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

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

States: Illinois Learning Standards

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

Illinois Learning Standards

Health and PE

Grade 7 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.3a.	Set realistic short-term and long-term goals for a health-related fitness component.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR	20.C.3c.	Apply the principles of training to the health-related fitness goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.3a.	Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders).
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.3d.	Identify various careers involved in health promotion, health care and injury prevention.
		My Success Roadmap

	1	Unit 1: Destination Success Leason 02: Career Ideas
		Unit 1: Destination Success - Lesson 03: Career Ideas
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.3a.	Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use and other drug use).
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.C.	Describe factors that affect growth and development.
PERFORMANCE DESCRIPTOR	23.C.3a.	Describe the relationships among physical, mental and social health factors during adolescence (e.g., the effects of stress on physical and mental performance, effects of nutrition on growth).
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future
		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
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD /	24.A.	Demonstrate procedures for communicating in positive ways, resolving differences and
PERFORMANCE DESCRIPTOR		preventing conflict.
PERFORMANCE DESCRIPTOR	24.A.3b.	Demonstrate methods for addressing interpersonal differences without harm (e.g., avoidance, compromise, cooperation).
		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
		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 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 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
		onit 7. Ordaing a datacas riighways timerary Leason 10. Action ritaining
PERFORMANCE DESCRIPTOR	24.A.3c.	Explain how positive communication helps to build and maintain relationships at school,
		at home and in the workplace.
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING	24	Communications and Decision-Making: Promote and enhance health and well-being
STANDARD		through the use of effective communication and decision-making skills.
•		anough the dee of enective communication and decision making entire
LEADAUNG CTANDARD /	24.5	Apply decision making abilla related to the protection and according of individual beauti
LEARNING STANDARD /	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR		
PERFORMANCE DESCRIPTOR	24.B.3.	Apply a decision-making process to an individual health concern.
		My Success Roadmap
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
STATE GOAL / STRAND	IL.SEL.	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning
STATE GOAL / LEARNING	IL.SEL.	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
STATE GOAL / LEARNING STANDARD		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school
STATE GOAL / LEARNING STANDARD	1	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
STATE GOAL / LEARNING STANDARD	1	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
STATE GOAL / LEARNING STANDARD	1	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1 1A.	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success. Identify and manage one's emotions and behavior.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1 1A.	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success. Identify and manage one's emotions and behavior.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1 1A.	Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning Social/Emotional Learning Social Emotional: Develop self-awareness and self-management skills to achieve school and life success. Identify and manage one's emotions and behavior.

		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		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
		My Success Roadmap
		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
PERFORMANCE DESCRIPTOR	1A.3b.	Apply strategies to manage stress and to motivate successful performance.
		Multimedia Extensions
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		Widitifiedia Exterisions. Weir-being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 09: Finding Balance
		My Success Roadmap
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school
		1.00
STANDARD		and life success.
	4.0	
LEARNING STANDARD /	1B.	and life success. Recognize personal qualities and external supports.
	1B.	
LEARNING STANDARD /	1B.	Recognize personal qualities and external supports.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can contribute to school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can contribute to school and life success. Multimedia Extensions Multimedia Extensions: Connections
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can contribute to school and life success. Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Analyze how personal qualities influence choices and successes. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can contribute to school and life success. Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	1B.3a.	Recognize personal qualities and external supports. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Analyze how making use of school and community supports and opportunities can contribute to school and life success. Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future

		1
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
		Onit 5. Fighway Confidentions - Lesson Co. Analyzing Support & Confidention
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
The state of the s		
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school
STANDARD		and life success.
LEARNING STANDARD /	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR		
PERFORMANCE DESCRIPTOR	1C.3a.	Set a short-term goal and make a plan for achieving it.
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation
		INIUIIIITEUIA EXTENSIONS: IVIOTIVATION
		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
		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
PERFORMANCE DESCRIPTOR	1C.3b.	Analyze why one achieved or did not achieve a goal.
I EN ONMANCE DESCRIPTOR	10.30.	Analyze willy one admieved of did fill admieve a goal.
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		Multimedia Extensions: Motivation
		My Poodman to the Euture
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 01: Delining 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
		-
		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
		Drine 1. Orealing a Success Flighways litherary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GUAL/ STRAND	IL.GEL.	Social/Emotional Learning
STATE GOAL / LEARNING	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain
STANDARD		positive relationships.
		position reaction ipo.
LEARNING STANDARD /	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	20.	555 Sommanication and Social States to Interact enectively with Utile15.
OKANATOL DEGOKA TOK		

