisions on the individual, family and community</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.7.</b>	<p>Comprehensive School Health Education - Goal-Setting: Students will use goal-setting skills to enhance health.</p>
<b>STATE FRAMEWORK</b>	<b>H.7.1.</b>	<p>Demonstrate various strategies when making goal-setting decisions to enhance health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success</p>

		<p>Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.8.</b>	Comprehensive School Health Education - Advocacy: Students will demonstrate the ability to advocate for personal, family and community health.
<b>STATE FRAMEWORK</b>	<b>H.8.4.</b>	<p>Use the ability to influence and support others in making positive health choices</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.14.</b>	Comprehensive Physical Education - Benefits of Physical Activity: Students will choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.
<b>STATE FRAMEWORK</b>	<b>H.14.4.</b>	<p>Seek personally challenging experiences through physical activity as a means to personal growth</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p>

**Connecticut Curriculum Frameworks**

**Health and PE**

**Grade 10 - Adopted 2006**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	Comprehensive School Health Education - Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
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STATE FRAMEWORK	H.1.2.	<p>Describe the interrelationship of mental, emotional, social and physical health throughout adulthood</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  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><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STATE FRAMEWORK	H.1.4.	<p>Evaluate how families, peers and community members can influence the health of individuals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STATE FRAMEWORK	H.1.10.	<p>Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime-from birth to death</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p>
DOMAIN / CONTENT STANDARD	CT.2.	<p>Comprehensive School Health Education - Accessing Health Information and Resources: Students will demonstrate the ability to access valid health information, products and services.</p>
STATE FRAMEWORK	H.2.3.	<p>Evaluate factors that may influence the personal selection of health products and services</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
DOMAIN / CONTENT	CT.3.	<p>Comprehensive School Health Education - Self-management of Healthy Behaviors: Students will demonstrate the ability to practice health-enhancing</p>

<b>STANDARD</b>		behaviors and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>H.3.2.</b>	<p>Analyze personal health status to determine needs</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>H.3.6.</b>	<p>Evaluate and apply appropriate stress management strategies</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	Comprehensive School Health Education - Analyzing Internal and External Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health.
<b>STATE FRAMEWORK</b>	<b>H.4.2.</b>	<p>Evaluate the effects of media, technology and other factors on personal, family and community health</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>STATE FRAMEWORK</b>	<b>H.4.3.</b>	<p>Evaluate how information from family, school, peers and the community influences personal health</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATE FRAMEWORK</b>	<b>H.4.4.</b>	<p>Analyze the media influence on behaviors and decisions as it relates to sexuality</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.5.</b>	<p>Comprehensive School Health Education - Communication Skills: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>
<b>STATE FRAMEWORK</b>	<b>H.5.1.</b>	<p>Compare and contrast skills for communicating effectively with family, peers and others</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>STATE FRAMEWORK</b>	<b>H.5.3.</b>	<p>Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
<b>STATE FRAMEWORK</b>	<b>H.5.4.</b>	<p>Analyze situations and demonstrate healthy ways to express needs, wants and feelings</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support</p>
<b>DOMAIN / CONTENT</b>	<b>CT.6.</b>	<p>Comprehensive School Health Education - Decision-Making Skills: Students will demonstrate the ability to use decision-making skills to enhance health.</p>

STANDARD		
STATE FRAMEWORK	H.6.1.	<p>Demonstrate various strategies when making decisions to enhance health</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE FRAMEWORK	H.6.2.	<p>Demonstrate the ability to make health- enhancing decisions using the collaborative decision- making process</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE FRAMEWORK	H.6.3.	<p>Predict the immediate and long-term impact of health decisions on the individual, family and community</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DOMAIN / CONTENT STANDARD	CT.7.	<p>Comprehensive School Health Education - Goal-Setting: Students will use goal-setting skills to enhance health.</p>
STATE FRAMEWORK	H.7.1.	<p>Demonstrate various strategies when making goal-setting decisions to enhance health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.8.</b>	Comprehensive School Health Education - Advocacy: Students will demonstrate the ability to advocate for personal, family and community health.
<b>STATE FRAMEWORK</b>	<b>H.8.4.</b>	Use the ability to influence and support others in making positive health choices  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.14.</b>	Comprehensive Physical Education - Benefits of Physical Activity: Students will choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.
<b>STATE FRAMEWORK</b>	<b>H.14.4.</b>	Seek personally challenging experiences through physical activity as a means to personal growth  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

