

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

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

States: Massachusetts Curriculum Frameworks

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

Massachusetts Curriculum Frameworks

Social Studies

Grade 7 - Adopted 2010

FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
STANDARD / CONCEPT / SKILL	RH.6-8.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
STANDARD / CONCEPT / SKILL	RH.6-8.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
STANDARD / CONCEPT / SKILL	RH.6-8.7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. Multimedia Extensions

		<p>Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
STANDARD / CONCEPT / SKILL	RH.6-8.10.	<p>By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.6-8.1.	Write arguments focused on discipline-specific content.
INDICATOR	WHST.6-8.1(c)	<p>Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.6-8.1(d)	<p>Establish and maintain a formal style.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.6-8.1(e)	Provide a concluding statement or section that follows from and supports the argument presented.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.6-8.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
INDICATOR	WHST.6-8.2(b)	<p>Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.6-8.2(c)	<p>Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.6-8.2(d)	<p>Use precise language and domain-specific vocabulary to inform about or explain the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.6-8.2(e)	<p>Establish and maintain a formal style and objective tone.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.6-8.2(f)	Provide a concluding statement or section that follows from and supports the information or explanation presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.6-8.3.	(See note; not applicable as a separate requirement)
INDICATOR	WHST.6-8.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
STANDARD / CONCEPT / SKILL	WHST.6-8.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
STANDARD / CONCEPT / SKILL	WHST.6-8.7.	<p>Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.6-8.8.	<p>Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.6-8.9.	<p>Draw evidence from informational texts to support analysis reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Range of Writing
STANDARD / CONCEPT / SKILL	WHST.6-8.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

Massachusetts Curriculum Frameworks

Social Studies

Grade 8 - Adopted 2003

FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		HISTORY AND GEOGRAPHY
STANDARD / CONCEPT / SKILL	8-12.CS.4.	<p>Interpret and construct charts and graphs that show quantitative information. (H, C, G, E)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STANDARD / CONCEPT / SKILL	8-12.CS.5.	<p>Explain how a cause and effect relationship is different from a sequence or correlation of events. (H, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / CONCEPT / SKILL	8-12.CS.6.	<p>Distinguish between long-term and short-term cause and effect relationships. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STANDARD / CONCEPT / SKILL	8-12.CS.7.	Show connections, causal and otherwise, between particular historical events and ideas and larger social, economic, and political trends and developments. (H, G, C, E) 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
STANDARD / CONCEPT / SKILL	8-12.CS.9.	Distinguish intended from unintended consequences. (H, E, C) 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
FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		GENERAL ECONOMICS SKILLS
STANDARD / CONCEPT / SKILL	8-12.CS.20.	Describe how the earnings of workers are affected by the market value of the product produced and worker skills. (E) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
STANDARD / CONCEPT / SKILL	RH.6-8.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
STANDARD / CONCEPT / SKILL	RH.6-8.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
FOCUS / COURSE	MA.CC.RH.6-8.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
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STANDARD / CONCEPT / SKILL	RH.6-8.10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.6-8.1.	Write arguments focused on discipline-specific content.
INDICATOR	WHST.6-8.1(c)	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.6-8.1(d)	Establish and maintain a formal style. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.6-8.1(e)	Provide a concluding statement or section that follows from and supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes

STANDARD / CONCEPT / SKILL	WHST.6-8.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
INDICATOR	WHST.6-8.2(b)	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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INDICATOR	WHST.6-8.2(d)	Use precise language and domain-specific vocabulary to inform about or explain the topic. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.6-8.2(e)	Establish and maintain a formal style and objective tone. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.6-8.2(f)	Provide a concluding statement or section that follows from and supports the information or explanation presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.6-8.3.	(See note; not applicable as a separate requirement)
INDICATOR	WHST.6-8.3(a)	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
STANDARD / CONCEPT / SKILL	WHST.6-8.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
STANDARD / CONCEPT / SKILL	WHST.6-8.7.	<p>Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / CONCEPT / SKILL	WHST.6-8.8.	Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / CONCEPT / SKILL	WHST.6-8.9.	Draw evidence from informational texts to support analysis reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.CC.WHST.6-8.	Writing Standards for Literacy in History/Social Studies
STRAND		Range of Writing
STANDARD / CONCEPT / SKILL	WHST.6-8.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Massachusetts Curriculum Frameworks