PERFORMANCE DESCRIPTOR	2C.3b.	Demonstrate cooperation and teamwork to promote group effectiveness.
		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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 06: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 2: Highway to Confidence - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.3b.	Define unhealthy peer pressure and evaluate strategies for resisting it. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.3a.	Analyze how decision-making skills improve study habits and academic performance. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.3a.	Evaluate one's participation in efforts to address an identified school need.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Health and PE

Grade 8 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.3a.	Set realistic short-term and long-term goals for a health-related fitness component.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR	20.C.3c.	Apply the principles of training to the health-related fitness goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.3a.	Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders).
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health

STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.3d.	Identify various careers involved in health promotion, health care and injury prevention. My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.3a.	Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use and other drug use). My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.C.	Describe factors that affect growth and development.
PERFORMANCE DESCRIPTOR	23.C.3a.	Describe the relationships among physical, mental and social health factors during adolescence (e.g., the effects of stress on physical and mental performance, effects of nutrition on growth). Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING	24	Communications and Decision-Making: Promote and enhance health and well-being

STANDARD		through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.A.	Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.
PERFORMANCE DESCRIPTOR		Demonstrate methods for addressing interpersonal differences without harm (e.g., avoidance, compromise, cooperation). 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 My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 06: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 11: Health & 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
		at home and in the workplace. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
STATE GOAL / STRAND		Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.3.	Apply a decision-making process to an individual health concern. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE DESCRIPTOR	1A.3a.	Analyze factors that create stress or motivate successful performance.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		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
		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
PERFORMANCE DESCRIPTOR	1A.3b.	Apply strategies to manage stress and to motivate successful performance.
		Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.3a.	Analyze how personal qualities influence choices and successes.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections
		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap

		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
PERFORMANCE DESCRIPTOR	1B.3b.	Analyze how making use of school and community supports and opportunities can contribute to school and life success.
		Multimedia Extensions Multimedia Extensions: Connections
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.3a.	Set a short-term goal and make a plan for achieving it.
PERFORMANCE DESCRIPTOR	1C.3b.	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 My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Future 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
PERFORMANCE DESCRIPTOR	10.3D.	Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals

		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.3b.	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 07: Handling Pressure 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 03: Career Ideas Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: 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 10: Analyzing Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Motivation - Lesson 12: Analyzing Motivation Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 13: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.3b.	Define unhealthy peer pressure and evaluate strategies for resisting it. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.3a.	Analyze how decision-making skills improve study habits and academic performance.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
	3 3C.	·
STANDARD LEARNING STANDARD /		personal, school, and community contexts.

Social Studies

Grade 7 - Adopted 1997

STATE GOAL / STRAND	IL.15.	Economics: Understand economic systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	15.A.	Understand how different economic systems operate in the exchange, production,
		distribution and consumption of goods and services.
LEARNING STANDARD /	15.A.3b.	Explain the relationship between productivity and wages.
PERFORMANCE DESCRIPTOR		
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
LEADNING STANDARD /	45.4.0	
LEARNING STANDARD /	15.A.3C.	Describe the relationship between consumer purchases and businesses paying for
PERFORMANCE DESCRIPTOR		productive resources.
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		Multimedia Extensions. Importance of School / Goal-Setting
STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history
		of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD /	16.A.3a.	Describe how historians use models for organizing historical interpretation (e.g.,
		biographies, political events, issues and conflicts).