**Connecticut Curriculum Frameworks**

**Health and PE**

**Grade 11 - Adopted 2006**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	Comprehensive School Health Education - Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STATE FRAMEWORK</b>	<b>H.1.2.</b>	Describe the interrelationship of mental, emotional, social and physical health throughout adulthood  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

STATE FRAMEWORK	H.1.4.	<p>Evaluate how families, peers and community members can influence the health of individuals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STATE FRAMEWORK	H.1.10.	<p>Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime-from birth to death</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p>
DOMAIN / CONTENT STANDARD	CT.2.	<p>Comprehensive School Health Education - Accessing Health Information and Resources: Students will demonstrate the ability to access valid health information, products and services.</p>
STATE FRAMEWORK	H.2.3.	<p>Evaluate factors that may influence the personal selection of health products and services</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
DOMAIN / CONTENT STANDARD	CT.3.	<p>Comprehensive School Health Education - Self-management of Healthy Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>
STATE FRAMEWORK	H.3.2.	<p>Analyze personal health status to determine needs</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>

		<p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>STATE FRAMEWORK</b>	<b>H.3.6.</b>	<p>Evaluate and apply appropriate stress management strategies</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	<p>Comprehensive School Health Education - Analyzing Internal and External Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health.</p>
<b>STATE FRAMEWORK</b>	<b>H.4.2.</b>	<p>Evaluate the effects of media, technology and other factors on personal, family and community health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>STATE FRAMEWORK</b>	<b>H.4.3.</b>	<p>Evaluate how information from family, school, peers and the community influences personal health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>STATE</b>	<b>H.4.4.</b>	<p>Analyze the media influence on behaviors and decisions as it relates to sexuality</p>

FRAMEWORK		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.5.</b>	Comprehensive School Health Education - Communication Skills: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STATE FRAMEWORK	<b>H.5.1.</b>	<p>Compare and contrast skills for communicating effectively with family, peers and others</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STATE FRAMEWORK	<b>H.5.3.</b>	<p>Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STATE FRAMEWORK	<b>H.5.4.</b>	<p>Analyze situations and demonstrate healthy ways to express needs, wants and feelings</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.6.</b>	Comprehensive School Health Education - Decision-Making Skills: Students will demonstrate the ability to use decision-making skills to enhance health.
STATE FRAMEWORK	<b>H.6.1.</b>	<p>Demonstrate various strategies when making decisions to enhance health</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE FRAMEWORK	<b>H.6.2.</b>	<p>Demonstrate the ability to make health- enhancing decisions using the collaborative decision- making process</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STATE FRAMEWORK	H.6.3.	<p>Predict the immediate and long-term impact of health decisions on the individual, family and community</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DOMAIN / CONTENT STANDARD	CT.7.	<p>Comprehensive School Health Education - Goal-Setting: Students will use goal-setting skills to enhance health.</p>
STATE FRAMEWORK	H.7.1.	<p>Demonstrate various strategies when making goal-setting decisions to enhance health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
DOMAIN / CONTENT STANDARD	CT.8.	<p>Comprehensive School Health Education - Advocacy: Students will demonstrate the ability to advocate for personal, family and community health.</p>
STATE FRAMEWORK	H.8.4.	<p>Use the ability to influence and support others in making positive health choices</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.14.</b>	Comprehensive Physical Education - Benefits of Physical Activity: Students will choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.
<b>STATE FRAMEWORK</b>	<b>H.14.4.</b>	Seek personally challenging experiences through physical activity as a means to personal growth  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence

**Connecticut Curriculum Frameworks**

**Health and PE**

**Grade 12 - Adopted 2006**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	Comprehensive School Health Education - Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STATE FRAMEWORK</b>	<b>H.1.2.</b>	Describe the interrelationship of mental, emotional, social and physical health throughout adulthood  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support 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  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STATE FRAMEWORK</b>	<b>H.1.4.</b>	Evaluate how families, peers and community members can influence the health of individuals  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