Health and PE

Grade 7 - Adopted 1999

FOCUS / COURSE	MA.1.	Growth and Development: Students will learn the basic characteristics of physical growth and development, including body functions and systems throughout the life cycle, and will acquire skills to promote and maintain positive growth and development.
STRAND	1.8.	Body Systems: Describe the influence of health habits on growth and development. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	1.9.	<p>Body Systems: Apply skills that increase immediate peak functioning of body systems (vigorous exercise, eating nutritious foods, adequate rest).</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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>
FOCUS / COURSE	MA.2.	<p>Physical Activity and Fitness: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.</p>
STRAND	2.13.	<p>Fitness: Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.3.	<p>Nutrition: Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.</p>
STRAND	3.9.	<p>Improving Nutrition: Describe a healthy diet and adequate physical activity during the adolescent growth spurt.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
FOCUS / COURSE	MA.5.	<p>Mental Health: Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress, including suicide prevention.</p>
STRAND	5.7.	<p>Feelings and Emotions: Identify and describe the experience of different feelings (such as elation, joy, grief, and rage) and how feelings affect daily functioning.</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
STRAND	5.8.	<p>Feelings and Emotions: Identify the causes and effects of depression and how to seek help.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	5.9.	<p>Identity: Describe the relationships among physical appearance, changes in the body, and self-concept and esteem.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.10.	<p>Decision Making: Describe the contribution of a personal support system to good mental health.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.6.	<p>Family Life: Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family, balance work and family life, be an effective parent, and nurture the development of children.</p>
STRAND	6.5.	<p>Functions and Purpose: Describe how the functions, purposes, and responsibilities of family members change with life events.</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.6.	<p>Functions and Purpose: Explain the family life cycle and recognize that raising a child is one of the most important functions of a family.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.7.	<p>Supports: Describe those one can trust or turn to for help when needed, such as a support system that can include relatives, friends, neighbors, community organizations, and faith-based groups.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	6.8.	<p>Parenting: Describe ways in which relationships among parents and children change during adolescence, and compare peer and parental influences.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
FOCUS / COURSE	MA.7.	<p>Interpersonal Relationships: Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships, and will acquire skills to enhance and make many of these relationships more fulfilling through commitment and communication.</p>

STRAND	7.5.	<p>Communication: Apply attentive listening, feedback, and assertiveness skills to enhance positive interpersonal communication.</p> <p>My Roadmap to the Future 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 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	7.6.	<p>Peer Relationships: Explain how peer pressure influences choices and apply strategies for managing negative peer pressure and encouraging positive peer pressure.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
FOCUS / COURSE	MA.12.	<p>Consumer Health and Resource Management: Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and well being for themselves, their family, and the community.</p>
STRAND	12.6.	<p>Health Care: Describe how allowing time for healthy activities (such as exercise, preparing nutritious meals, getting adequate sleep) can improve health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	12.9.	<p>Resource Management Practices: Describe the decision-making process when planning a budget to save money for a special purpose.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>

STRAND	12.10.	Resource Management Practices: Identify ways that family and friends can positively or negatively influence consumer choices. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
FOCUS / COURSE	MA.14.	Community and Public Health: Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.
STRAND	14.5.	Social Factors: Identify the origins and accuracy of facts in social messages that promote healthy and unhealthy behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Massachusetts Curriculum Frameworks

Health and PE

Grade 8 - Adopted 1999

FOCUS / COURSE	MA.1.	Growth and Development: Students will learn the basic characteristics of physical growth and development, including body functions and systems throughout the life cycle, and will acquire skills to promote and maintain positive growth and development.
STRAND	1.8.	Body Systems: Describe the influence of health habits on growth and development. 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
STRAND	1.9.	Body Systems: Apply skills that increase immediate peak functioning of body systems (vigorous exercise, eating nutritious foods, adequate rest). Multimedia Extensions Multimedia Extensions: Stress My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap 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>
FOCUS / COURSE	MA.2.	Physical Activity and Fitness: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.
STRAND	2.13.	<p>Fitness: Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.5.	Mental Health: Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress, including suicide prevention.
STRAND	5.7.	<p>Feelings and Emotions: Identify and describe the experience of different feelings (such as elation, joy, grief, and rage) and how feelings affect daily functioning.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
STRAND	5.8.	<p>Feelings and Emotions: Identify the causes and effects of depression and how to seek help.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	5.9.	<p>Identity: Describe the relationships among physical appearance, changes in the body, and self-concept and esteem.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 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 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.10.	<p>Decision Making: Describe the contribution of a personal support system to good mental health.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.6.	<p>Family Life: Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family, balance work and family life, be an effective parent, and nurture the development of children.</p>
STRAND	6.5.	<p>Functions and Purpose: Describe how the functions, purposes, and responsibilities of family members change with life events.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.6.	<p>Functions and Purpose: Explain the family life cycle and recognize that raising a child is one of the most important functions of a family.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.7.	<p>Supports: Describe those one can trust or turn to for help when needed, such as a support system that can include relatives, friends, neighbors, community organizations, and faith-based groups.</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	6.8.	<p>Parenting: Describe ways in which relationships among parents and children change during adolescence, and compare peer and parental influences.</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
FOCUS / COURSE	MA.7.	<p>Interpersonal Relationships: Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships, and will acquire skills to enhance and make many of these relationships more fulfilling through commitment and communication.</p>
STRAND	7.5.	<p>Communication: Apply attentive listening, feedback, and assertiveness skills to enhance positive interpersonal communication.</p> <p>My Roadmap to the Future 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 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	7.6.	<p>Peer Relationships: Explain how peer pressure influences choices and apply strategies for managing negative peer pressure and encouraging positive peer pressure.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>