PERFORMANCE DESCRIPTOR		
		M. C
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 1: Destination Success - Lesson 04: Analyzing the importance of School
LEARNING STANDARD /	16.A.3b.	Make inferences about historical events and eras using historical maps and other
PERFORMANCE DESCRIPTOR		historical sources.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Importance of School / Goal-Setting
		Multimedia Extensions. Importance of School / Soar-Setting
		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 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
STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United
		States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD /	18.B.3a.	Analyze how individuals and groups interact with and within institutions (e.g.,
PERFORMANCE DESCRIPTOR		educational, military).
		Multimedia Extensions
		Multimedia Extensions: Connections
		Multimedia Extensions: Importance of School / Goal-Setting
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Social Studies

Grade 8 - Adopted 1997

STATE GOAL / STRAND	IL.15.	Economics: Understand economic systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	15.A.	Understand how different economic systems operate in the exchange, production, distribution and consumption of goods and services.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	15.A.3b.	Explain the relationship between productivity and wages. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	15.A.3c.	Describe the relationship between consumer purchases and businesses paying for productive resources. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.3a.	Describe how historians use models for organizing historical interpretation (e.g., biographies, political events, issues and conflicts).
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.3b.	Make inferences about historical events and eras using historical maps and other historical sources.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting
		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 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
STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.3a.	Analyze how individuals and groups interact with and within institutions (e.g., educational, military). Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Health and PE

Grade 9 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD		Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

PERFORMANCE DESCRIPTOR	20 C 4a	Set realistic, short-term, health-related fitness goals based on individual profiles.
T ENT GRAIN AND DEGORAL TOR	20101-101	Set realistic, crieft term, realist reaced influence geals saced on marvada promot.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
		, ,
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR		
PERFORMANCE DESCRIPTOR	22.A.4a.	1
		influenza, cancer, arthritis).
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
		, , , , , , , , , , , , , , , , , , ,
PERFORMANCE DESCRIPTOR	22.A.4d.	Research and report about a career involved in health promotion, health care and injury prevention.
		prevention.
		My Success Roadmap
		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 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING	23	Human Body Systems: Understand human body systems and factors that influence
STANDARD	25	growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.A.	Describe and explain the structure and functions of the human body systems and how they interrelate.
PERFORMANCE DESCRIPTOR	23.A.4a.	Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety).
		numion, salety).
		Markimadia Eutonaiana
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL/ STRAND	IL.PUN.	r nysical Development and rieald
STATE GOAL / LEARNING	23	Human Body Systems: Understand human body systems and factors that influence
STANDARD		growth and development.
LEARNING STANDARD /	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR		
PERFORMANCE DESCRIPTOR	23.B.4a.	Explain immediate and long-term effects of health habits on the body systems (e.g.,
		diet/heart disease, exercise/fat reduction, stress management/emotional health).
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation

		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.4.	Explain how decision making affects the achievement of individual health goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future 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
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
PERFORMANCE DESCRIPTOR	24.C.4.	Formulate a plan to achieve individual health goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future 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
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE DESCRIPTOR	1A.4b.	Generate ways to develop more positive attitudes.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.4a.	Set priorities in building on strengths and identifying areas for improvement.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
PERFORMANCE DESCRIPTOR	1B.4b.	Analyze how positive adult role models and support systems contribute to school and life success.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure

STATE GOAL / STRAND STATE GOAL / LEARNING	IL.SEL.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap 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 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 Social/Emotional Learning
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	school and life success. Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.4a.	Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting 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 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
PERFORMANCE DESCRIPTOR	1C.4b.	Apply strategies to overcome obstacles to goal achievement. 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 05: Confidence 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning

STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2A.	Recognize the feelings and perspectives of others.
PERFORMANCE DESCRIPTOR	2A.4b.	Use conversation skills to understand others' feelings and perspectives.
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.4a.	Evaluate the effects of requesting support from and providing support to others.
		Multimedia Extensions Multimedia Extensions: Connections
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE DESCRIPTOR	2C.4b.	Evaluate one's contribution in groups as a member and leader.
		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
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.4b.	Analyze how conflict-resolution skills contribute to work within a group.
		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 My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas 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 07: Social Support 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 Motivation - Lesson 12: Analyzing Motivation 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE DESCRIPTOR	3A.4a.	Demonstrate personal responsibility in making ethical decisions.
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.4a.	Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. 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 My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway to Confidence - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 3: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being 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
TERIORIIIANCE DESCRIPTOR	35.46.	My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.4a.	Plan, implement, and evaluate one's participation in activities and organizations that improve school climate. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Grade 10 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.4a.	Set realistic, short-term, health-related fitness goals based on individual profiles.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.4a.	Compare and contrast communicable, chronic and degenerative illnesses (e.g., influenza, cancer, arthritis). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
PERFORMANCE DESCRIPTOR	22.A.4d.	Research and report about a career involved in health promotion, health care and injury prevention. My Success Roadmap 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 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.A.	Describe and explain the structure and functions of the human body systems and how they interrelate.
PERFORMANCE DESCRIPTOR	23.A.4a.	Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety). Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.4a.	Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health).
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.4.	Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
PERFORMANCE DESCRIPTOR	24.C.4.	Formulate a plan to achieve individual health goals.

		1
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Mu Deadress to the Future
		My Roadmap to the Future
		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
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school
STANDARD		and life success.
OTANDAND		and me success.
LEADNING GETTIER		
LEARNING STANDARD /	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE		
DESCRIPTOR		
PERFORMANCE	1A.4b.	Generate ways to develop more positive attitudes.
DESCRIPTOR		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		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 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school
STANDARD		and life success.
LEARNING STANDARD /	1B.	Recognize personal qualities and external supports.
PERFORMANCE		rtocognizo personal qualities and external supports.
DESCRIPTOR		
DESCRIPTION.		
DEDEGRATION	4D 4	
PERFORMANCE	1B.4a.	Set priorities in building on strengths and identifying areas for improvement.
DESCRIPTOR		
		Multimadia Futanaiana
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		. 5 . L
I .		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence

		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 10: Analyzing Well-Being
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
PERFORMANCE	1B.4b.	Analyze how positive adult role models and support systems contribute to school and life
DESCRIPTOR		success.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		My Roadmap to the Future
		Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support
		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
		My Success Roadmap
		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 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
		J 1, 1 1 1 1 J 1 1 1 1 1 1 1 1 1 1 1 1 1
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school
STANDARD		and life success.
LEARNING STANDARD /	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR		
PERFORMANCE	1C.4a.	Identify strategies to make use of resources and overcome obstacles to achieve goals.
DESCRIPTOR		
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation
		M. Dandran to the Fature
		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
		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
		2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PERFORMANCE	1C.4b.	Apply strategies to overcome obstacles to goal achievement.
DESCRIPTOR		
	1	II.

