

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

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

**States: Illinois Social Emotional Learning (SEL) Standards**

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

**Illinois Social Emotional Learning (SEL) Standards**

**Health and PE**

**Grade 7**

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1A.</b>	Identify and manage one's emotions and behavior.
<b>BENCHMARK</b>	<b>1A.3a.</b>	Analyze factors that create stress or motivate successful performance.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> 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
<b>BENCHMARK</b>	<b>1A.3b.</b>	Apply strategies to manage stress and to motivate successful performance.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing 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

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1B.</b>	Recognize personal qualities and external supports.
<b>BENCHMARK</b>	<b>1B.3a.</b>	<p>Analyze how personal qualities influence choices and successes.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>1B.3b.</b>	<p>Analyze how making use of school and community supports and opportunities can contribute to school and life success.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.

<b>LEARNING STANDARD</b>	<b>1C.</b>	Demonstrate skills related to achieving personal and academic goals.
<b>BENCHMARK</b>	<b>1C.3a.</b>	<p>Set a short-term goal and make a plan for achieving it.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>BENCHMARK</b>	<b>1C.3b.</b>	<p>Analyze why one achieved or did not achieve a goal.</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>1L.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2A.</b>	Recognize the feelings and perspectives of others.
<b>BENCHMARK</b>	<b>2A.3a.</b>	<p>Predict others' feelings and perspectives in a variety of situations.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b></p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2C.</b>	Use communication and social skills to interact effectively with others.
<b>BENCHMARK</b>	<b>2C.3b.</b>	<p>Demonstrate cooperation and teamwork to promote group effectiveness.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2D.</b>	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
<b>BENCHMARK</b>	<b>2D.3b.</b>	<p>Define unhealthy peer pressure and evaluate strategies for resisting it.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b></p>

		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
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3A.</b>	Consider ethical, safety, and societal factors in making decisions.
<b>BENCHMARK</b>	<b>3A.3a.</b>	Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions.  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3B.</b>	Apply decision-making skills to deal responsibly with daily academic and social situations.
<b>BENCHMARK</b>	<b>3B.3a.</b>	Analyze how decision-making skills improve study habits and academic performance.  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3C.</b>	Contribute to the well-being of one's school and community.
<b>BENCHMARK</b>	<b>3C.3a.</b>	Evaluate one's participation in efforts to address an identified school need.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Illinois Social Emotional Learning (SEL) Standards**

**Health and PE**

Grade 8

<b>GOAL</b>	<b>1L.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1A.</b>	Identify and manage one's emotions and behavior.
<b>BENCHMARK</b>	<b>1A.3a.</b>	<p>Analyze factors that create stress or motivate successful performance.</p> <p><b>Multimedia Extensions</b>            Multimedia Extensions: Stress            Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>            Unit 4: Stress - Lesson 07: Handling Pressure            Unit 4: Stress - Lesson 08: Analyzing Stress            Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>            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 &amp; Well-Being</p>
<b>BENCHMARK</b>	<b>1A.3b.</b>	<p>Apply strategies to manage stress and to motivate successful performance.</p> <p><b>Multimedia Extensions</b>            Multimedia Extensions: Stress            Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>            Unit 4: Stress - Lesson 07: Handling Pressure            Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>            Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress            Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress            Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being            Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>GOAL</b>	<b>1L.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1B.</b>	Recognize personal qualities and external supports.
<b>BENCHMARK</b>	<b>1B.3a.</b>	<p>Analyze how personal qualities influence choices and successes.</p> <p><b>Multimedia Extensions</b>            Multimedia Extensions: Confidence            Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>1B.3b.</b>	<p>Analyze how making use of school and community supports and opportunities can contribute to school and life success.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>IL.1.</b>	<p>Develop self-awareness and self-management skills to achieve school and life success.</p>
<b>LEARNING STANDARD</b>	<b>1C.</b>	<p>Demonstrate skills related to achieving personal and academic goals.</p>
<b>BENCHMARK</b>	<b>1C.3a.</b>	<p>Set a short-term goal and make a plan for achieving it.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>BENCHMARK</b>	<b>1C.3b.</b>	<p>Analyze why one achieved or did not achieve a goal.</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence  Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2A.</b>	Recognize the feelings and perspectives of others.
<b>BENCHMARK</b>	<b>2A.3a.</b>	<p>Predict others' feelings and perspectives in a variety of situations.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress</p>
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2C.</b>	Use communication and social skills to interact effectively with others.
<b>BENCHMARK</b>	<b>2C.3b.</b>	<p>Demonstrate cooperation and teamwork to promote group effectiveness.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success</p>



		<p>Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 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 &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2D.</b>	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
<b>BENCHMARK</b>	<b>2D.3b.</b>	<p>Define unhealthy peer pressure and evaluate strategies for resisting it.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3A.</b>	Consider ethical, safety, and societal factors in making decisions.
<b>BENCHMARK</b>	<b>3A.3a.</b>	Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions.