FOCUS / COURSE	MA.12.	Consumer Health and Resource Management: Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and well being for themselves, their family, and the community.
STRAND	12.6.	<p>Health Care: Describe how allowing time for healthy activities (such as exercise, preparing nutritious meals, getting adequate sleep) can improve health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	12.9.	<p>Resource Management Practices: Describe the decision-making process when planning a budget to save money for a special purpose.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND	12.10.	<p>Resource Management Practices: Identify ways that family and friends can positively or negatively influence consumer choices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
FOCUS / COURSE	MA.14.	Community and Public Health: Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.
STRAND	14.5.	<p>Social Factors: Identify the origins and accuracy of facts in social messages that promote healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

Massachusetts Curriculum Frameworks

Social Studies

Grade 9 - Adopted 2003

FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		HISTORY AND GEOGRAPHY
STANDARD / CONCEPT / SKILL	8-12.CS.4.	<p>Interpret and construct charts and graphs that show quantitative information. (H, C, G, E)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STANDARD / CONCEPT / SKILL	8-12.CS.5.	<p>Explain how a cause and effect relationship is different from a sequence or correlation of events. (H, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.6.</p>	<p>Distinguish between long-term and short-term cause and effect relationships. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.7.</p>	<p>Show connections, causal and otherwise, between particular historical events and ideas and larger social, economic, and political trends and developments. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.9.</p>	<p>Distinguish intended from unintended consequences. (H, E, C)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		GENERAL ECONOMICS SKILLS
STANDARD / CONCEPT / SKILL	8-12.CS.20.	Describe how the earnings of workers are affected by the market value of the product produced and worker skills. (E) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
STANDARD / CONCEPT / SKILL	RH.9-10.3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them. 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
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
STANDARD / CONCEPT / SKILL	RH.9-10.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis Multimedia Extensions Multimedia Extensions: Connections

FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
STANDARD / CONCEPT / SKILL	RH.9-10.7.	<p>Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
STANDARD / CONCEPT / SKILL	RH.9-10.10.	<p>By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.9-10.1.	Write arguments focused on discipline-specific content.
INDICATOR	WHST.9-10.1(c)	<p>Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.1(d)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.1(e)	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.9-10.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
INDICATOR	WHST.9-10.2(a)	<p>Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(b)	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(c)	Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(d)	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(e)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(f)	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.9-10.3.	(See note; not applicable as a separate requirement)
INDICATOR	WHST.9-10.3(a)	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
STANDARD / CONCEPT / SKILL	WHST.9-10.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / CONCEPT / SKILL	WHST.9-10.5.	<p>Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
STANDARD / CONCEPT / SKILL	WHST.9-10.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

STANDARD / CONCEPT / SKILL	WHST.9-10.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / CONCEPT / SKILL	WHST.9-10.9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Range of Writing
STANDARD / CONCEPT / SKILL	WHST.9-10.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Massachusetts Curriculum Frameworks

Social Studies

Grade 10 - Adopted 2003

FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		HISTORY AND GEOGRAPHY
STANDARD / CONCEPT / SKILL	8-12.CS.4.	Interpret and construct charts and graphs that show quantitative information. (H, C, G, E) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD / CONCEPT / SKILL	8-12.CS.5.	<p>Explain how a cause and effect relationship is different from a sequence or correlation of events. (H, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / CONCEPT / SKILL	8-12.CS.6.	<p>Distinguish between long-term and short-term cause and effect relationships. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / CONCEPT / SKILL	8-12.CS.7.	<p>Show connections, causal and otherwise, between particular historical events and ideas and larger social, economic, and political trends and developments. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / CONCEPT / SKILL	8-12.CS.9.	<p>Distinguish intended from unintended consequences. (H, E, C)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		GENERAL ECONOMICS SKILLS
STANDARD / CONCEPT / SKILL	8-12.CS.20.	<p>Describe how the earnings of workers are affected by the market value of the product produced and worker skills. (E)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
STANDARD / CONCEPT / SKILL	RH.9-10.3.	<p>Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
STANDARD / CONCEPT / SKILL	RH.9-10.5.	<p>Analyze how a text uses structure to emphasize key points or advance an explanation or analysis</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
STANDARD / CONCEPT / SKILL	RH.9-10.7.	<p>Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
FOCUS / COURSE	MA.CC.RH.9-10.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
STANDARD / CONCEPT / SKILL	RH.9-10.10.	<p>By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes

STANDARD / CONCEPT / SKILL	WHST.9-10.1.	Write arguments focused on discipline-specific content.
INDICATOR	WHST.9-10.1(c)	Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.9-10.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.9-10.1(e)	Provide a concluding statement or section that follows from or supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.9-10.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
INDICATOR	WHST.9-10.2(a)	Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