		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
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2A.	Recognize the feelings and perspectives of others.
PERFORMANCE DESCRIPTOR	2A.4b.	Use conversation skills to understand others' feelings and perspectives.
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.4a.	Evaluate the effects of requesting support from and providing support to others.
		Multimedia Extensions Multimedia Extensions: Connections
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE DESCRIPTOR	2C.4b.	Evaluate one's contribution in groups as a member and leader.
		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
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain
STANDARD		positive relationships.
LEARNING STANDARD /	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive
PERFORMANCE	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
	2D.	
PERFORMANCE		ways.
PERFORMANCE PERFORMANCE	2D. 2D.4b.	
PERFORMANCE DESCRIPTOR		ways.
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group.
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. My Roadmap to the Future
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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
PERFORMANCE PERFORMANCE		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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Future Unit 1: Destination Success - Lesson 03: Career Ideas
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap 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 06: Analyzing School Confidence
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 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 09: Finding Balance Unit 6: Motivation - 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 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 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 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 11: Analyzing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap 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 Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap 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: 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
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap 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 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
PERFORMANCE PERFORMANCE		Analyze how conflict-resolution skills contribute to work within a group. 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 My Success Roadmap 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: 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 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in
STANDARD		personal, school, and community contexts.
		poloonal, concol, and community contoxic.
LEADNING STANDARD /	2.4	Consider attical patety, and assistal factors in malifical desirions
LEARNING STANDARD / PERFORMANCE	3A.	Consider ethical, safety, and societal factors in making decisions.
DESCRIPTOR		
PERFORMANCE	3A.4a.	Demonstrate personal responsibility in making ethical decisions.
DESCRIPTOR		
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in
STANDARD		personal, school, and community contexts.
LEARNING STANDARD /	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE	02.	pp, desicion making chine to dear responsibly man daily deductine and coolar statations.
DESCRIPTOR		
DECCINI FOR		
DEDECORMANCE	2D 4e	Traducto personal chilities to gether information, generate alternatives, and entisingto the
PERFORMANCE	3B.4a.	Evaluate personal abilities to gather information, generate alternatives, and anticipate the
DESCRIPTOR		consequences of decisions.
		My Boodman to the Future
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		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
		Onit of Work and Teesson 12. Analyzing Work and T
		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
PERFORMANCE	3B.4b.	Apply decision-making skills to establish responsible social and work relationships.
DESCRIPTOR		, , , , , , , , , , , , , , , , , , , ,
	<u> </u>	

		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.4a.	Plan, implement, and evaluate one's participation in activities and organizations that improve school climate.
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Health and PE

Grade 11 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.B.	Assess individual fitness levels.
PERFORMANCE DESCRIPTOR	20.B.5b.	Evaluate the effects of fitness choices and heredity on wellness.
		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE		
PERFORMANCE PERFORMANCE		improvement plan.

STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.5.	Demonstrate individual responsibility through use of various team-building strategies in physical activity settings (e.g., etiquette, fair play, self-officiating, coaching, organizing a group activity).
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.5c.	Explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite safety management).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.B.	Describe and explain the factors that influence health among individuals, groups and communities.
PERFORMANCE DESCRIPTOR	22.B.5.	Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.5.	Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).

		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.5.	Explain immediate and long-term impacts of health decisions to the individual, family and community.
		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 07: Handling Pressure 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 Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 07: Social Support 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 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
PERFORMANCE DESCRIPTOR	24.C.5.	Evaluate progress toward the attainment of a health goal.
		Multimedia Extensions Multimedia Extensions: Confidence

		Date of the second second
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		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
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
OTATE COAL (LEADNING	4	
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
STANDARD		ille success.
LEARNING STANDARD /	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE		, , , , , , , , , , , , , , , , , , , ,
DESCRIPTOR		
PERFORMANCE	1A.5a.	Evaluate how expressing one's emotions in different situations affects others.
DESCRIPTOR		
		My Boodman to the Future
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
		onit of Controllerio Ecocom Co. Antaryzing Cupport
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and
STANDARD		life success.
LEARNING STANDARD /	1B.	Recognize personal qualities and external supports.
PERFORMANCE	ib.	incoognize personal qualities and external supports.
DESCRIPTOR		
PERFORMANCE	1B.5a.	Implement a plan to build on a strength, meet a need, or address a challenge.
DESCRIPTOR		
		Multimedia Extensions
	II .	Multimedia Extensions: Confidence
	II	
		Multimedia Extensions: Connections
		Multimedia Extensions: Connections
		Multimedia Extensions: Connections My Roadmap to the Future
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Multimedia Extensions: Connections My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		Multimedia Extensions: Connections 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap
		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
PERFORMANCE	1B.5b.	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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap
PERFORMANCE DESCRIPTOR	1B.5b.	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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
	1B.5b.	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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
	1B.5b.	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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Evaluate how developing interests and filling useful roles support school and life success. Multimedia Extensions
	1B.5b.	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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.5a.	Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement.
		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 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	1C.5b.	Monitor progress toward achieving a goal, and evaluate one's performance against criteria.
		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 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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain

STANDARD		positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.5a.	Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
PERFORMANCE DESCRIPTOR	2C.5b.	Plan, implement, and evaluate participation in a group project. 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 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Well-Being 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 03: Career Ideas 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 5: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: 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
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD	IL.SEL.	Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE DESCRIPTOR	3A.5b.	Examine how the norms of different societies and cultures influence their members' decisions and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future

		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		M. C
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.5a.	Analyze how present decision making affects college and career choices.
		Market on the Property of the Control of the Contro
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation
		INTERIOR ENGLISIONS. MORNARION
		My Roadmap to the Future
		Unit 1: Success, Education, & Work - Lesson 01: Defining Success
		Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		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 03: Career Ideas
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE	3B.5b.	Evaluate how responsible decision making affects interpersonal and group relationships.
DESCRIPTOR		
		My Cycenes Dendman
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		2g a cossess right and any cossess rounding
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEADNING OF THE COLUMN		
LEARNING STANDARD /	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR		
DESCRIPTOR		
PERFORMANCE	3C.5a.	Work cooperatively with others to plan, implement, and evaluate a project to meet an identified
DESCRIPTOR		school need.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
-		

Grade 12 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.B.	Assess individual fitness levels.
PERFORMANCE DESCRIPTOR	20.B.5b.	Evaluate the effects of fitness choices and heredity on wellness.
		Multimedia Extensions Multimedia Extensions: Stress
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.5a.	Set realistic, long-term, health-related fitness goals based on an individual profile.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.5.	Demonstrate individual responsibility through use of various team-building strategies in physical activity settings (e.g., etiquette, fair play, self-officiating, coaching, organizing a group activity).
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.

PERFORMANCE DESCRIPTOR	22.A.5c.	Explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite safety management).
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.B.	Describe and explain the factors that influence health among individuals, groups and communities.
PERFORMANCE DESCRIPTOR	22.B.5.	Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.5.	Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).
		My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.5.	Explain immediate and long-term impacts of health decisions to the individual, family and community.
		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

PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR STATE GOAL / STRAND	IL.SEL.	Evaluate progress toward the attainment of a health goal. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 Social/Emotional Learning
PERFORMANCE DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
PERFORMANCE		
LEARNING STANDARD /	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
STATE GOAL / STRAND	IL.PDH.	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 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

DEDECRMANCE	4 4 5 -	
PERFORMANCE DESCRIPTOR	1A.5a.	Evaluate how expressing one's emotions in different situations affects others.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.5a.	Implement a plan to build on a strength, meet a need, or address a challenge.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		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 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Office of Volume and Constitution of the Const
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
PERFORMANCE	1B.5b.	Evaluate how developing interests and filling useful roles support school and life success.
DESCRIPTOR	1.2.00.	a dada non doronoping intorocio and ining doorat rollo dapport control and into doctors
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Connections
		Waltimedia Extensions. Connections
		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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		M. C
		My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		one in right and including on the control of the co
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and
STANDARD		life success.
LEARNING STANDARD /	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR		
PERFORMANCE	1C.5a.	Set a post-secondary goal with action steps, timeframes, and criteria for evaluating
DESCRIPTOR	. J.Ja.	achievement.
		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
		ividitimedia Extensions, importance of School / Goal-Setting