		<p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3B.</b>	Apply decision-making skills to deal responsibly with daily academic and social situations.
<b>BENCHMARK</b>	<b>3B.3a.</b>	<p>Analyze how decision-making skills improve study habits and academic performance.</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3C.</b>	Contribute to the well-being of one's school and community.
<b>BENCHMARK</b>	<b>3C.3a.</b>	<p>Evaluate one's participation in efforts to address an identified school need.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

### Illinois Social Emotional Learning (SEL) Standards

#### Health and PE

#### Grade 9

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1A.</b>	Identify and manage one's emotions and behavior.
<b>BENCHMARK</b>	<b>1A.4b.</b>	Generate ways to develop more positive attitudes.

		<p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1B.</b>	Recognize personal qualities and external supports.
<b>BENCHMARK</b>	<b>1B.4a.</b>	<p>Set priorities in building on strengths and identifying areas for improvement.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>1B.4b.</b>	<p>Analyze how positive adult role models and support systems contribute to school and life success.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1C.</b>	Demonstrate skills related to achieving personal and academic goals.
<b>BENCHMARK</b>	<b>1C.4a.</b>	<p>Identify strategies to make use of resources and overcome obstacles to achieve goals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>1C.4b.</b>	<p>Apply strategies to overcome obstacles to goal achievement.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 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 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2A.</b>	Recognize the feelings and perspectives of others.
<b>BENCHMARK</b>	<b>2A.4b.</b>	Use conversation skills to understand others' feelings and perspectives.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2C.</b>	Use communication and social skills to interact effectively with others.
<b>BENCHMARK</b>	<b>2C.4a.</b>	Evaluate the effects of requesting support from and providing support to others.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>BENCHMARK</b>	<b>2C.4b.</b>	Evaluate one's contribution in groups as a member and leader.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2D.</b>	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
<b>BENCHMARK</b>	<b>2D.4b.</b>	Analyze how conflict-resolution skills contribute to work within a group.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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

<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3A.</b>	Consider ethical, safety, and societal factors in making decisions.
<b>BENCHMARK</b>	<b>3A.4a.</b>	Demonstrate personal responsibility in making ethical decisions.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>BENCHMARK</b>	<b>3A.4b.</b>	Evaluate how social norms and the expectations of authority influence personal decisions and actions.  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3B.</b>	Apply decision-making skills to deal responsibly with daily academic and social situations.
<b>BENCHMARK</b>	<b>3B.4a.</b>	Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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
<b>BENCHMARK</b>	<b>3B.4b.</b>	Apply decision-making skills to establish responsible social and work relationships.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3C.</b>	Contribute to the well-being of one's school and community.
<b>BENCHMARK</b>	<b>3C.4a.</b>	Plan, implement, and evaluate one's participation in activities and organizations that improve school climate.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**Illinois Social Emotional Learning (SEL) Standards**

**Health and PE**

**Grade 10**

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1A.</b>	Identify and manage one's emotions and behavior.
<b>BENCHMARK</b>	<b>1A.4b.</b>	Generate ways to develop more positive attitudes.  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.



<b>LEARNING STANDARD</b>	<b>1B.</b>	Recognize personal qualities and external supports.
<b>BENCHMARK</b>	<b>1B.4a.</b>	<p>Set priorities in building on strengths and identifying areas for improvement.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>1B.4b.</b>	<p>Analyze how positive adult role models and support systems contribute to school and life success.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>1L.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1C.</b>	Demonstrate skills related to achieving personal and academic goals.

BENCHMARK	1C.4a.	<p>Identify strategies to make use of resources and overcome obstacles to achieve goals.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK	1C.4b.	<p>Apply strategies to overcome obstacles to goal achievement.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 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 06: Analyzing School Confidence  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
GOAL	IL.2.	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD	2A.	Recognize the feelings and perspectives of others.
BENCHMARK	2A.4b.	<p>Use conversation skills to understand others' feelings and perspectives.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support</p>

		Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2C.</b>	Use communication and social skills to interact effectively with others.
<b>BENCHMARK</b>	<b>2C.4a.</b>	Evaluate the effects of requesting support from and providing support to others.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>BENCHMARK</b>	<b>2C.4b.</b>	Evaluate one's contribution in groups as a member and leader.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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

		<p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2D.</b>	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
<b>BENCHMARK</b>	<b>2D.4b.</b>	<p>Analyze how conflict-resolution skills contribute to work within a group.</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 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 &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3A.</b>	Consider ethical, safety, and societal factors in making decisions.
<b>BENCHMARK</b>	<b>3A.4a.</b>	Demonstrate personal responsibility in making ethical decisions.