		<p>Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(b)	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(d)	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(e)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.9-10.2(f)	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic).</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.9-10.3.	(See note; not applicable as a separate requirement)
INDICATOR	WHST.9-10.3(a)	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
STANDARD / CONCEPT / SKILL	WHST.9-10.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / CONCEPT / SKILL	WHST.9-10.5.	<p>Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
STANDARD / CONCEPT / SKILL	WHST.9-10.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.9-10.8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.9-10.9.	<p>Draw evidence from informational texts to support analysis, reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
FOCUS / COURSE	MA.CC.WHST.9-10.	Writing Standards for Literacy in History/Social Studies
STRAND		Range of Writing
STANDARD / CONCEPT / SKILL	WHST.9-10.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

Massachusetts Curriculum Frameworks

Social Studies

Grade 11 - Adopted 2003

FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		HISTORY AND GEOGRAPHY
STANDARD / CONCEPT / SKILL	8-12.CS.4.	<p>Interpret and construct charts and graphs that show quantitative information. (H, C, G, E)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STANDARD / CONCEPT / SKILL	8-12.CS.5.	<p>Explain how a cause and effect relationship is different from a sequence or correlation of events. (H, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STANDARD / CONCEPT / SKILL	8-12.CS.6.	<p>Distinguish between long-term and short-term cause and effect relationships. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School /</p>

		<p>Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.7.</p>	<p>Show connections, causal and otherwise, between particular historical events and ideas and larger social, economic, and political trends and developments. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.9.</p>	<p>Distinguish intended from unintended consequences. (H, E, C)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		GENERAL ECONOMICS SKILLS
STANDARD / CONCEPT / SKILL	8-12.CS.20.	Describe how the earnings of workers are affected by the market value of the product produced and worker skills. (E)
		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
FOCUS / COURSE	MA.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
STANDARD / CONCEPT / SKILL	RH.11-12.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.
		<p>Multimedia Extensions Multimedia Extensions: Connections</p>
FOCUS / COURSE	MA.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
STANDARD / CONCEPT / SKILL	RH.11-12.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in

		<p>words) in order to address a question or solve a problem.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
FOCUS / COURSE	MA.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
STANDARD / CONCEPT / SKILL	RH.11-12.10.	<p>By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.11-12.1.	Write arguments focused on discipline-specific content.
INDICATOR	WHST.11-12.1(c)	<p>Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.1(d)	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are

		<p>writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.1(e)	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.11-12.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/experiments, or technical processes.
INDICATOR	WHST.11-12.2(a)	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(b)	Develop the topic thoroughly by selecting the most significant and relevant facts, extended

		<p>definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(d)	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(e)	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.11-12.3.	(See note; not applicable as a separate requirement)
INDICATOR	WHST.11-12.3(a)	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
STANDARD / CONCEPT / SKILL	WHST.11-12.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STANDARD / CONCEPT / SKILL	WHST.11-12.5.	<p>Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
STANDARD / CONCEPT / SKILL	WHST.11-12.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.11-12.8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

STANDARD / CONCEPT / SKILL	WHST.11-12.9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Range of Writing
STANDARD / CONCEPT / SKILL	WHST.11-12.10.	Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

Massachusetts Curriculum Frameworks

Social Studies

Grade 12 - Adopted 2003

FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		HISTORY AND GEOGRAPHY
STANDARD / CONCEPT / SKILL	8-12.CS.4.	Interpret and construct charts and graphs that show quantitative information. (H, C, G, E) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STANDARD / CONCEPT / SKILL	8-12.CS.5.	Explain how a cause and effect relationship is different from a sequence or correlation of events. (H, C, E)

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.6.</p>	<p>Distinguish between long-term and short-term cause and effect relationships. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>STANDARD / CONCEPT / SKILL</p>	<p>8-12.CS.7.</p>	<p>Show connections, causal and otherwise, between particular historical events and ideas and larger social, economic, and political trends and developments. (H, G, C, E)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>

STANDARD / CONCEPT / SKILL	8-12.CS.9.	Distinguish intended from unintended consequences. (H, E, C) 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
FOCUS / COURSE	MA.8-12.CS.	Concepts and Skills, Grades 8-12
STRAND		GENERAL ECONOMICS SKILLS
STANDARD / CONCEPT / SKILL	8-12.CS.20.	Describe how the earnings of workers are affected by the market value of the product produced and worker skills. (E) My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
FOCUS / COURSE	MA.E.	Grade 12 Elective: Economics
STRAND	E.3.	Market Structures
STANDARD / CONCEPT / SKILL		Students will understand the organization and role of business firms and analyze the various types of market structures in the United States economy.
INDICATOR	E.3.9.	Describe how the earnings of workers are determined by the market value of the product produced and workers' productivity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	E.3.10.	Identify skills individuals need to be successful in the workplace. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs

		My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
FOCUS / COURSE	MA.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
STANDARD / CONCEPT / SKILL	RH.11-12.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain. Multimedia Extensions Multimedia Extensions: Connections
FOCUS / COURSE	MA.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
STANDARD / CONCEPT / SKILL	RH.11-12.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
FOCUS / COURSE	MA.CC.RH.11-12.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
STANDARD / CONCEPT / SKILL	RH.11-12.10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.11-12.1.	Write arguments focused on discipline-specific content.