STATE FRAMEWORK	H.1.10.	Describe and analyze the physical, mental, emotional and sexual changes that occur over a lifetime-from birth to death  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being
DOMAIN / CONTENT STANDARD	CT.2.	Comprehensive School Health Education - Accessing Health Information and Resources: Students will demonstrate the ability to access valid health information, products and services.
STATE FRAMEWORK	H.2.3.	Evaluate factors that may influence the personal selection of health products and services  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
DOMAIN / CONTENT STANDARD	CT.3.	Comprehensive School Health Education - Self-management of Healthy Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STATE FRAMEWORK	H.3.2.	Analyze personal health status to determine needs  <b>Multimedia Extensions</b> Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE FRAMEWORK	H.3.6.	Evaluate and apply appropriate stress management strategies  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	Comprehensive School Health Education - Analyzing Internal and External Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health.
<b>STATE FRAMEWORK</b>	<b>H.4.2.</b>	Evaluate the effects of media, technology and other factors on personal, family and community health  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>STATE FRAMEWORK</b>	<b>H.4.3.</b>	Evaluate how information from family, school, peers and the community influences personal health  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>STATE FRAMEWORK</b>	<b>H.4.4.</b>	Analyze the media influence on behaviors and decisions as it relates to sexuality  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.5.</b>	Comprehensive School Health Education - Communication Skills: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STATE FRAMEWORK</b>	<b>H.5.1.</b>	Compare and contrast skills for communicating effectively with family, peers and others  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation

STATE FRAMEWORK	H.5.3.	<p>Demonstrate the ability to identify positive and negative emotions and analyze the impact on behavior</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
STATE FRAMEWORK	H.5.4.	<p>Analyze situations and demonstrate healthy ways to express needs, wants and feelings</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support</p>
DOMAIN / CONTENT STANDARD	CT.6.	<p>Comprehensive School Health Education - Decision-Making Skills: Students will demonstrate the ability to use decision-making skills to enhance health.</p>
STATE FRAMEWORK	H.6.1.	<p>Demonstrate various strategies when making decisions to enhance health</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE FRAMEWORK	H.6.2.	<p>Demonstrate the ability to make health- enhancing decisions using the collaborative decision- making process</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE FRAMEWORK	H.6.3.	<p>Predict the immediate and long-term impact of health decisions on the individual, family and community</p> <p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
DOMAIN / CONTENT STANDARD	CT.7.	<p>Comprehensive School Health Education - Goal-Setting: Students will use goal-setting skills to enhance health.</p>
STATE FRAMEWORK	H.7.1.	<p>Demonstrate various strategies when making goal-setting decisions to enhance health</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> 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 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.8.</b>	Comprehensive School Health Education - Advocacy: Students will demonstrate the ability to advocate for personal, family and community health.
<b>STATE FRAMEWORK</b>	<b>H.8.4.</b>	Use the ability to influence and support others in making positive health choices
		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.14.</b>	Comprehensive Physical Education - Benefits of Physical Activity: Students will choose physical activity for health, enjoyment, challenge, self expression and/or social interaction to sustain a physically active lifestyle.
<b>STATE FRAMEWORK</b>	<b>H.14.4.</b>	Seek personally challenging experiences through physical activity as a means to personal growth
		<p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>

Connecticut Curriculum Frameworks

Social Studies

Grade 9 - Adopted 1998

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	History: Historical Thinking: Students will develop historical thinking skills, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretation.
<b>STATE FRAMEWORK</b>	<b>1.2.</b>	Gather, analyze and reconcile historical information, including contradictory data, from primary and secondary sources to support or reject hypotheses.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>STATE FRAMEWORK</b>	<b>1.4.</b>	Describe the multiple intersecting causes of events.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges  <b>My Success Roadmap</b> 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 3: Highway Connections - Lesson 07: Social Support
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	History: Historical Themes: Students will apply their understanding of historical periods, issues and trends to examine such historical themes as ideals, beliefs and institutions; conflict and conflict resolution; human movement and interaction; and science and technology in order to understand how the world came to be the way it is.
<b>STATE FRAMEWORK</b>	<b>3.6.</b>	Demonstrate an understanding of the ways race, gender, ethnicity and class issues have affected individuals and societies in the past.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	History: Applying History: Students will recognize the continuing importance of historical thinking and historical knowledge in their own lives and in the world in which they live.
<b>STATE FRAMEWORK</b>	<b>4.5.</b>	Describe relationships between historical subject matter and other subjects they study, current issues and personal concerns.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b>

