

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

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

States: Minnesota Academic Standards

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

Minnesota Academic Standards

Health and PE

Grade 7 - Adopted 2010

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.1.	The student will describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.1.2.	List protective factors and risk factors associated with health issues. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATORS OF PROGRESS	1.1.3.	Design an individual web showing how decisions influence health. 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.1.6.	<p>Create a magazine cover on a body system, promoting ways to take care of that system.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.2.	The student will explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and other health problems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.2.3.	<p>Draw your own health triangle and identify how each side in interrelated.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.3.	The student will identify ways to reduce risks related to early adolescent health problems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)

INDICATORS OF PROGRESS	1.3.1.	<p>Take a personal wellness inventory and make an action plan for improvement.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.3.2.	<p>Conduct a student survey regarding the health triangle and risk factors to increase student awareness.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	1.3.4.	<p>Brainstorm ways to deal with anger and express feelings.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks

PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.2.	Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)
INDICATORS OF PROGRESS / STRAND	2.1.	The student will describe the influence of cultural beliefs on health behaviors.
INDICATORS OF PROGRESS	2.1.2.	<p>Research dating customs of teens in another culture and the impact on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATORS OF PROGRESS	2.1.3.	<p>Discuss coming-of-age rituals, how they have changed and the impact on health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.1.	The student will describe how the behavior of family and peers affects interpersonal communication.
INDICATORS OF PROGRESS	4.1.1.	<p>Create skits that demonstrate effective interpersonal communication.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health. (DM)
INDICATORS OF PROGRESS / STRAND	5.1.	The student will predict how decisions regarding health behaviors have consequences for self and others.
INDICATORS OF PROGRESS	5.1.1.	<p>Create a personal health plan outlining health habits that promote healthful living.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	5.1.2.	<p>Examine scenarios depicting risky behaviors and predict the consequences of those behaviors.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.2.	The student will describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.
INDICATORS OF PROGRESS	6.2.2.	<p>Write a paragraph about an achieved goal and state reasons for success.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.1.	The student will explain the importance of assuming responsibility for personal health behaviors.
INDICATORS OF PROGRESS	7.1.3.	Log 10 personal health behaviors. Self-assess and identify a healthy behavior goal. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.2.	The student will demonstrate strategies to improve or maintain personal and family health.
INDICATORS OF PROGRESS	7.2.1.	Create a health behavior contract concerning family communication. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections

		<p>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>
INDICATORS OF PROGRESS	7.2.3.	<p>Suggest ways to increase/improve your physical activity level.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.3.	The student will develop injury prevention and management strategies for personal and family health.
INDICATORS OF PROGRESS	7.3.3.	<p>Design and present a lesson for elementary children on a safety issue.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	7.3.4.	<p>Develop a bicycle safety pamphlet including essential safety information.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.1.	The student will analyze information and opinions about health issues.

INDICATORS OF PROGRESS	8.1.1.	<p>Videotape infomercials and analyze the claims that are made if you use their products.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	8.1.2.	<p>Do a walk around the school. Identify potential safety issues. Compile a list of recommendations to make the school a safer place to work and study and present the recommendations for improving the school to the administration and school board.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.2.	The student will identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.
INDICATORS OF PROGRESS	8.2.1.	<p>Write a paragraph explaining ineffective methods for communicating with a parent.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATORS OF PROGRESS	8.2.2.	<p>Explain why the "silent treatment" prohibits communication.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATORS OF PROGRESS	8.2.3.	<p>Illustrate the following conflict styles: the button pusher, the time bomb, the sulkers, etc., and share with the class how you would deal with each conflict style.</p> <p>My Roadmap to the Future</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.3.	The student will demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and communities.
INDICATORS OF PROGRESS	8.3.1	<p>Create health education materials for a targeted audience.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
INDICATORS OF PROGRESS	8.3.2.	<p>Help another family member and journal how you felt about the experience.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
INDICATORS OF PROGRESS	8.3.4.	<p>Present a school campaign with a partner to reduce pressure on teens to have a perfect body.</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.3.	Participates regularly in physical activity. (Physical Activity)
INDICATORS OF PROGRESS / STRAND	3.1.	Students will identify critical aspects of a healthy lifestyle. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATORS OF PROGRESS / STRAND	3.2.	Students will establish personal physical activity goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATORS OF PROGRESS / STRAND	3.3.	Students will participate daily in some form of health-enhancing physical activity. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.4.	Achieves and maintains a health-enhancing level of fitness.
INDICATORS OF PROGRESS / STRAND	4.2.	Students will meet health related fitness standards as defined by a reliable and valid fitness test. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

INDICATORS OF PROGRESS / STRAND	4.3.	<p>Students will begin to develop personal fitness goals independently.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
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Minnesota Academic Standards

Health and PE

Grade 8 - Adopted 2010

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.1.	The student will analyze how heredity, environment, and personal health are related. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.1.7.	<p>Create a class newsletter of environmental and personal health tips promoting family health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.2.	The student will explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.2.5.	<p>Discuss positive stress-management techniques.</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</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.3.	Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)
INDICATORS OF PROGRESS / STRAND	3.2.	The student will analyze how media influences the selection of health information and products.
INDICATORS OF PROGRESS	3.2.1.	<p>Compare product effectiveness to the claims made by the ads (e.g., using web pop-ups, teen magazines, etc.).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	3.2.2.	<p>Identify common advertising techniques geared toward teens and analyze how it impacts recent decisions.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	3.2.4.	<p>Write a television commercial to influence consumers to reduce saturated trans fat in their diet.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC).
INDICATORS OF PROGRESS / STRAND	4.1.	The student will analyze effective verbal and nonverbal communication skills to enhance health

INDICATORS OF PROGRESS	4.1.1.	View media examples of effective and ineffective communication methods. Rewrite the ineffective methods. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATORS OF PROGRESS	4.1.2.	Analyze the effectiveness of strategies used to communicate nonverbally. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.2.	The student will demonstrate ways to communicate care, consideration, and respect of self and others.
INDICATORS OF PROGRESS	4.2.1.	Develop a checklist of healthy family communication characteristics. 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
INDICATORS OF PROGRESS	4.2.2.	Create a tape of positive internal messages that would contribute to a healthy self-esteem. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health. (DM)
INDICATORS OF PROGRESS / STRAND	5.1.	The student will demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
INDICATORS OF PROGRESS	5.1.1.	<p>Create a decision tree using real-life situations, with alternative healthy solutions.</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>
INDICATORS OF PROGRESS	5.1.2.	<p>Write a paper reflection about the decision tree.</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>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to use decision-making skills to enhance health. (DM)
INDICATORS OF PROGRESS / STRAND	5.2.	The student will analyze how health-related decisions are influenced by individual, family and community values.
INDICATORS OF PROGRESS	5.2.3.	Work together to solve a situation facing the school. Apply the decision-making process.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	5.2.4.	<p>Assess the strategies the school/community could use to improve the school environment. Create a plan of action.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.1.	The student will develop a plan that addresses personal strengths, needs and health risks.
INDICATORS OF PROGRESS	6.1.1.	Develop a personal action plan with goals to:
INDICATOR	6.1.1.a.	<p>Prevent yourself from becoming a victim</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.b.	Balance health triangle

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.c.	<p>Improve a personal grooming task</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.d.	<p>Improve emotional and mental health</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.e.	<p>Improve social health</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.f.	<p>Improve consumer skills</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.g.	<p>Improve physical fitness</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.1.h.	<p>Improve nutritional practices</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.1.	The student will analyze various communication methods to accurately express health information and ideas.
INDICATORS OF PROGRESS	8.1.2.	<p>Write an "I" message to effectively communicate about a health issue.</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>
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.3.	Participates regularly in physical activity. (Physical Activity)
INDICATORS OF PROGRESS / STRAND	3.1.	<p>Students will participate daily in some form of health enhancing physical activity.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks

PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.4.	Achieves and maintains a health-enhancing level of fitness.
INDICATORS OF PROGRESS / STRAND	4.4.	Students will meet health related fitness standards as defined by a reliable and valid fitness test. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.5.	Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)
INDICATORS OF PROGRESS / STRAND	5.4.	Students will identify the influence of peer pressure on physical activity. 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 Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