INDICATOR	WHST.11-12.1(c)	<p>Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.1(d)	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.1(e)	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.11-12.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
INDICATOR	WHST.11-12.2(a)	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	WHST.11-12.2(b)	<p>Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(c)	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(d)	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	WHST.11-12.2(e)	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies

STRAND		Text Types and Purposes
STANDARD / CONCEPT / SKILL	WHST.11-12.3.	(See note; not applicable as a separate requirement)
INDICATOR	WHST.11-12.3(a)	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
STANDARD / CONCEPT / SKILL	WHST.11-12.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / CONCEPT / SKILL	WHST.11-12.5.	<p>Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge

STANDARD / CONCEPT / SKILL	WHST.11-12.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.11-12.8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / CONCEPT / SKILL	WHST.11-12.9.	<p>Draw evidence from informational texts to support analysis, reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
FOCUS / COURSE	MA.CC.WHST.11-12.	Writing Standards for Literacy in History/Social Studies
STRAND		Range of Writing
STANDARD / CONCEPT / SKILL	WHST.11-12.10.	<p>Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

Massachusetts Curriculum Frameworks

Health and PE

Grade 9 - Adopted 1999

FOCUS / COURSE	MA.2.	Physical Activity and Fitness: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.
STRAND	2.21.	<p>Fitness: Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	2.24.	<p>Personal and Social Competency: Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.3.	Nutrition: Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.
STRAND	3.20.	<p>Social Influences: Identify and analyze dietary plans, costs, and long-term outcomes of weight management programs.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
FOCUS / COURSE	MA.5.	Mental Health: Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress, including suicide prevention.
STRAND	5.11.	<p>Feelings and Emotions: Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	5.14.	<p>Identity: Describe theories of personality development, including identity formation, and differentiate among the concepts of ideal self, public self, and private self.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.15.	<p>Identity: Describe the influence of gender on identity and self-concept.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.17.	<p>Identity: Identify common mental health disorders (for example, anxiety, schizophrenic, and mood, including depression and bipolar) and treatments (for example, psychological, biomedical).</p>

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	5.18.	<p>Decision Making: Identify ways in which decision-making is influenced by sound character, family, and personal beliefs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>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</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.6.	<p>Family Life: Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family, balance work and family life, be an effective parent, and nurture the development of children.</p>
STRAND	6.9.	<p>Functions and Purpose: Explain the functions, purposes, and social significance of family from various historical periods, including modern times.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.10.	<p>Functions and Purpose: Identify the traits of a healthy family (such as responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance) and explain the interdependence and independence of family members.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.7.	<p>Interpersonal Relationships: Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships, and will acquire skills to enhance and make many of these relationships more fulfilling through commitment and communication.</p>
STRAND	7.11.	<p>Communication: Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative communication (such as teasing, name calling, bullying).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND	7.12.	<p>Communication: Describe the influence of the larger social group on individual conduct (such as giving comfort, solving problems, and controlling deviant behavior through enforcing laws and the development of good character in the members of society).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.13.	<p>Communication: Explain the importance of communication in setting limits in a sexual relationship.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.14.	<p>Peer Relationships: Explain the purpose of friendship in different stages of the life cycle and describe how friends can support one another in making healthy decisions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.8.	Disease Prevention and Control: Students will learn the signs, causes, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention, and health maintenance.
STRAND	8.14.	Prevention: Identify positive health behaviors that reduce the risk of disease. 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
FOCUS / COURSE	MA.10.	Tobacco, Alcohol, & Substance Use/Abuse Prevention: Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities.
STRAND	10.15.	Healthy Decisions: Apply promotion skills to encourage healthy behaviors (such as identifying and evaluating initiatives and opportunities for promotion, collecting and disseminating information, and modeling). 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
FOCUS / COURSE	MA.11.	Violence Prevention: Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and will identify constructive alternatives to violence, including how to discourage others from engaging in violence.
STRAND	11.12.	Awareness: Describe the relationship between negative stress and violence. 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