	<p>Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 08: Analyzing Support &amp; Connection</p>
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**Connecticut Curriculum Frameworks**

**Social Studies**

**Grade 10 - Adopted 1998**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	<p>History: Historical Thinking: Students will develop historical thinking skills, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretation.</p>
<b>STATE FRAMEWORK</b>	<b>1.2.</b>	<p>Gather, analyze and reconcile historical information, including contradictory data, from primary and secondary sources to support or reject hypotheses.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>STATE FRAMEWORK</b>	<b>1.4.</b>	<p>Describe the multiple intersecting causes of events.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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 3: Highway Connections - Lesson 07: Social Support</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	<p>History: Historical Themes: Students will apply their understanding of historical periods, issues and trends to examine such historical themes as ideals, beliefs and institutions; conflict and conflict resolution; human movement and interaction; and science and technology in order to understand how the world came to be the way it is.</p>
<b>STATE FRAMEWORK</b>	<b>3.6.</b>	<p>Demonstrate an understanding of the ways race, gender, ethnicity and class issues have affected individuals and societies in the past.</p>

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	History: Applying History: Students will recognize the continuing importance of historical thinking and historical knowledge in their own lives and in the world in which they live.
<b>STATE FRAMEWORK</b>	<b>4.5.</b>	<p>Describe relationships between historical subject matter and other subjects they study, current issues and personal concerns.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> 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 08: Analyzing Support &amp; Connection</p>

**Connecticut Curriculum Frameworks**

**Social Studies**

**Grade 11 - Adopted 1998**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	History: Historical Thinking: Students will develop historical thinking skills, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretation.
<b>STATE FRAMEWORK</b>	<b>1.2.</b>	<p>Gather, analyze and reconcile historical information, including contradictory data, from primary and secondary sources to support or reject hypotheses.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>STATE FRAMEWORK</b>	<b>1.4.</b>	<p>Describe the multiple intersecting causes of events.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b></p>

		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 3: Highway Connections - Lesson 07: Social Support
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.3.</b>	History: Historical Themes: Students will apply their understanding of historical periods, issues and trends to examine such historical themes as ideals, beliefs and institutions; conflict and conflict resolution; human movement and interaction; and science and technology in order to understand how the world came to be the way it is.
<b>STATE FRAMEWORK</b>	<b>3.6.</b>	Demonstrate an understanding of the ways race, gender, ethnicity and class issues have affected individuals and societies in the past.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence
<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.4.</b>	History: Applying History: Students will recognize the continuing importance of historical thinking and historical knowledge in their own lives and in the world in which they live.
<b>STATE FRAMEWORK</b>	<b>4.5.</b>	Describe relationships between historical subject matter and other subjects they study, current issues and personal concerns.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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 08: Analyzing Support & Connection

**Connecticut Curriculum Frameworks**

**Social Studies**

**Grade 12 - Adopted 1998**

<b>DOMAIN / CONTENT STANDARD</b>	<b>CT.1.</b>	History: Historical Thinking: Students will develop historical thinking skills, including chronological thinking and recognizing change over time; contextualizing, comprehending and analyzing historical literature; researching historical sources; understanding the concept of historical causation; understanding competing narratives and interpretation; and constructing narratives and interpretation.
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STATE FRAMEWORK	1.2.	<p>Gather, analyze and reconcile historical information, including contradictory data, from primary and secondary sources to support or reject hypotheses.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STATE FRAMEWORK	1.4.	<p>Describe the multiple intersecting causes of events.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b> 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 3: Highway Connections - Lesson 07: Social Support</p>
DOMAIN / CONTENT STANDARD	CT.3.	<p>History: Historical Themes: Students will apply their understanding of historical periods, issues and trends to examine such historical themes as ideals, beliefs and institutions; conflict and conflict resolution; human movement and interaction; and science and technology in order to understand how the world came to be the way it is.</p>
STATE FRAMEWORK	3.6.	<p>Demonstrate an understanding of the ways race, gender, ethnicity and class issues have affected individuals and societies in the past.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p>
DOMAIN / CONTENT STANDARD	CT.4.	<p>History: Applying History: Students will recognize the continuing importance of historical thinking and historical knowledge in their own lives and in the world in which they live.</p>
STATE FRAMEWORK	4.5.	<p>Describe relationships between historical subject matter and other subjects they study, current issues and personal concerns.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
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