Minnesota Academic Standards

Mathematics

Grade 7 - Adopted 2008

CONTENT STANDARD / DOMAIN	MN.7.2.	Algebra
PERFORMANCE INDICATOR / DOMAIN COMPONENT	7.2.1	Recognize Proportional relationships in real-world and mathematical situations; represent these and other relationships with tables, verbal descriptions, symbols and graphs; solve problems involving proportional relationships and explain results in the original context.
INDICATORS OF PROGRESS / STRAND	7.2.2.2.	Solve multi-step problems involving proportional relationships in numerous contexts. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

CONTENT STANDARD / DOMAIN	MN.7.2.	Algebra
PERFORMANCE INDICATOR / DOMAIN COMPONENT	7.2.4.	Represent real world And mathematical situations using equations with variables. Solve equations symbolically, using the properties of equality. Also solve equations graphically and numerically. Interpret solutions in the original context.
INDICATORS OF PROGRESS / STRAND	7.2.4.2.	Solve equations resulting from proportional relationships in various contexts. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals
CONTENT STANDARD / DOMAIN	MN.7.3.	Geometry & Measurement
PERFORMANCE INDICATOR / DOMAIN COMPONENT	7.3.2.	Analyze the effect of change of scale, translations and reflections on the attributes of two-dimensional figures.
INDICATORS OF PROGRESS / STRAND	7.3.2.3.	Use proportions and ratios to solve problems involving scale drawings and conversions of measurement units. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals
CONTENT STANDARD / DOMAIN	MN.7.4.	Data Analysis & Probability
PERFORMANCE INDICATOR / DOMAIN COMPONENT	7.4.2.	Display and interpret data in a variety of ways, including circle graphs and histograms.
INDICATORS OF PROGRESS / STRAND	7.4.2.1.	Use reasoning with proportions to display and interpret data in circle graphs (pie charts) and histograms. Choose the appropriate data display and know how to create the display using a spreadsheet or other graphing technology. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Minnesota Academic Standards

Social Studies

Grade 7 - Adopted 2004

CONTENT STANDARD / DOMAIN	MN.IV.C2.	Historical Skills: Historical Inquiry: The student will analyze historical evidence and draw conclusions.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.C2.1.	<p>Students will understand that primary sources document first-hand accounts of historical events and secondary sources may be influenced by the author's interpretation of historical events.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.C2.3.	<p>Students will understand the concepts of historical context and multiple causation.</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>
CONTENT STANDARD / DOMAIN	MN.VI.A1.	Economics: Producers and Consumers: The student will understand the concept of interdependence in relation to producers and consumers.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.1.	<p>Students will compare and contrast the roles of producers and consumers.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.2.	Students will explain that in market economies, individuals earn income by working for firms to produce goods and services, and firms incur costs by hiring individuals and earn revenue by selling goods and services. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.4.	Students will explain that a market exists when consumers buy and producers sell goods and services. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.VI.B1.	Economics: Economic Choices: The student will understand basic principles of economic decision-making.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.B1.2.	Students will apply a decision-making process to make informed choices. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.VI.C1.	Economics: The Market Economy (Micro Economics): The student will understand that in a market economy income is earned in different ways.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C1.1.	Students will identify multiple forms of income and their sources. Wages and salary, rent, interest, and profit My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.VI.C2.	Economics: The Market Economy (Micro Economics): The student will understand business organizations, market structures, and financial institutions that operate within our economy.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C2.1.	Students will identify and compare and contrast various industries and the occupations related to them. 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
CONTENT STANDARD / DOMAIN	MN.VII.A1.	Government and Citizenship: Civic Values, Skills, Rights and Responsibilities: The student will recognize the importance of individual action and character in shaping civic life.

PERFORMANCE INDICATOR / DOMAIN COMPONENT	VII.A1.1.	Students will identify people who have dealt with challenges and made a positive difference in other people's lives and explain their contributions. Multimedia Extensions Multimedia Extensions: Confidence
CONTENT STANDARD / DOMAIN	MN.VII.B4.	Government and Citizenship: Beliefs and Principles of United States Democracy: The student will explain the importance of law in the American Constitutional system.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VII.B4.5.	Students will distinguish between civil and criminal law, state and federal law. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.6.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Craft and Structure
INDICATORS OF PROGRESS / STRAND	6.12.5.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
CONTENT STANDARD / DOMAIN	MN.6.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Integration of Knowledge and Ideas
INDICATORS OF PROGRESS / STRAND	6.12.7.7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / DOMAIN	MN.6.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12

PERFORMANCE INDICATOR / DOMAIN COMPONENT		Range of Reading and Level of Text Complexity
INDICATORS OF PROGRESS / STRAND	6.12.10.10.	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
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	6.14.1.1.	Write arguments focused on discipline-specific content.
INDICATORS OF PROGRESS	6.14.1.1.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
INDICATORS OF PROGRESS	6.14.1.1.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
INDICATORS OF PROGRESS	6.14.1.1.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

CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	6.14.2.2.	Write informative/explanatory texts, as they apply to each discipline and reporting format, including the narration of historical events, of scientific procedures/experiments, or description of technical processes.
INDICATORS OF PROGRESS	6.14.2.2.b.	Develop the topic with relevant, credible, sufficient, and 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
INDICATORS OF PROGRESS	6.14.2.2.c.	Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts. 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
INDICATORS OF PROGRESS	6.14.2.2.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
INDICATORS OF PROGRESS	6.14.2.2.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

INDICATORS OF PROGRESS	6.14.2.2.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
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	6.14.3.3.	(See note; not applicable as a separate requirement)
INDICATORS OF PROGRESS	6.14.3.3.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
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Production and Distribution of Writing
INDICATORS OF PROGRESS / STRAND	6.14.4.4.	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

CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Research to Build and Present Knowledge
INDICATORS OF PROGRESS / STRAND	6.14.7.7.	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. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATORS OF PROGRESS / STRAND	6.14.8.8.	Gather relevant information from multiple data, print, physical (e.g., artifacts, objects, images), 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
INDICATORS OF PROGRESS / STRAND	6.14.9.9.	Draw evidence from literary or informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Minnesota Academic Standards

Social Studies

Grade 8 - Adopted 2004

CONTENT STANDARD / DOMAIN	MN.IV.C2.	Historical Skills: Historical Inquiry: The student will analyze historical evidence and draw conclusions.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.C2.1.	Students will understand that primary sources document first-hand accounts of historical events and secondary sources may be influenced by the author's interpretation of historical events. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.C2.3.	<p>Students will understand the concepts of historical context and multiple causation.</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>
CONTENT STANDARD / DOMAIN	MN.VI.A1.	<p>Economics: Producers and Consumers: The student will understand the concept of interdependence in relation to producers and consumers.</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.1.	<p>Students will compare and contrast the roles of producers and consumers.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.2.	<p>Students will explain that in market economies, individuals earn income by working for firms to produce goods and services, and firms incur costs by hiring individuals and earn revenue by selling goods and services.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.4.	<p>Students will explain that a market exists when consumers buy and producers sell goods and services.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
CONTENT STANDARD / DOMAIN	MN.VI.B1.	<p>Economics: Economic Choices: The student will understand basic principles of economic decision-making.</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.B1.2.	<p>Students will apply a decision-making process to make informed choices.</p>

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
CONTENT STANDARD / DOMAIN	MN.VI.C1.	Economics: The Market Economy (Micro Economics): The student will understand that in a market economy income is earned in different ways.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C1.1.	<p>Students will identify multiple forms of income and their sources. Wages and salary, rent, interest, and profit</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.VI.C2.	Economics: The Market Economy (Micro Economics): The student will understand business organizations, market structures, and financial institutions that operate within our economy.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C2.1.	<p>Students will identify and compare and contrast various industries and the occupations related to them.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
CONTENT STANDARD / DOMAIN	MN.VII.A1.	Government and Citizenship: Civic Values, Skills, Rights and Responsibilities: The student will recognize the importance of individual action and character in shaping civic life.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VII.A1.1.	<p>Students will identify people who have dealt with challenges and made a positive difference in other people's lives and explain their contributions.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
CONTENT STANDARD / DOMAIN	MN.VII.B4.	Government and Citizenship: Beliefs and Principles of United States Democracy: The student will explain the importance of law in the American Constitutional system.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VII.B4.3.	<p>Students will distinguish and explain the relationships between making, enforcing and interpreting the law.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VII.B4.5.	Students will distinguish between civil and criminal law, state and federal law.

