

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

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

States: Nebraska Academic Standards

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

Nebraska Academic Standards

Social Studies

Grade 7 - Adopted 2012

CONTENT STANDARD	NE.SS.6.	Grades 6-8 (United States/World)
STRAND	SS 8.3.	Geography: Students will develop and apply spatial perspective and geographic skills to make informed decisions regarding issues and current events at local, state, national and international levels.
INDICATOR		Human Systems
STRAND	SS 8.3.4.	Students will analyze and interpret patterns of culture around the world.
GRADE LEVEL EXPECTATION	SS 8.3.4.c.	Analyze and explain components and diffusion of cultures (e.g., religion-spread of various belief systems, popular culture, spread of fast food chains, language-spread of English, technology-adoption of agricultural advancements, railroads, people as carriers and physical and cultural barriers, expansion and relocation, hierarchical-expansion diffusion of fashion from Paris and London to Nebraska communities,) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

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Nebraska Academic Standards

Health and PE

Grade 7 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.2.	As a result of health instruction, students will describe the interrelationship of mental, emotional, social, and physical health during adolescence
INDICATOR	1.2.b.	Explaining, in group discussion, how emotional health influences eating patterns. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.4.	As a result of health instruction, students will describe how family and peers influence the health of adolescents
INDICATOR	1.4.a.	Identifying and describing a positive health role model for each student, then writing that person a thank you note. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

		<p>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>
INDICATOR	1.4.c.	<p>Drawing a web to show how family and peers influence them.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</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 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.5.	As a result of health instruction, students will analyze how environment and personal health are interrelated
INDICATOR	1.5.a.	<p>Researching environmental health hazards within the school, then completing a written report and presenting it to school administrators.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.6.	As a result of health instruction, students will describe ways to reduce risks related to adolescent health problems
INDICATOR	1.6.a.	<p>Evaluating their stress level-through the use of a checklist.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		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
INDICATOR	1.6.b.	Selecting one stressor and using a goal-setting process to reduce it. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.7.	As a result of health instruction, students will explain how appropriate health care can prevent premature death and disability
INDICATOR	1.7.b.	Designing and presenting a lesson to elementary students on bicycle 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
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.1.	As a result of health instruction, students will analyze the validity of health information, products, and services
INDICATOR	2.1.a.	Analyzing, in small groups, the effectiveness and risks of fad diets and reporting to the class. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	2.1.c.	Using a checklist to evaluate advertisements for health products. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.2.	As a result of health instruction, students will demonstrate the ability to utilize resources from home, school, and community that provide valid health information
INDICATOR	2.2.a.	Constructing a current valid health information list for use at home to be stored by the phone. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.3.	As a result of health instruction, students will analyze how media influence the selection of health information and products
INDICATOR	2.3.b.	Evaluating current advertisements from media and identifying ways they influence eating and eating disorders and then giving an oral report to the class. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	2.3.c.	Analyzing Saturday morning television commercials and then demonstrating a positive message dramatically. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and eliminate/reduce health risks.
STRAND	3.1.	As a result of health instruction, students will explain the importance of assuming responsibility for personal-health behaviors
INDICATOR	3.1.b.	Choosing a television character and using a chart to identify how one's health behaviors affect one's health in a positive way. 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

CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and eliminate/reduce health risks.
STRAND	3.2.	As a result of health instruction, students will analyze a personal health assessment to determine health strengths and risks
INDICATOR	3.2.a .	Evaluating students dietary strengths and risks by completing a food diary and using computer program like Eat Smart to improve dietary habits. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and eliminate/reduce health risks.
STRAND	3.7.	As a result of health instruction, students will demonstrate strategies to manage stress
INDICATOR	3.7.a.	Using a balloon, identify stressors in a student's life (blow air into balloon and stress management techniques (let air out of balloon). Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	3.7.b.	Developing a stress management plan after participating in a personal stress appraisal (e.g., aerobics, walking, tennis, etc.) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation

CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.1.	As a result of health instruction, students will describe the influence of cultural beliefs on health behaviors and the use of health services
INDICATOR	4.1.a.	<p>Discussing how parents, teachers, and staff can act as role models to influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.2.	As a result of health instruction, students will analyze how messages from media and other sources influence health behaviors
INDICATOR	4.2.a.	<p>Identifying types of advertisements observed during a specific time period on television, completing a class chart, and discussion.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.2.b.	<p>Analyzing one magazine advertisement, identify the positive and negative influences on health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

STRAND	5.1.	As a result of health instruction, students will demonstrate effective verbal and nonverbal communication skills to enhance health
INDICATOR	5.1.b.	Role playing effective and ineffective nonverbal communication skills. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.2.	As a result of health instruction, students will describe how the behavior of family and peers affects interpersonal communication
INDICATOR	5.2.a.	Listing safe slang terms unique to the students' peer group. 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
INDICATOR	5.2.b.	Describing ways that a family member's behavior influences how he/she communicates in a written report. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express needs, wants, feelings
INDICATOR	5.3.a.	Taking an assertiveness inventory and developing a personal strategy plan. 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
INDICATOR	5.3.b.	Demonstrating a situation that may occur between locker partners and neatness of locker, through a role play. 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