		<p><b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>BENCHMARK</b>	<b>3A.4b.</b>	<p>Evaluate how social norms and the expectations of authority influence personal decisions and actions.</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>IL.3.</b>	<p>Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.</p>
<b>LEARNING STANDARD</b>	<b>3B.</b>	<p>Apply decision-making skills to deal responsibly with daily academic and social situations.</p>
<b>BENCHMARK</b>	<b>3B.4a.</b>	<p>Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions.</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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 &amp; 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 &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>BENCHMARK</b>	<b>3B.4b.</b>	<p>Apply decision-making skills to establish responsible social and work relationships.</p>

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

**Illinois Social Emotional Learning (SEL) Standards**

**Health and PE**

**Grade 11**

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1A.</b>	Identify and manage one's emotions and behavior.
<b>BENCHMARK</b>	<b>1A.5a.</b>	Evaluate how expressing one's emotions in different situations affects others.  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
<b>BENCHMARK</b>	<b>1A.5b.</b>	Evaluate how expressing more positive attitudes influences others.  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress

<b>GOAL</b>	<b>1L.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1B.</b>	Recognize personal qualities and external supports.
<b>BENCHMARK</b>	<b>1B.5a.</b>	<p>Implement a plan to build on a strength, meet a need, or address a challenge.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>1B.5b.</b>	<p>Evaluate how developing interests and filling useful roles support school and life success.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1C.</b>	Demonstrate skills related to achieving personal and academic goals.
<b>BENCHMARK</b>	<b>1C.5a.</b>	Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>BENCHMARK</b>	<b>1C.5b.</b>	Monitor progress toward achieving a goal, and evaluate one's performance against criteria.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2C.</b>	Use communication and social skills to interact effectively with others.
<b>BENCHMARK</b>	<b>2C.5a.</b>	Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>BENCHMARK</b>	<b>2C.5b.</b>	Plan, implement, and evaluate participation in a group project.



		<p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 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 &amp; 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 &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3A.</b>	Consider ethical, safety, and societal factors in making decisions.
<b>BENCHMARK</b>	<b>3A.5a.</b>	Apply ethical reasoning to evaluate societal practices.  <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>BENCHMARK</b>	<b>3A.5b.</b>	Examine how the norms of different societies and cultures influence their members' decisions and behaviors.  <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3B.</b>	Apply decision-making skills to deal responsibly with daily academic and social situations.
<b>BENCHMARK</b>	<b>3B.5a.</b>	<p>Analyze how present decision making affects college and career choices.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 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</p>
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3C.</b>	Contribute to the well-being of one's school and community.
<b>BENCHMARK</b>	<b>3C.5a.</b>	<p>Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

**Illinois Social Emotional Learning (SEL) Standards**

**Health and PE**

**Grade 12**

<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1A.</b>	Identify and manage one's emotions and behavior.
<b>BENCHMARK</b>	<b>1A.5a.</b>	Evaluate how expressing one's emotions in different situations affects others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support
<b>BENCHMARK</b>	<b>1A.5b.</b>	Evaluate how expressing more positive attitudes influences others.  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
<b>GOAL</b>	<b>IL.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1B.</b>	Recognize personal qualities and external supports.
<b>BENCHMARK</b>	<b>1B.5a.</b>	Implement a plan to build on a strength, meet a need, or address a challenge.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success 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 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future 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
<b>BENCHMARK</b>	<b>1B.5b.</b>	Evaluate how developing interests and filling useful roles support school and life success.

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<b>GOAL</b>	<b>1L.1.</b>	Develop self-awareness and self-management skills to achieve school and life success.
<b>LEARNING STANDARD</b>	<b>1C.</b>	Demonstrate skills related to achieving personal and academic goals.
<b>BENCHMARK</b>	<b>1C.5a.</b>	<p>Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>BENCHMARK</b>	<b>1C.5b.</b>	<p>Monitor progress toward achieving a goal, and evaluate one's performance against criteria.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 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 06: Analyzing School Confidence</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GOAL</b>	<b>IL.2.</b>	Use social-awareness and interpersonal skills to establish and maintain positive relationships.
<b>LEARNING STANDARD</b>	<b>2C.</b>	Use communication and social skills to interact effectively with others.
<b>BENCHMARK</b>	<b>2C.5a.</b>	Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>BENCHMARK</b>	<b>2C.5b.</b>	Plan, implement, and evaluate participation in a group project.  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

<b>LEARNING STANDARD</b>	<b>3A.</b>	Consider ethical, safety, and societal factors in making decisions.
<b>BENCHMARK</b>	<b>3A.5a.</b>	Apply ethical reasoning to evaluate societal practices.  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
<b>BENCHMARK</b>	<b>3A.5b.</b>	Examine how the norms of different societies and cultures influence their members' decisions and behaviors.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
<b>LEARNING STANDARD</b>	<b>3B.</b>	Apply decision-making skills to deal responsibly with daily academic and social situations.
<b>BENCHMARK</b>	<b>3B.5a.</b>	Analyze how present decision making affects college and career choices.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> 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  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>GOAL</b>	<b>IL.3.</b>	Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

<b>LEARNING STANDARD</b>	<b>3C.</b>	Contribute to the well-being of one's school and community.
<b>BENCHMARK</b>	<b>3C.5a.</b>	<p>Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

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