		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.6.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Craft and Structure
INDICATORS OF PROGRESS / STRAND	6.12.5.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
CONTENT STANDARD / DOMAIN	MN.6.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Integration of Knowledge and Ideas
INDICATORS OF PROGRESS / STRAND	6.12.7.7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / DOMAIN	MN.6.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Range of Reading and Level of Text Complexity
INDICATORS OF PROGRESS / STRAND	6.12.10.10.	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
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes

INDICATORS OF PROGRESS / STRAND	6.14.1.1.	Write arguments focused on discipline-specific content.
INDICATORS OF PROGRESS	6.14.1.1.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>
INDICATORS OF PROGRESS	6.14.1.1.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>
INDICATORS OF PROGRESS	6.14.1.1.e.	<p>Provide a concluding statement or section that follows from and 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>
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	6.14.2.2.	Write informative/explanatory texts, as they apply to each discipline and reporting format, including the narration of historical events, of scientific procedures/experiments, or description of technical processes.
INDICATORS OF PROGRESS	6.14.2.2.b.	<p>Develop the topic with relevant, credible, sufficient, and 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</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATORS OF PROGRESS	6.14.2.2.c.	Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts. 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
INDICATORS OF PROGRESS	6.14.2.2.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
INDICATORS OF PROGRESS	6.14.2.2.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
INDICATORS OF PROGRESS	6.14.2.2.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
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes

INDICATORS OF PROGRESS / STRAND	6.14.3.3.	(See note; not applicable as a separate requirement)
INDICATORS OF PROGRESS	6.14.3.3.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>
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Production and Distribution of Writing
INDICATORS OF PROGRESS / STRAND	6.14.4.4.	<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>
CONTENT STANDARD / DOMAIN	MN.6.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Research to Build and Present Knowledge
INDICATORS OF PROGRESS / STRAND	6.14.7.7.	<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>

INDICATORS OF PROGRESS / STRAND	6.14.8.8.	Gather relevant information from multiple data, print, physical (e.g., artifacts, objects, images), 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
INDICATORS OF PROGRESS / STRAND	6.14.9.9.	Draw evidence from literary or informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Minnesota Academic Standards

Health and PE

Grade 9 - Adopted 2010

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.2.	The student will describe the inter-relationships of mental, emotional, social and physical health through young adulthood. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.2.1.	State the importance of practicing tools for building healthy life skills for life-long wellness. 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being

		<p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.2.2.	<p>Predict how you can use healthy life skills in your daily life.</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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.2.3.	<p>Make a collage of positive behaviors and unhealthy behaviors.</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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.2.4.	<p>Journal one's lifestyle for a week. Identify 3 positives and 3 negatives and the risks associated with these behaviors.</p> <p>Multimedia Extensions 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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATORS OF PROGRESS	1.2.5.	<p>Initiate a file of people in history who have demonstrated great resiliency when faced with adversity.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 08: Analyzing Stress Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.3.	The student will explain the impact of personal health behaviors on the functioning of body systems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.3.2.	<p>Explain the benefits of being physically fit and how to develop a program that is safe and successful.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.2.	Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)
INDICATORS OF PROGRESS / STRAND	2.2.	The student will evaluate the effect of media and other factors on personal, family and community health.
INDICATORS OF PROGRESS	2.2.1.	<p>Create a scrapbook, poster, or collage of ads that send messages that can affect self-esteem. Create a media-rating sheet on the health-related messages they send. Evaluate the messages.</p> <p>Multimedia Extensions</p>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATORS OF PROGRESS	2.2.3.	Evaluate the validity of diet and health supplement claims. Determine what advertising techniques were used to promote the use of the diet or health supplement. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATORS OF PROGRESS	2.2.4.	Create a poster to expose the hidden message in a series of different ads for the same product category. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATORS OF PROGRESS	2.2.5.	Analyze song lyrics for accuracy regarding friendship. Rewrite the lyrics to give a more realistic picture of healthy friendship. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.3.	Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)
INDICATORS OF PROGRESS / STRAND	3.2.	The student will evaluate factors that influence personal selection of health products and services.
INDICATORS OF PROGRESS	3.2.1.	Interview adults as to where they go for health services and products, and why they select these products and services. Graph your findings. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.3.	Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)

INDICATORS OF PROGRESS / STRAND	3.3.	The student will demonstrate the ability to access school and community health services for self and others.
INDICATORS OF PROGRESS	3.3.2.	<p>Gather information, telephone numbers, and addresses of resources in your city that can help teens maintain good health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
INDICATORS OF PROGRESS	3.3.3.	<p>Write a letter to a friend about how to remain uninfected with HIV. Include resources for valid information, testing, and treatment.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.1.	The student will demonstrate skills for communicating effectively with family, peers and others.
INDICATORS OF PROGRESS	4.1.1.	<p>Role-play a family conflict resolved by using healthy communication skills.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	4.1.2.	<p>Plan and present a health fair. Provide exhibits, demonstrations, and presentations that invite attendees to interact with presenters who are sharing information regarding health issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	4.1.2.	<p>Prepare and present a health lesson to an elementary class on healthy verbal communication skills.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	4.1.3.	Analyze and write a summary of an unresolved conflict. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.2.	The student will analyze how interpersonal communication affects relationships.
INDICATORS OF PROGRESS	4.2.2.	Write about a situation in which someone expresses their emotions in a positive and healthy way. Identify the communication techniques utilized. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATORS OF PROGRESS	4.2.3.	Invite a counselor to speak to the class about healthful and effective ways to communicate with family members. Implement a strategy and reflect on its effect. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks

PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.3.	The student will demonstrate healthy ways to express needs, wants and feelings.
INDICATORS OF PROGRESS	4.3.1.	Explore constructive ways of responding to family crises. 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
INDICATORS OF PROGRESS	4.3.2.	State healthy ways in which to respond to a situation that involves substance abuse or domestic violence. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATORS OF PROGRESS	4.3.3.	Demonstrate and practice "I" messages to express needs, wants, and feelings in family and peer situations. 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
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.4.	The student will evaluate ways to communicate care, consideration and respect of self and others.

INDICATORS OF PROGRESS	4.4.1.	<p>Role-play a family conflict resolved by using healthy communication skills.</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>
INDICATORS OF PROGRESS	4.4.2.	<p>Plan and present a health fair. Provide exhibits, demonstrations, and presentations that invite attendees to interact with presenters who are sharing information regarding health issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	4.4.3.	<p>Prepare and present a health lesson to an elementary class on healthy verbal communication skills.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	4.4.4.	<p>Analyze and write a summary of an unresolved conflict.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	4.4.5.	<p>Identify healthy communication skills that could successfully resolve the conflict.</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>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)

INDICATORS OF PROGRESS / STRAND	4.5.	The student will compare and contrast strategies for solving interpersonal conflict without harming self or others.
INDICATORS OF PROGRESS	4.5.2.	Write about a situation in which someone expresses their emotions in a positive and healthy way. Identify the communication techniques utilized. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
INDICATORS OF PROGRESS	4.5.3.	Invite a counselor to speak to the class about healthful and effective ways to communicate with family members. Implement a strategy and reflect on its effect. 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
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.6.	The student will demonstrate refusal, negotiation, and collaboration skills to avoid potentially harmful situations.
INDICATORS OF PROGRESS	4.6.3.	Demonstrate and practice "I" messages to express needs, wants, and feelings in family and peer situations. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.7.	The student will demonstrate attentive listening skills.
INDICATORS OF PROGRESS	4.7.1.	Practice paraphrasing a variety of statements. Discuss the benefits of paraphrasing. 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
INDICATORS OF PROGRESS	4.7.2.	Interview an elder about their health history, practicing attentive listening skills. Share a summary of the interview. 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 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATORS OF PROGRESS	4.7.3.	Partners practice effective listening strategies and effective communication skills. Students describe characteristics of a good listener and how they felt when they were talking with a good listener. 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 My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.8.	The student will analyze the possible causes of conflict in schools, families and communities.
INDICATORS OF PROGRESS	4.8.1.	Practice "I" messages that help you communicate more effectively. 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
INDICATORS OF PROGRESS	4.8.2.	Role-play situations in which "I" messages would be helpful. 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
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.9.	The student will evaluate strategies used to prevent conflict.
INDICATORS OF PROGRESS	4.9.2.	Perform skits illustrating different ways to handle the following pressures: pressure to engage in the use of a substance (such as alcohol or other drugs), or pressure from a boyfriend or girlfriend to engage in sexual activity. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to decision-making skills to enhance health. (DM)
INDICATORS OF PROGRESS / STRAND	5.1.	The student will demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
INDICATORS OF PROGRESS	5.1.1.	Identify health risks of young adults. Use a decision-making model to reduce one of the risks. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to decision-making skills to enhance health. (DM)