	1	Name and a same of
		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 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		office 7. Greating a duccess riighways litherary - Lesson 13. Action i familing
PERFORMANCE	1C.5b.	Monitor progress toward achieving a goal, and evaluate one's performance against criteria.
DESCRIPTOR	10.55.	information progress toward acriteving a goal, and evaluate one's performance against criteria.
		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
		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
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEADNING	2	Social Emotional: Use social awareness and interportants skills to establish and maintain
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
STANDARD		positive relationships.
STANDARD LEARNING STANDARD /	2 2C.	·
STANDARD LEARNING STANDARD / PERFORMANCE		positive relationships.
STANDARD LEARNING STANDARD /		positive relationships.
STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	positive relationships. Use communication and social skills to interact effectively with others.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers,
STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	positive relationships. Use communication and social skills to interact effectively with others.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers,
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers,
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C.	Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR	2C. 2C.5a.	Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. My Roadmap to the Future
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. 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
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. 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
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. 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
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. 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
LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE DESCRIPTOR PERFORMANCE	2C. 2C.5a.	Dositive relationships. Use communication and social skills to interact effectively with others. Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation Plan, implement, and evaluate participation in a group project. 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 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 03: Career Ideas
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 2: Highway to Confidence - Lesson 05: Confidence
		9 ,
		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
		, , , , , , , , , , , , , , , , , , , ,
STATE GOAL / STRAND	II OF	Cosial/Emotional Loguring
STATE GUAL/STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal,
STANDARD		school, and community contexts.
LEARNING STANDARD /	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE		
DESCRIPTOR		
22001111 1011		
DEDECRIMANCE	3A.5b.	Examine how the norms of different and authors (0)
PERFORMANCE	3A.5D.	Examine how the norms of different societies and cultures influence their members'
DESCRIPTOR		decisions and behaviors.
DESCRIPTOR		decisions and behaviors.
DESCRIPTOR		decisions and behaviors.
DESCRIPTOR		decisions and behaviors. Multimedia Extensions
DESCRIPTOR		
DESCRIPTOR		Multimedia Extensions
DESCRIPTOR		Multimedia Extensions
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
DESCRIPTOR		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STATE GOAL / STRAND	IL.SEL.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
	IL.SEL.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning
	IL.SEL.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
STATE GOAL / STRAND		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning
STATE GOAL / STRAND STATE GOAL / LEARNING		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal,
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD	3	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD /		Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal,
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE	3	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD /	3	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE	3	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices.
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. Multimedia Extensions
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. 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
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social/Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. 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
STATE GOAL / STRAND STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3B.	Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Apply decision-making skills to deal responsibly with daily academic and social situations. Analyze how present decision making affects college and career choices. 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 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 1: Destination Success - Lesson 04: Analyzing the Importance of School
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	3B.5b.	Evaluate how responsible decision making affects interpersonal and group relationships.
DESCRIPTOR		
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	
STATE GOAL/STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	3	
		Social/Emotional Learning Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / LEARNING		Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal,
STATE GOAL / LEARNING		Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal,
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community. Work cooperatively with others to plan, implement, and evaluate a project to meet an
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community. Work cooperatively with others to plan, implement, and evaluate a project to meet an
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need.
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. My Success Roadmap
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STATE GOAL / LEARNING STANDARD LEARNING STANDARD / PERFORMANCE DESCRIPTOR PERFORMANCE	3 3C.	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts. Contribute to the well-being of one's school and community. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. My Success Roadmap

Social Studies

Grade 9 - Adopted 1997

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the
		history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD /	16.A.4a.	Analyze and report historical events to determine cause-and-effect relationships.
PERFORMANCE DESCRIPTOR		
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Importance of School / Goal-Setting
		,
		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 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
		Only of Figure 2 of Fictions 2000 of 2000 of Outport

STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.4.	Analyze various forms of institutions (e.g., educational, military, charitable, governmental). Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Social Studies

Grade 10 - Adopted 1997

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.4a.	Analyze and report historical events to determine cause-and-effect relationships.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Importance of School / Goal-Setting
		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 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
STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.4.	Analyze various forms of institutions (e.g., educational, military, charitable, governmental).
		Multimedia Extensions
		Multimedia Extensions: Connections
		Multimedia Extensions: Importance of School / Goal-Setting
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Illinois Learning Standards

Social Studies

Grade 11 - Adopted 1997

STATE GOAL / STRAND		History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR		Analyze historical and contemporary developments using methods of historical inquiry (pose questions, collect and analyze data, make and support inferences with evidence, report findings).
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Illinois Learning Standards

Social Studies

Grade 12 - Adopted 1997

STATE GOAL / STRAND		History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	II .	Analyze historical and contemporary developments using methods of historical inquiry (pose questions, collect and analyze data, make and support inferences with evidence, report findings).
		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

© 2013, EdGate Correlation Services, LLC. All Rights reserved.