		<p>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</p>
STRAND	11.15.	<p>Contributing Factors: Explain why some people admire others who gain social status through violence and how this can contribute to further violence.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	11.16.	<p>Contributing Factors: Identify those character traits that are connected with peaceful living in society, such as respectfulness, tolerance, honesty, self-discipline, kindness, and empathy.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	11.17.	<p>Alternatives: Describe the responsibility of the family in teaching children non-violent attitudes and conduct.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND	11.18.	<p>Alternatives: Demonstrate skills for refusal, negotiation, and collaboration to avoid potentially harmful situations in personal, work, and community relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
FOCUS / COURSE	MA.12.	<p>Consumer Health and Resource Management: Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and well being for themselves, their family, and the community.</p>
STRAND	12.11.	<p>Health Care: Explain when and how to use self-care or professional health care services.</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	12.14.	<p>Resource Management Practices: Apply planning and management skills to organize tasks and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
STRAND	12.17.	<p>Resource Management Practices: Describe the individual's responsibility to be a wise and informed consumer, including how to plan a budget that includes a spending and savings plan.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>
FOCUS / COURSE	MA.14.	<p>Community and Public Health: Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.</p>
STRAND	14.11.	<p>Public Health: Identify the functions of the school, health department, and other community and public health and social service agencies in health promotion and disease prevention through community health initiatives and observances.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

Massachusetts Curriculum Frameworks

Health and PE

Grade 10 - Adopted 1999

FOCUS / COURSE	MA.2.	<p>Physical Activity and Fitness: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.</p>
STRAND	2.21.	<p>Fitness: Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	2.24.	<p>Personal and Social Competency: Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.3.	<p>Nutrition: Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.</p>
STRAND	3.20.	<p>Social Influences: Identify and analyze dietary plans, costs, and long-term outcomes of weight management programs.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
FOCUS / COURSE	MA.5.	<p>Mental Health: Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress, including suicide prevention.</p>
STRAND	5.11.	<p>Feelings and Emotions: Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future 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</p> <p>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</p>
STRAND	5.14.	<p>Identity: Describe theories of personality development, including identity formation, and differentiate among the concepts of ideal self, public self, and private self.</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.15.	<p>Identity: Describe the influence of gender on identity and self-concept.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.17.	<p>Identity: Identify common mental health disorders (for example, anxiety, schizophrenic, and mood, including depression and bipolar) and treatments (for example, psychological, biomedical).</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	5.18.	<p>Decision Making: Identify ways in which decision-making is influenced by sound character, family, and personal beliefs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>Multimedia Extensions: Well-Being</p> <p>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</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.6.	Family Life: Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family, balance work and family life, be an effective parent, and nurture the development of children.
STRAND	6.9.	<p>Functions and Purpose: Explain the functions, purposes, and social significance of family from various historical periods, including modern times.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.10.	<p>Functions and Purpose: Identify the traits of a healthy family (such as responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance) and explain the interdependence and independence of family members.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.7.	Interpersonal Relationships: Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships, and will acquire skills to enhance and make many of these relationships more fulfilling through commitment and communication.
STRAND	7.11.	Communication: Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative

		<p>communication (such as teasing, name calling, bullying).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND	7.12.	<p>Communication: Describe the influence of the larger social group on individual conduct (such as giving comfort, solving problems, and controlling deviant behavior through enforcing laws and the development of good character in the members of society).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.13.	<p>Communication: Explain the importance of communication in setting limits in a sexual relationship.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.14.	<p>Peer Relationships: Explain the purpose of friendship in different stages of the life cycle and describe how friends can support one another in making healthy decisions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	7.15.	<p>Peer Relationships: Recognize and identify the concept of friendship without romantic involvement and how friendship may develop into romantic relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

FOCUS / COURSE	MA.8.	Disease Prevention and Control: Students will learn the signs, causes, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention, and health maintenance.
STRAND	8.14.	Prevention: Identify positive health behaviors that reduce the risk of disease. 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
FOCUS / COURSE	MA.10.	Tobacco, Alcohol, & Substance Use/Abuse Prevention: Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities.
STRAND	10.15.	Healthy Decisions: Apply promotion skills to encourage healthy behaviors (such as identifying and evaluating initiatives and opportunities for promotion, collecting and disseminating information, and modeling). 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
FOCUS / COURSE	MA.11.	Violence Prevention: Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and will identify constructive alternatives to violence, including how to discourage others from engaging in violence.
STRAND	11.12.	Awareness: Describe the relationship between negative stress and violence. 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 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

STRAND	11.15.	<p>Contributing Factors: Explain why some people admire others who gain social status through violence and how this can contribute to further violence.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	11.16.	<p>Contributing Factors: Identify those character traits that are connected with peaceful living in society, such as respectfulness, tolerance, honesty, self-discipline, kindness, and empathy.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	11.17.	<p>Alternatives: Describe the responsibility of the family in teaching children non-violent attitudes and conduct.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND	11.18.	<p>Alternatives: Demonstrate skills for refusal, negotiation, and collaboration to avoid potentially harmful situations in personal, work, and community relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
FOCUS / COURSE	MA.12.	<p>Consumer Health and Resource Management: Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and well being for themselves, their family, and the community.</p>
STRAND	12.11.	<p>Health Care: Explain when and how to use self-care or professional health care services.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