INDICATORS OF PROGRESS / STRAND	5.2.	The student will analyze health concerns that require individuals to work together.
INDICATORS OF PROGRESS	5.2.1.	Identify characteristics of successful teams. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATORS OF PROGRESS	5.2.2.	Examine health issues/problems in your school or community and investigate possible solutions. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to decision-making skills to enhance health. (DM)
INDICATORS OF PROGRESS / STRAND	5.3.	The student will predict immediate and long-term impact of health decisions on the individual family and community.
INDICATORS OF PROGRESS	5.3.1.	Design comic books for young children that emphasize the short-term and long-term effects alcohol has on the body and mind. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.5.	Students will demonstrate the ability to decision-making skills to enhance health. (DM)

INDICATORS OF PROGRESS / STRAND	5.4.	The student will analyze how personal health goals are influenced by changes in information, abilities, priorities and responsibilities.
INDICATORS OF PROGRESS	5.4.1.	<p>Analyze situations that would require one to change goals due to a change in priorities.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATORS OF PROGRESS	5.4.2.	<p>Predict how parenthood might affect one's personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.1.	The student will demonstrate the ability to utilize various strategies when setting goals related to health needs and risks of young adults.
INDICATORS OF PROGRESS	6.1.1.	<p>Assess personal health practices and overall health status.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.2.</p>	<p>Develop a plan to attain a personal health goal that addresses strengths, needs and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.3.</p>	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATORS OF PROGRESS	6.1.4.	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.2.	The student will evaluate personal health habits to determine strategies for health enhancement and risk reduction.
INDICATORS OF PROGRESS	7.2.1.	<p>Evaluate your current status of healthful behaviors. Determine strategies to reduce health risks where needed.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		<p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>7.2.2.</p>	<p>Write a short story about a teen involved in the process of trying to change a high-risk behavior utilizing positive strategies for enhancing health.</p> <p>Multimedia Extensions 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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>7.2.3.</p>	<p>Create a personal health mobile utilizing positive strategies for enhancing health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		<p>School</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	7.2.4.	<p>Evaluate what is needed to balance the health triangle.</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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.3.	The student will analyze the short-term and long-term consequences of safe and risky or harmful behaviors.
INDICATORS OF PROGRESS	7.3.2.	<p>Write a script for a skit that deals with a teenager who is experiencing stress and having suicidal thoughts.</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</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
INDICATORS OF PROGRESS	7.3.3.	<p>Reflect on the short- and long-term consequences of drug use.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.4.	The student will develop injury prevention and management strategies for personal, family and community health.
INDICATORS OF PROGRESS	7.4.6.	<p>Research public health standards for kitchen safety and develop a home plan with these standards in mind. Create a kitchen safety checklist for elementary or middle school classroom use.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.1.	The student will express information and opinions about health issues.
INDICATORS OF PROGRESS	8.1.1.	<p>Create a 30-second radio public service announcement advocating the refusal of an abused drug that includes three facts about the harmful effects.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.2.	The student will utilize strategies to overcome barriers when communicating information, ideas, feelings, and opinions about health issues.
INDICATORS OF PROGRESS	8.2.1.	Brainstorm ways to approach a close friend who has an addiction. Create a role-play encouraging the friend to make healthful choices. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
INDICATORS OF PROGRESS	8.2.2.	Develop a campaign geared toward teens about the benefits of beginning a personal fitness program. Defend possible barriers of time, cost and perceived benefit. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
INDICATORS OF PROGRESS	8.2.3.	Take a stand on the issue of later school start times. Research possible health risks/benefits, and prepare and present an oral argument to classmates. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.3.	The student will influence and support others in making positive health choices.
INDICATORS OF PROGRESS	8.3.1.	Organize a health fair at an elementary school, advocating positive health choices at the appropriate age level. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.3.2.	Write an article for a teen magazine discussing what every teenager should know about coping with sexual pressures. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
INDICATORS OF PROGRESS	8.3.4.	Organize a "Say No To Tobacco Day" at your school. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.3.	Participates regularly in physical activity. (Physical Activity)
INDICATORS OF PROGRESS / STRAND	3.1.	Students will participate regularly in health enhancing and personally rewarding physical activity in multiple settings.

		Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATORS OF PROGRESS / STRAND	3.3.	Students will develop and conduct a personal physical activity program meeting their needs. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.5.	Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)
INDICATORS OF PROGRESS / STRAND	5.3.	Students will resolve conflicts in appropriate ways. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS / STRAND	5.4.	Students will keep the importance of winning and losing in perspective. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (Intrinsic Value)
INDICATORS OF PROGRESS / STRAND	6.2.	Students will pursue new activities both alone and with others. Multimedia Extensions Multimedia Extensions: Confidence

Minnesota Academic Standards

Health and PE

Grade 10 - Adopted 2010

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
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PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.1.	The student will analyze the interrelationships of mental, emotional, social, and physical health throughout life. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.1.1.	Compose a "want ad" for a full-time friend that identifies the qualities of a good friend. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATORS OF PROGRESS	1.1.2.	Analyze the mental, emotional, social, and physical needs and life stages of an individual by creating a timeline, writing an article, creating a bulletin board, researching life stages, and/or identifying community resources. Display in a community location. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.3.	The student will describe how to delay onset and reduce risks of potential health problems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.3.1.	Make a personal health plan showing ways to reduce risks of potential health problems. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.3.4.	<p>Utilize a variety of stress-management techniques.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.5.	The student will analyze how the prevention and control of health problems are influenced by research and medical advances. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.5.2.	Prepare a personal health plan describing how to reduce the risks of possible diseases/conditions, integrating recent research and medical advances.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.2.	Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)
INDICATORS OF PROGRESS / STRAND	2.1.	The student will select and assess a school or community health issue resulting from the influence of culture, media, technology and other factors and implement a solution for that issue.
INDICATORS OF PROGRESS	2.1.2.	<p>Study the effects of technology, media, and culture on a health concern (e.g., chat rooms, inappropriate web sites, pop-ups, TV, movies and music). Recommend realistic solutions for addressing the health concern. Report your findings to the school or community.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	2.1.3.	<p>Identify a teen priority issue cited by the CDC. Analyze the impact of the issue on school and community. Develop a plan for a solution.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.3.	Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)
INDICATORS OF PROGRESS / STRAND	3.2.	The student will analyze situations requiring professional health services.
INDICATORS OF PROGRESS	3.2.1.	Review various emergency scenarios for teens and respond with proper treatment and referrals. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATORS OF PROGRESS	3.2.2.	Analyze how a wake, funeral, or memorial service might help with the grieving process. Provide a rationale why professional health services might be needed during the grieving process. 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
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.1.	The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
INDICATORS OF PROGRESS	4.1.2.	Create a cartoon to illustrate a health issue. Include appropriate usage of effective verbal and nonverbal communication strategies (e.g., "I" messages, body language, appropriate tone and attentive listening). My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.1.	The student will design, evaluate, and implement a plan for attaining a personal health goal.
INDICATORS OF PROGRESS	6.1.1.	<p>Identify personal health goals. Prioritize health needs relative to your goals. Develop a plan for a health change. Implement your plan. Reflect on and evaluate the success of your plan.</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 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	6.1.3.	<p>Using a progressive goal-setting process, design a plan to improve personal physical fitness. Implement and evaluate the results.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p>

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.4.</p>	<p>Using a case study of a teen that uses tobacco, develop a plan this teen could follow to quit.</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 Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.5.</p>	<p>Choose a nutrition-related goal for yourself and complete the goal-setting process, outlining steps toward achievement. Write a paragraph discussing the motivating, enabling, and reinforcing factors that may help you accomplish your goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.2.	The student will formulate an effective plan for optimal, lifelong health.
INDICATORS OF PROGRESS	6.2.1.	<p>Interview a grandparent or other senior citizen and identify the personal steps he has taken which contributed to his current health status. Predict what changes or decisions he could have made to alter his current health status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>

		<p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	6.2.2.	<p>Prepare a personal wellness plan for optimal lifelong health considering family health history, what you have learned in health class, personal opinions and values. Include short- and long-term goals.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p> <p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.1.	The student will research and evaluate strategies to manage stress in individuals and groups in school, work and/or social situations.

<p>INDICATORS OF PROGRESS</p>	<p>7.1.1.</p>	<p>Record stressful situations you experience and explain an assertive action that would help to cope with each situation.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>7.1.2.</p>	<p>Invite a local performer, professional speaker, or artist to talk about the stress associated with performing in public and the techniques he/she uses to reduce/manage the stress. Try one of the strategies and evaluate how it worked for you.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>7.1.3.</p>	<p>Peer-teach various stress-reduction techniques.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.2.	The student will develop strategies to reduce a health-threatening situation in the community.
INDICATORS OF PROGRESS	7.2.3.	<p>Develop strategies for dating safety. Prepare a handout to distribute in the school.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.3.	The student will develop strategies to improve or maintain personal, family and community health.
INDICATORS OF PROGRESS	7.3.1.	<p>Develop a personal wellness plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.1.	The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
INDICATORS OF PROGRESS	8.1.1.	<p>Promote ways students might resist peer pressure without generating hostility.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.1.2.	<p>Assess the message, effectiveness and accuracy of various marketing and advertising methods for common over-the-counter drugs.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	8.1.3.	<p>Evaluate various refusal messages regarding their effectiveness in maintaining one's personal sexual limits. Advocate ways students could effectively communicate their own limits, and ways to respectfully respond to others' decisions about their sexual limits.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.1.4.	<p>Prepare a public service announcement promoting care of a pregnant teen mother and her unborn child</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.2.	The student will adapt health messages and techniques to the characteristics of a particular audience.
INDICATORS OF PROGRESS	8.2.1.	<p>Develop age-appropriate, health-enhancing materials for all grade levels, such as brochures, bookmarks, videos, fact sheets, or presentations.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.2.	<p>Prepare and teach a tobacco-use-prevention lesson for sixth graders.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.3.	<p>Adapt fitness information for adults and teens to meet the needs of an elementary student or senior citizen.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.4.	<p>Prepare a picture book for small children on the importance of Vitamin D in the body and foods that are rich in Vitamin D.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.2.5.	Prepare a puppet show for first and second graders regarding safety. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.2.6.	Write an advocacy letter to express concern about the air quality where you work or go to school. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.4.	Achieves and maintains a health-enhancing level of fitness.
INDICATORS OF PROGRESS / STRAND	4.1.	Students will demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal fitness needs. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Minnesota Academic Standards

Health and PE

Grade 11 - Adopted 2010

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.1.	The student will analyze the interrelationships of mental, emotional, social, and physical health throughout life. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.1.1.	Compose a "want ad" for a full-time friend that identifies the qualities of a good friend.

		<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>
INDICATORS OF PROGRESS	1.1.2.	<p>Analyze the mental, emotional, social, and physical needs and life stages of an individual by creating a timeline, writing an article, creating a bulletin board, researching life stages, and/or identifying community resources. Display in a community location.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.3.	The student will describe how to delay onset and reduce risks of potential health problems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.3.1.	<p>Make a personal health plan showing ways to reduce risks of potential health problems.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing</p>

		<p>Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.3.4.	<p>Utilize a variety of stress-management techniques.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Stress</p> <p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.5.	The student will analyze how the prevention and control of health problems are influenced by research and medical advances. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.5.2.	<p>Prepare a personal health plan describing how to reduce the risks of possible diseases/conditions, integrating recent research and medical advances.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p> <p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.2.	Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)
INDICATORS OF PROGRESS / STRAND	2.1.	The student will select and assess a school or community health issue resulting from the influence of culture, media, technology and other factors and implement a solution for that issue.
INDICATORS OF PROGRESS	2.1.2.	<p>Study the effects of technology, media, and culture on a health concern (e.g., chat rooms, inappropriate web sites, pop-ups, TV, movies and music). Recommend realistic solutions for addressing the health concern. Report your findings to the school or community.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	2.1.3.	<p>Identify a teen priority issue cited by the CDC. Analyze the impact of the issue on school and community. Develop a plan for a solution.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.3.	Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)
INDICATORS OF PROGRESS / STRAND	3.2.	The student will analyze situations requiring professional health services.

INDICATORS OF PROGRESS	3.2.1.	<p>Review various emergency scenarios for teens and respond with proper treatment and referrals.</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 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATORS OF PROGRESS	3.2.2.	<p>Analyze how a wake, funeral, or memorial service might help with the grieving process. Provide a rationale why professional health services might be needed during the grieving process.</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>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.1.	The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
INDICATORS OF PROGRESS	4.1.2.	<p>Create a cartoon to illustrate a health issue. Include appropriate usage of effective verbal and nonverbal communication strategies (e.g., "I" messages, body language, appropriate tone and attentive listening).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.1.	The student will design, evaluate, and implement a plan for attaining a personal health goal.

<p>INDICATORS OF PROGRESS</p>	<p>6.1.1.</p>	<p>Identify personal health goals. Prioritize health needs relative to your goals. Develop a plan for a health change. Implement your plan. Reflect on and evaluate the success of your plan.</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 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.3.</p>	<p>Using a progressive goal-setting process, design a plan to improve personal physical fitness. Implement and evaluate the results.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATORS OF PROGRESS	6.1.4.	<p>Using a case study of a teen that uses tobacco, develop a plan this teen could follow to quit.</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 Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	6.1.5.	<p>Choose a nutrition-related goal for yourself and complete the goal-setting process, outlining steps toward achievement. Write a paragraph discussing the motivating, enabling, and reinforcing factors that may help you accomplish your goal.</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 Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of</p>

		<p>School</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.2.	The student will formulate an effective plan for optimal, lifelong health.
INDICATORS OF PROGRESS	6.2.1.	<p>Interview a grandparent or other senior citizen and identify the personal steps he has taken which contributed to his current health status. Predict what changes or decisions he could have made to alter his current health status.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p> <p>Multimedia Extensions: Stress</p> <p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATORS OF PROGRESS	6.2.2.	<p>Prepare a personal wellness plan for optimal lifelong health considering family health history, what you have learned in health class, personal opinions and values. Include short- and long-term goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.1.	The student will research and evaluate strategies to manage stress in individuals and groups in school, work and/or social situations.
INDICATORS OF PROGRESS	7.1.1.	<p>Record stressful situations you experience and explain an assertive action that would help to cope with each situation.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>7.1.2.</p>	<p>Invite a local performer, professional speaker, or artist to talk about the stress associated with performing in public and the techniques he/she uses to reduce/manage the stress. Try one of the strategies and evaluate how it worked for you.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>7.1.3.</p>	<p>Peer-teach various stress-reduction techniques.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.2.	The student will develop strategies to reduce a health-threatening situation in the community.
INDICATORS OF PROGRESS	7.2.3.	Develop strategies for dating safety. Prepare a handout to distribute in the school. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.3.	The student will develop strategies to improve or maintain personal, family and community health.
INDICATORS OF PROGRESS	7.3.1.	Develop a personal wellness plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.1.	The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
INDICATORS OF PROGRESS	8.1.1.	Promote ways students might resist peer pressure without generating hostility. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.1.2.	Assess the message, effectiveness and accuracy of various marketing and advertising methods for common over-the-counter drugs. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATORS OF PROGRESS	8.1.3.	Evaluate various refusal messages regarding their effectiveness in maintaining one's personal sexual limits. Advocate ways students could effectively communicate their own limits, and ways to respectfully respond to others' decisions about their sexual limits. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.1.4.	Prepare a public service announcement promoting care of a pregnant teen mother and her unborn child My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)
INDICATORS OF PROGRESS / STRAND	8.2.	The student will adapt health messages and techniques to the characteristics of a particular audience.
INDICATORS OF PROGRESS	8.2.1.	Develop age-appropriate, health-enhancing materials for all grade levels, such as brochures, bookmarks, videos, fact sheets, or presentations. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.2.2.	Prepare and teach a tobacco-use-prevention lesson for sixth graders. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.2.3.	Adapt fitness information for adults and teens to meet the needs of an elementary student or senior citizen. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.2.4.	Prepare a picture book for small children on the importance of Vitamin D in the body and foods that are rich in Vitamin D. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATORS OF PROGRESS	8.2.5.	Prepare a puppet show for first and second graders regarding safety. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