STRAND	12.14.	Resource Management Practices: Apply planning and management skills to organize tasks and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
FOCUS / COURSE	MA.14.	Community and Public Health: Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.
STRAND	14.11.	Public Health: Identify the functions of the school, health department, and other community and public health and social service agencies in health promotion and disease prevention through community health initiatives and observances. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

Massachusetts Curriculum Frameworks

Health and PE

Grade 11 - Adopted 1999

FOCUS / COURSE	MA.2.	Physical Activity and Fitness: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.
STRAND	2.21.	Fitness: Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	2.24.	Personal and Social Competency: Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans. Multimedia Extensions Multimedia Extensions: Stress

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
FOCUS / COURSE	MA.3.	<p>Nutrition: Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.</p>
STRAND	3.20.	<p>Social Influences: Identify and analyze dietary plans, costs, and long-term outcomes of weight management programs.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
FOCUS / COURSE	MA.5.	<p>Mental Health: Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress, including suicide prevention.</p>
STRAND	5.11.	<p>Feelings and Emotions: Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future 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</p> <p>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</p>
STRAND	5.14.	<p>Identity: Describe theories of personality development, including identity formation, and differentiate among the concepts of ideal self, public self, and private self.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		<p>Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.15.	<p>Identity: Describe the influence of gender on identity and self-concept.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.17.	<p>Identity: Identify common mental health disorders (for example, anxiety, schizophrenic, and mood, including depression and bipolar) and treatments (for example, psychological, biomedical).</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	5.18.	<p>Decision Making: Identify ways in which decision-making is influenced by sound character, family, and personal beliefs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>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</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		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
FOCUS / COURSE	MA.6.	Family Life: Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family, balance work and family life, be an effective parent, and nurture the development of children.
STRAND	6.9.	Functions and Purpose: Explain the functions, purposes, and social significance of family from various historical periods, including modern times. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND	6.10.	Functions and Purpose: Identify the traits of a healthy family (such as responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance) and explain the interdependence and independence of family members. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.7.	Interpersonal Relationships: Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships, and will acquire skills to enhance and make many of these relationships more fulfilling through commitment and communication.
STRAND	7.11.	Communication: Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative communication (such as teasing, name calling, bullying). My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND	7.12.	Communication: Describe the influence of the larger social group on individual conduct (such as giving comfort, solving problems, and controlling deviant behavior through enforcing laws and the development of good character in the members of society).

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.13.	<p>Communication: Explain the importance of communication in setting limits in a sexual relationship.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.14.	<p>Peer Relationships: Explain the purpose of friendship in different stages of the life cycle and describe how friends can support one another in making healthy decisions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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FOCUS / COURSE	MA.8.	<p>Disease Prevention and Control: Students will learn the signs, causes, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention, and health maintenance.</p>
STRAND	8.14.	<p>Prevention: Identify positive health behaviors that reduce the risk of disease.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
FOCUS / COURSE	MA.10.	Tobacco, Alcohol, & Substance Use/Abuse Prevention: Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities.
STRAND	10.15.	Healthy Decisions: Apply promotion skills to encourage healthy behaviors (such as identifying and evaluating initiatives and opportunities for promotion, collecting and disseminating information, and modeling). 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
FOCUS / COURSE	MA.11.	Violence Prevention: Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and will identify constructive alternatives to violence, including how to discourage others from engaging in violence.
STRAND	11.12.	Awareness: Describe the relationship between negative stress and violence. 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 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
STRAND	11.15.	Contributing Factors: Explain why some people admire others who gain social status through violence and how this can contribute to further violence. 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

STRAND	11.16.	<p>Contributing Factors: Identify those character traits that are connected with peaceful living in society, such as respectfulness, tolerance, honesty, self-discipline, kindness, and empathy.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
STRAND	11.17.	<p>Alternatives: Describe the responsibility of the family in teaching children non-violent attitudes and conduct.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
STRAND	11.18.	<p>Alternatives: Demonstrate skills for refusal, negotiation, and collaboration to avoid potentially harmful situations in personal, work, and community relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
FOCUS / COURSE	MA.12.	<p>Consumer Health and Resource Management: Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and well being for themselves, their family, and the community.</p>
STRAND	12.11.	<p>Health Care: Explain when and how to use self-care or professional health care services.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND	12.14.	<p>Resource Management Practices: Apply planning and management skills to organize tasks and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

FOCUS / COURSE	MA.14.	Community and Public Health: Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.
STRAND	14.11.	Public Health: Identify the functions of the school, health department, and other community and public health and social service agencies in health promotion and disease prevention through community health initiatives and observances. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

Massachusetts Curriculum Frameworks

Health and PE

Grade 12 - Adopted 1999

FOCUS / COURSE	MA.2.	Physical Activity and Fitness: Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives.
STRAND	2.21.	Fitness: Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	2.24.	Personal and Social Competency: Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
FOCUS / COURSE	MA.3.	Nutrition: Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.
STRAND	3.20.	Social Influences: Identify and analyze dietary plans, costs, and long-term outcomes of weight management programs.