INDICATORS OF PROGRESS	8.2.6.	Write an advocacy letter to express concern about the air quality where you work or go to school. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.4.	Achieves and maintains a health-enhancing level of fitness.
INDICATORS OF PROGRESS / STRAND	4.1.	Students will demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal fitness needs. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Minnesota Academic Standards

Health and PE

Grade 12 - Adopted 2010

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.1.	The student will analyze the interrelationships of mental, emotional, social, and physical health throughout life. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.1.1.	Compose a "want ad" for a full-time friend that identifies the qualities of a good friend. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATORS OF PROGRESS	1.1.2.	<p>Analyze the mental, emotional, social, and physical needs and life stages of an individual by creating a timeline, writing an article, creating a bulletin board, researching life stages, and/or identifying community resources. Display in a community location.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.3.	The student will describe how to delay onset and reduce risks of potential health problems. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.3.1.	<p>Make a personal health plan showing ways to reduce risks of potential health problems.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	1.3.4.	Utilize a variety of stress-management techniques.

		<p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.1.	Students will comprehend concepts related to health promotion and disease prevention. (CC)
INDICATORS OF PROGRESS / STRAND	1.5.	The student will analyze how the prevention and control of health problems are influenced by research and medical advances. (Alcohol and Other Drugs; Community and Environmental Health; Family Life and Sexuality; Injury Prevention; Mental Health; Nutrition; Personal and Consumer Health; Physical Activity; Tobacco)
INDICATORS OF PROGRESS	1.5.2.	<p>Prepare a personal health plan describing how to reduce the risks of possible diseases/conditions, integrating recent research and medical advances.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.2.	Students will analyze the influence of culture, media, technology, and other factors on health behaviors. (INF)
INDICATORS OF PROGRESS / STRAND	2.1.	The student will select and assess a school or community health issue resulting from the influence of culture, media, technology and other factors and implement a solution for that issue.
INDICATORS OF PROGRESS	2.1.2.	Study the effects of technology, media, and culture on a health concern (e.g., chat rooms, inappropriate web sites, pop-ups, TV, movies and music). Recommend realistic solutions for addressing the health concern. Report your findings to the school or community. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATORS OF PROGRESS	2.1.3.	Identify a teen priority issue cited by the CDC. Analyze the impact of the issue on school and community. Develop a plan for a solution. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.3.	Students will demonstrate the ability to access valid health information and products and services to enhance health. (AI)
INDICATORS OF PROGRESS / STRAND	3.2.	The student will analyze situations requiring professional health services.
INDICATORS OF PROGRESS	3.2.1.	Review various emergency scenarios for teens and respond with proper treatment and referrals. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing

		Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATORS OF PROGRESS	3.2.2.	Analyze how a wake, funeral, or memorial service might help with the grieving process. Provide a rationale why professional health services might be needed during the grieving process. 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
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.4.	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)
INDICATORS OF PROGRESS / STRAND	4.1.	The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
INDICATORS OF PROGRESS	4.1.2.	Create a cartoon to illustrate a health issue. Include appropriate usage of effective verbal and nonverbal communication strategies (e.g., "I" messages, body language, appropriate tone and attentive listening). My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.1.	The student will design, evaluate, and implement a plan for attaining a personal health goal.
INDICATORS OF PROGRESS	6.1.1.	Identify personal health goals. Prioritize health needs relative to your goals. Develop a plan for a health change. Implement your plan. Reflect on and evaluate the success of your plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.3.</p>	<p>Using a progressive goal-setting process, design a plan to improve personal physical fitness. Implement and evaluate the results.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.4.</p>	<p>Using a case study of a teen that uses tobacco, develop a plan this teen could follow to quit.</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 Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATORS OF PROGRESS</p>	<p>6.1.5.</p>	<p>Choose a nutrition-related goal for yourself and complete the goal-setting process, outlining steps toward achievement. Write a paragraph discussing the motivating, enabling, and reinforcing factors that may help you accomplish your goal.</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 Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.6.	Students will demonstrate the ability to use goal-setting skills to enhance health. (GS)
INDICATORS OF PROGRESS / STRAND	6.2.	The student will formulate an effective plan for optimal, lifelong health.
INDICATORS OF PROGRESS	6.2.1.	<p>Interview a grandparent or other senior citizen and identify the personal steps he has taken which contributed to his current health status. Predict what changes or decisions he could have made to alter his current health status.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	6.2.2.	<p>Prepare a personal wellness plan for optimal lifelong health considering family health history, what you have learned in health class, personal opinions and values. Include short- and long-term goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.1.	The student will research and evaluate strategies to manage stress in individuals and groups in school, work and/or social situations.
INDICATORS OF PROGRESS	7.1.1.	<p>Record stressful situations you experience and explain an assertive action that would help to cope with each situation.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATORS OF PROGRESS	7.1.2.	<p>Invite a local performer, professional speaker, or artist to talk about the stress associated with performing in public and the techniques he/she uses to reduce/manage the stress. Try one of the strategies and evaluate how it worked for you.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATORS OF PROGRESS	7.1.3.	<p>Peer-teach various stress-reduction techniques.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)

INDICATORS OF PROGRESS / STRAND	7.2.	The student will develop strategies to reduce a health-threatening situation in the community.
INDICATORS OF PROGRESS	7.2.3.	Develop strategies for dating safety. Prepare a handout to distribute in the school. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.7.	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (SM)
INDICATORS OF PROGRESS / STRAND	7.3.	The student will develop strategies to improve or maintain personal, family and community health.
INDICATORS OF PROGRESS	7.3.1.	Develop a personal wellness plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)

INDICATORS OF PROGRESS / STRAND	8.1.	The student will evaluate the effectiveness of communication methods for accurately expressing health information and ideas.
INDICATORS OF PROGRESS	8.1.1.	<p>Promote ways students might resist peer pressure without generating hostility.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.1.2.	<p>Assess the message, effectiveness and accuracy of various marketing and advertising methods for common over-the-counter drugs.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATORS OF PROGRESS	8.1.3.	<p>Evaluate various refusal messages regarding their effectiveness in maintaining one's personal sexual limits. Advocate ways students could effectively communicate their own limits, and ways to respectfully respond to others' decisions about their sexual limits.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.1.4.	<p>Prepare a public service announcement promoting care of a pregnant teen mother and her unborn child</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
CONTENT STANDARD / DOMAIN	MN.HE.	National Health Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	HE.8.	Students will demonstrate the ability to advocate for personal, family, and community health. (AV)

INDICATORS OF PROGRESS / STRAND	8.2.	The student will adapt health messages and techniques to the characteristics of a particular audience.
INDICATORS OF PROGRESS	8.2.1.	<p>Develop age-appropriate, health-enhancing materials for all grade levels, such as brochures, bookmarks, videos, fact sheets, or presentations.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.2.	<p>Prepare and teach a tobacco-use-prevention lesson for sixth graders.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.3.	<p>Adapt fitness information for adults and teens to meet the needs of an elementary student or senior citizen.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.4.	<p>Prepare a picture book for small children on the importance of Vitamin D in the body and foods that are rich in Vitamin D.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.5.	<p>Prepare a puppet show for first and second graders regarding safety.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATORS OF PROGRESS	8.2.6.	<p>Write an advocacy letter to express concern about the air quality where you work or go to school.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

CONTENT STANDARD / DOMAIN	MN.PE.	National Physical Education Standards and Minnesota Benchmarks
PERFORMANCE INDICATOR / DOMAIN COMPONENT	PE.4.	Achieves and maintains a health-enhancing level of fitness.
INDICATORS OF PROGRESS / STRAND	4.1.	Students will demonstrate the skill, knowledge, and desire to monitor and adjust activity levels to meet personal fitness needs. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Minnesota Academic Standards

Social Studies

Grade 9 - Adopted 2004

CONTENT STANDARD / DOMAIN	MN.IV.A1.	Historical Skills: Historical Inquiry: The student will apply research skills through an in-depth investigation of a historical topic.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.4.	Students will learn how to prepare for, conduct, and document an oral history. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
PERFORMANCE INDICATOR /	IV.A1.5.	Students will apply strategies to find, collect and organize historical research.

DOMAIN COMPONENT		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.IV.A2.	Historical Skills: Historical Inquiry: The student will analyze historical evidence and draw conclusions.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A2.5.	<p>Students will understand the historical context of their research topic and how it was influenced by, or influenced, other historical events.</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>
CONTENT STANDARD / DOMAIN	MN.VI.A1.	Economics: The Market Economy (Micro Economics): The student will understand that in a market economy income is earned in different ways.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.1.	<p>Students will identify multiple forms of income and their sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.VI.A2.	Economics: The Market Economy (Micro Economics): The student will understand business organizations, market structures, and financial institutions that operate within our economy.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A2.1.	<p>Students will identify and compare and contrast various industries and the occupations related to them.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>

CONTENT STANDARD / DOMAIN	MN.VI.C2.	Economics: Essential Skills: The student will learn and be able to apply personal financial management and investment practices
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C2.3.	Students will explain the concepts of compound interest and the Rule of 72, and the applicability to both investment gains and debt retirement. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.VI.E1.	Economics: Economics and Public Policy: The student will apply economic theories and concepts to public policy issues.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.E1.3.	Students will know and analyze how income, and wealth are distributed among different sectors of the population. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Key Ideas and Details
INDICATORS OF PROGRESS / STRAND	9.12.3.3.	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
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12

PERFORMANCE INDICATOR / DOMAIN COMPONENT		Craft and Structure
INDICATORS OF PROGRESS / STRAND	9.12.5.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis Multimedia Extensions Multimedia Extensions: Connections
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Integration of Knowledge and Ideas
INDICATORS OF PROGRESS / STRAND	9.12.7.7.	Integrate quantitative or technical analysis (e.g., charts, maps, research data) with qualitative analysis in print or digital text. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Range of Reading and Level of Text Complexity
INDICATORS OF PROGRESS / STRAND	9.12.10.10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes

INDICATORS OF PROGRESS / STRAND	9.14.1.1.	Write arguments focused on discipline-specific content.
INDICATORS OF PROGRESS	9.14.1.1.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>
INDICATORS OF PROGRESS	9.14.1.1.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>
INDICATORS OF PROGRESS	9.14.1.1.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>
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	9.14.2.2.	Write informative/explanatory texts, as they apply to each discipline and reporting format, including the narration of historical events, of scientific procedures/experiments, or description of technical processes.
INDICATORS OF PROGRESS	9.14.2.2.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.

		<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>
INDICATORS OF PROGRESS	9.14.2.2.b.	<p>Develop the topic with well-chosen, relevant, credible 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>
INDICATORS OF PROGRESS	9.14.2.2.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>
INDICATORS OF PROGRESS	9.14.2.2.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>
INDICATORS OF PROGRESS	9.14.2.2.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>

INDICATORS OF PROGRESS	9.14.2.2.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>
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	9.14.3.3.	(See note; not applicable as a separate requirement)
INDICATORS OF PROGRESS	9.14.3.3.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>
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Production and Distribution of Writing
INDICATORS OF PROGRESS / STRAND	9.14.4.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to discipline, 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</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATORS OF PROGRESS / STRAND	9.14.5.5.	Use a writing process to develop and strengthen writing as needed by planning, drafting, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience, and appropriate to the discipline. 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
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Research to Build and Present Knowledge
INDICATORS OF PROGRESS / STRAND	9.14.7.7.	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 ideas from multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATORS OF PROGRESS / STRAND	9.14.8.8.	Gather relevant information from multiple authoritative data, print, physical (e.g., artifacts, objects, images), 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
INDICATORS OF PROGRESS / STRAND	9.14.9.9.	Draw evidence from literary or informational texts to support analysis, reflection, and research. My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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Minnesota Academic Standards

Social Studies

Grade 10 - Adopted 2004

CONTENT STANDARD / DOMAIN	MN.IV.A1.	Historical Skills: Historical Inquiry: The student will apply research skills through an in-depth investigation of a historical topic.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.4.	Students will learn how to prepare for, conduct, and document an oral history. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.5.	Students will apply strategies to find, collect and organize historical research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.IV.A2.	Historical Skills: Historical Inquiry: The student will analyze historical evidence and draw conclusions.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A2.5.	Students will understand the historical context of their research topic and how it was influenced by, or influenced, other historical events. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.VI.A1.	Economics: The Market Economy (Micro Economics): The student will understand that in a market economy income is earned in different ways.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.1.	Students will identify multiple forms of income and their sources My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

CONTENT STANDARD / DOMAIN	MN.VI.A2.	Economics: The Market Economy (Micro Economics): The student will understand business organizations, market structures, and financial institutions that operate within our economy.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A2.1.	Students will identify and compare and contrast various industries and the occupations related to them. 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
CONTENT STANDARD / DOMAIN	MN.VI.C2.	Economics: Essential Skills: The student will learn and be able to apply personal financial management and investment practices
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C2.3.	Students will explain the concepts of compound interest and the Rule of 72, and the applicability to both investment gains and debt retirement. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.VI.E1.	Economics: Economics and Public Policy: The student will apply economic theories and concepts to public policy issues.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.E1.3.	Students will know and analyze how income, and wealth are distributed among different sectors of the population. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Key Ideas and Details
INDICATORS OF PROGRESS / STRAND	9.12.3.3.	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

		<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>
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Craft and Structure
INDICATORS OF PROGRESS / STRAND	9.12.5.5.	<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>
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Integration of Knowledge and Ideas
INDICATORS OF PROGRESS / STRAND	9.12.7.7.	<p>Integrate quantitative or technical analysis (e.g., charts, maps, 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</p>
CONTENT STANDARD / DOMAIN	MN.9.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Range of Reading and Level of Text Complexity

INDICATORS OF PROGRESS / STRAND	9.12.10.10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	9.14.1.1.	Write arguments focused on discipline-specific content.
INDICATORS OF PROGRESS	9.14.1.1.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
INDICATORS OF PROGRESS	9.14.1.1.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
INDICATORS OF PROGRESS	9.14.1.1.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

CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	9.14.2.2.	Write informative/explanatory texts, as they apply to each discipline and reporting format, including the narration of historical events, of scientific procedures/experiments, or description of technical processes.
INDICATORS OF PROGRESS	9.14.2.2.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>
INDICATORS OF PROGRESS	9.14.2.2.b.	<p>Develop the topic with well-chosen, relevant, credible 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>
INDICATORS OF PROGRESS	9.14.2.2.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>
INDICATORS OF PROGRESS	9.14.2.2.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</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>
INDICATORS OF PROGRESS	9.14.2.2.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>
INDICATORS OF PROGRESS	9.14.2.2.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>
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	9.14.3.3.	(See note; not applicable as a separate requirement)
INDICATORS OF PROGRESS	9.14.3.3.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>

CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Production and Distribution of Writing
INDICATORS OF PROGRESS / STRAND	9.14.4.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to discipline, 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>
INDICATORS OF PROGRESS / STRAND	9.14.5.5.	<p>Use a writing process to develop and strengthen writing as needed by planning, drafting, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience, and appropriate to the discipline.</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>
CONTENT STANDARD / DOMAIN	MN.9.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Research to Build and Present Knowledge
INDICATORS OF PROGRESS / STRAND	9.14.7.7.	<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 ideas from 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>

INDICATORS OF PROGRESS / STRAND	9.14.8.8.	<p>Gather relevant information from multiple authoritative data, print, physical (e.g., artifacts, objects, images), 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>
INDICATORS OF PROGRESS / STRAND	9.14.9.9.	<p>Draw evidence from literary or 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>