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
FOCUS / COURSE	MA.5.	<p>Mental Health: Students will acquire knowledge about emotions and physical health, the management of emotions, personality and character development, and social awareness; and will learn skills to promote self-acceptance, make decisions, and cope with stress, including suicide prevention.</p>
STRAND	5.11.	<p>Feelings and Emotions: Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future 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</p> <p>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</p>
STRAND	5.14.	<p>Identity: Describe theories of personality development, including identity formation, and differentiate among the concepts of ideal self, public self, and private self.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.15.	<p>Identity: Describe the influence of gender on identity and self-concept.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	5.17.	<p>Identity: Identify common mental health disorders (for example, anxiety, schizophrenic, and mood, including depression and bipolar) and treatments (for example, psychological, biomedical).</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND	5.18.	<p>Decision Making: Identify ways in which decision-making is influenced by sound character, family, and personal beliefs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>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</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.6.	<p>Family Life: Students will gain knowledge about the significance of the family on individuals and society, and will learn skills to support the family, balance work and family life, be an effective parent, and nurture the development of children.</p>
STRAND	6.9.	<p>Functions and Purpose: Explain the functions, purposes, and social significance of family from various historical periods, including modern times.</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	6.10.	<p>Functions and Purpose: Identify the traits of a healthy family (such as responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance) and explain the interdependence and independence of family members.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.7.	<p>Interpersonal Relationships: Students will learn that relationships with others are an integral part of the human life experience and the factors that contribute to healthy interpersonal relationships, and will acquire skills to enhance and make many of these relationships more fulfilling through commitment and communication.</p>
STRAND	7.11.	<p>Communication: Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative communication (such as teasing, name calling, bullying).</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND	7.12.	<p>Communication: Describe the influence of the larger social group on individual conduct (such as giving comfort, solving problems, and controlling deviant behavior through enforcing laws and the development of good character in the members of society).</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.13.	<p>Communication: Explain the importance of communication in setting limits in a sexual relationship.</p>

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STRAND	7.14.	<p>Peer Relationships: Explain the purpose of friendship in different stages of the life cycle and describe how friends can support one another in making healthy decisions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND	7.15.	<p>Peer Relationships: Recognize and identify the concept of friendship without romantic involvement and how friendship may develop into romantic relationships.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.8.	<p>Disease Prevention and Control: Students will learn the signs, causes, and treatment of chronic and communicable diseases, and will gain skills related to health promotion, disease prevention, and health maintenance.</p>
STRAND	8.14.	<p>Prevention: Identify positive health behaviors that reduce the risk of disease.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.10.	<p>Tobacco, Alcohol, & Substance Use/Abuse Prevention: Students will acquire the knowledge and skills to be competent in making health-enhancing decisions regarding the use of medications and avoidance of substances, and in communicating about substance use/abuse prevention for healthier homes, schools, and communities.</p>
STRAND	10.15.	<p>Healthy Decisions: Apply promotion skills to encourage healthy behaviors (such as identifying and evaluating initiatives and opportunities for promotion, collecting and disseminating information, and modeling).</p>

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
FOCUS / COURSE	MA.11.	Violence Prevention: Students will learn how their actions affect others, will understand the power that positive character traits can have in violence prevention, will gain skills to report incidents of violence and hurtful behavior to adults in the school and community, will avoid engaging in violence, and will identify constructive alternatives to violence, including how to discourage others from engaging in violence.
STRAND	11.12.	<p>Awareness: Describe the relationship between negative stress and violence.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	11.15.	<p>Contributing Factors: Explain why some people admire others who gain social status through violence and how this can contribute to further violence.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>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</p>
STRAND	11.16.	<p>Contributing Factors: Identify those character traits that are connected with peaceful living in society, such as respectfulness, tolerance, honesty, self-discipline, kindness, and empathy.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
STRAND	11.17.	Alternatives: Describe the responsibility of the family in teaching children non-violent attitudes and conduct. Multimedia Extensions Multimedia Extensions: Connections
STRAND	11.18.	Alternatives: Demonstrate skills for refusal, negotiation, and collaboration to avoid potentially harmful situations in personal, work, and community relationships. 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
FOCUS / COURSE	MA.12.	Consumer Health and Resource Management: Students will acquire the knowledge and skills necessary to obtain, manage, and evaluate resources to maintain physical and mental health and well being for themselves, their family, and the community.
STRAND	12.11.	Health Care: Explain when and how to use self-care or professional health care services. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND	12.14.	Resource Management Practices: Apply planning and management skills to organize tasks and responsibilities. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
FOCUS / COURSE	MA.14.	Community and Public Health: Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.
STRAND	14.11.	Public Health: Identify the functions of the school, health department, and other community and public health and social service agencies in health promotion and disease prevention through community health initiatives and observances. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

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