Minnesota Academic Standards

Social Studies

Grade 11 - Adopted 2004

CONTENT STANDARD / DOMAIN	MN.IV.A1.	<p>Historical Skills: Historical Inquiry: The student will apply research skills through an in-depth investigation of a historical topic.</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.4.	<p>Students will learn how to prepare for, conduct, and document an oral history.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.5.	<p>Students will apply strategies to find, collect and organize historical research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.IV.A2.	<p>Historical Skills: Historical Inquiry: The student will analyze historical evidence and draw conclusions.</p>
PERFORMANCE INDICATOR /	IV.A2.5.	<p>Students will understand the historical context of their research topic and how it was influenced by, or influenced, other historical events.</p>

DOMAIN COMPONENT		<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>
CONTENT STANDARD / DOMAIN	MN.VI.A1.	Economics: The Market Economy (Micro Economics): The student will understand that in a market economy income is earned in different ways.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.1.	<p>Students will identify multiple forms of income and their sources</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.VI.A2.	Economics: The Market Economy (Micro Economics): The student will understand business organizations, market structures, and financial institutions that operate within our economy.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A2.1.	<p>Students will identify and compare and contrast various industries and the occupations related to them.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
CONTENT STANDARD / DOMAIN	MN.VI.C2.	Economics: Essential Skills: The student will learn and be able to apply personal financial management and investment practices
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C2.3.	<p>Students will explain the concepts of compound interest and the Rule of 72, and the applicability to both investment gains and debt retirement.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

CONTENT STANDARD / DOMAIN	MN.VI.E1.	Economics: Economics and Public Policy: The student will apply economic theories and concepts to public policy issues.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.E1.3.	Students will know and analyze how income, and wealth are distributed among different sectors of the population. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.11.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Key Ideas and Details
INDICATORS OF PROGRESS / STRAND	11.12.3.3.	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
CONTENT STANDARD / DOMAIN	MN.11.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Integration of Knowledge and Ideas
INDICATORS OF PROGRESS / STRAND	11.12.7.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, spatially, aurally, physically 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
CONTENT STANDARD / DOMAIN	MN.11.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12

PERFORMANCE INDICATOR / DOMAIN COMPONENT		Range of Reading and Level of Text Complexity
INDICATORS OF PROGRESS / STRAND	11.12.10.10.	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
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	11.14.1.1.	Write arguments focused on discipline-specific content.
INDICATORS OF PROGRESS	11.14.1.1.c.	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. 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
INDICATORS OF PROGRESS	11.14.1.1.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
INDICATORS OF PROGRESS	11.14.1.1.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
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	11.14.2.2.	Write informative/explanatory texts, as they apply to each discipline and reporting format, including the narration of historical events, of scientific procedures/experiments, or description of technical processes.
INDICATORS OF PROGRESS	11.14.2.2.a.	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. 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
INDICATORS OF PROGRESS	11.14.2.2.b.	Develop the topic thoroughly by selecting the most significant, credible, sufficient, and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of 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
INDICATORS OF PROGRESS	11.14.2.2.c.	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. 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

INDICATORS OF PROGRESS	11.14.2.2.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>
INDICATORS OF PROGRESS	11.14.2.2.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>
INDICATORS OF PROGRESS	11.14.2.2.f.	<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>
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	11.14.3.3.	(See note; not applicable as a separate requirement)
INDICATORS OF PROGRESS	11.14.3.3.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>
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Production and Distribution of Writing
INDICATORS OF PROGRESS / STRAND	11.14.4.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to discipline, 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>
INDICATORS OF PROGRESS / STRAND	11.14.6.6.	<p>Use technology, including, but not limited to, the Internet, to produce, publish, and update individual or shared writing products and multimedia texts in response to ongoing feedback, including new arguments or information.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Research to Build and Present Knowledge
INDICATORS OF PROGRESS / STRAND	11.14.7.7.	<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 ideas from multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATORS OF PROGRESS / STRAND	11.14.8.8.	<p>Gather relevant information from multiple authoritative data, print, physical (e.g., artifacts, objects, images), 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>

Minnesota Academic Standards

Social Studies

Grade 12 - Adopted 2004

CONTENT STANDARD / DOMAIN	MN.IV.A1.	Historical Skills: Historical Inquiry: The student will apply research skills through an in-depth investigation of a historical topic.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.4.	<p>Students will learn how to prepare for, conduct, and document an oral history.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A1.5.	<p>Students will apply strategies to find, collect and organize historical research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.IV.A2.	Historical Skills: Historical Inquiry: The student will analyze historical evidence and draw conclusions.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	IV.A2.5.	<p>Students will understand the historical context of their research topic and how it was influenced by, or influenced, other historical events.</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.VI.A1.	Economics: The Market Economy (Micro Economics): The student will understand that in a market economy income is earned in different ways.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A1.1.	Students will identify multiple forms of income and their sources My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.VI.A2.	Economics: The Market Economy (Micro Economics): The student will understand business organizations, market structures, and financial institutions that operate within our economy.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.A2.1.	Students will identify and compare and contrast various industries and the occupations related to them. 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
CONTENT STANDARD / DOMAIN	MN.VI.C2.	Economics: Essential Skills: The student will learn and be able to apply personal financial management and investment practices
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.C2.3.	Students will explain the concepts of compound interest and the Rule of 72, and the applicability to both investment gains and debt retirement. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT STANDARD / DOMAIN	MN.VI.E1.	Economics: Economics and Public Policy: The student will apply economic theories and concepts to public policy issues.
PERFORMANCE INDICATOR / DOMAIN COMPONENT	VI.E1.3.	Students will know and analyze how income, and wealth are distributed among different sectors of the population. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MN.11.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12

PERFORMANCE INDICATOR / DOMAIN COMPONENT		Key Ideas and Details
INDICATORS OF PROGRESS / STRAND	11.12.3.3.	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
CONTENT STANDARD / DOMAIN	MN.11.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Integration of Knowledge and Ideas
INDICATORS OF PROGRESS / STRAND	11.12.7.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, spatially, aurally, physically 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
CONTENT STANDARD / DOMAIN	MN.11.12.	Reading Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Range of Reading and Level of Text Complexity
INDICATORS OF PROGRESS / STRAND	11.12.10.10.	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
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12

PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	11.14.1.1.	Write arguments focused on discipline-specific content.
INDICATORS OF PROGRESS	11.14.1.1.c.	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. 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
INDICATORS OF PROGRESS	11.14.1.1.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
INDICATORS OF PROGRESS	11.14.1.1.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
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes

INDICATORS OF PROGRESS / STRAND	11.14.2.2.	Write informative/explanatory texts, as they apply to each discipline and reporting format, including the narration of historical events, of scientific procedures/ experiments, or description of technical processes.
INDICATORS OF PROGRESS	11.14.2.2.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>
INDICATORS OF PROGRESS	11.14.2.2.b.	<p>Develop the topic thoroughly by selecting the most significant, credible, sufficient, 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>
INDICATORS OF PROGRESS	11.14.2.2.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>
INDICATORS OF PROGRESS	11.14.2.2.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>

INDICATORS OF PROGRESS	11.14.2.2.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>
INDICATORS OF PROGRESS	11.14.2.2.f.	<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>
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Text Types and Purposes
INDICATORS OF PROGRESS / STRAND	11.14.3.3.	(See note; not applicable as a separate requirement)
INDICATORS OF PROGRESS	11.14.3.3.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>
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR /		Production and Distribution of Writing

DOMAIN COMPONENT		
INDICATORS OF PROGRESS / STRAND	11.14.4.4.	<p>Produce clear and coherent writing in which the development, organization, and style are appropriate to discipline, 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>
INDICATORS OF PROGRESS / STRAND	11.14.6.6.	<p>Use technology, including, but not limited to, the Internet, to produce, publish, and update individual or shared writing products and multi-media texts in response to ongoing feedback, including new arguments or information.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MN.11.14.	Writing Benchmarks: Literacy in History/Social Studies 6-12
PERFORMANCE INDICATOR / DOMAIN COMPONENT		Research to Build and Present Knowledge
INDICATORS OF PROGRESS / STRAND	11.14.7.7.	<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 ideas from 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>
INDICATORS OF PROGRESS / STRAND	11.14.8.8.	<p>Gather relevant information from multiple authoritative data, print, physical (e.g., artifacts, objects, images), 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</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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