INDICATOR	5.3.c.	<p>Practicing in small groups, the use of 'I Statements.' (e.g., I don't smoke; am feeling sad; I am excited about vacation.)</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.4.	As a result of health instruction, students will demonstrate ways to communicate care, consideration, and respect of self and others
INDICATOR	5.4.a.	<p>Writing a paper describing the characteristics of healthy relationships, including a description of how individuals communicate, (e.g., verbal, nonverbal, art work, music, etc.)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
INDICATOR	5.4.b.	<p>Practicing social skills to use in various situations, (e.g., asking for help, using manners, giving directions, responding to a complaint or a compliment, etc.). (Boys Town Model, see reference p.171 appendix)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.5.	As a result of health instruction, students will demonstrate communication skills to build and maintain healthy relationships
INDICATOR	5.5.a.	<p>Using small groups, make a 'top ten' list of positive qualities for a friend; post on bulletin board.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	5.5.b.	Demonstrating attentive communication skills (eye contact, hand and body gestures).

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CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.8.	As a result of health instruction, students will demonstrate strategies to manage conflict in healthy ways
INDICATOR	5.8.b.	<p>Designing and presenting a puppet show for elementary students that demonstrates healthy ways to manage 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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.1.	As a result of health instruction, students will demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively
INDICATOR	6.1.a.	<p>Using the decision-making process to plan a healthy family fun activity.</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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.1.b.	<p>Using a collaborative decision-making process to plan a family work activity.</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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.2.	As a result of health instruction, students will analyze how health-related decisions are influenced by individual, family, and community values
INDICATOR	6.2.b.	<p>Listing the ways in which family, peers, or popular culture influence individual's health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.3.	As a result of health instruction, students will predict how decisions regarding health behaviors have consequences for self and others
INDICATOR	6.3.b.	<p>Writing examples of long-term physical and emotional damage caused by dieting.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.4.	As a result of health instruction, students will apply strategies and skills needed to attain personal health goals

INDICATOR	6.4.a.	<p>Keeping a daily log of physical activities as a part of an individual wellness plan for personal fitness for a one-week time period.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	6.4.b.	<p>Listening to a guest speaker (e.g., athlete) discuss goal-setting and personal health goals.</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.5.	As a result of health instruction, students will describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities
INDICATOR	6.5.a.	<p>Participating in a personal health assessment and then using the information to create goals to improve these areas of wellness.</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</p>

		<p>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>
INDICATOR	6.5.b.	<p>Analyzing how goals to improve self may change as a result of personal improvement and changing priorities.</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.6.	As a result of health instruction, students will develop a plan that addresses personal strengths, needs, and health risks
INDICATOR	6.6.b.	<p>Creating a collage depicting personal strengths.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.2.	As a result of health instruction, students will express information and opinions about health issues
INDICATOR	7.2.c.	<p>Designing and presenting a lesson to elementary students on a health 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>
INDICATOR	7.2.d.	<p>Writing or creating a wellness letter for elementary students.</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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.3.	As a result of health instruction, students will identify barriers to effective communication of information, ideas, feelings, and opinions about health issues
INDICATOR	7.3.a.	<p>Conducting an opinion survey comparing and contrasting the ways in which popular culture sends positive and negative health messages to adolescents.</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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.

STRAND	7.4.	As a result of health instruction, students will demonstrate the ability to influence and support others in making positive health choices
INDICATOR	7.4.a.	<p>Role playing situations in which the student attempts to prevent a peer from making an unhealthy decision (e.g., tobacco, alcohol, drugs, sexual activity, etc.).</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>
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.5.	As a result of health instruction, students will demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools
INDICATOR	7.5.a.	<p>Creating a healthy kids club to lobby for and create healthy changes in the school environment.</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>
INDICATOR	7.5.c.	<p>Developing a presentation encouraging healthy lifestyle choices.</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>
CONTENT STANDARD	NE.8.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical activity.
STRAND	8.3.1.	Set personal physical activity goals independently to meet needs and interests.
INDICATOR	8.3.1.1.	<p>Set SMART goals (Specific, Measurable, Attainable, Realistic, Timely) for improving health-related fitness (i.e., write one SMART goal for cardiovascular fitness).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

CONTENT STANDARD	NE.8.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	8.5.1.	Participate cooperatively in physical activity with persons of diverse characteristics and backgrounds.
INDICATOR	8.5.1.1.	Offer positive encouragement when participating with students of varying levels of skill. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	NE.8.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	8.5.2.	Make responsible decisions to resolve and/or avoid conflicts.
INDICATOR	8.5.2.2.	Handle conflicts that arise with others without confrontation. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	NE.8.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	8.6.1.	Analyze the physical, emotional, and social benefits of physical activity.
INDICATOR	8.6.1.1.	Explain benefits of selected activities (i.e., jog to relieve stress, develop friends through physical activity). Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	NE.8.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	8.6.2.	Explore career/employment opportunities in fields related to physical activity.
INDICATOR	8.6.2.1.	Research a job in the physical activity field (i.e., interview a personal trainer, conduct an online visit with an athletic trainer). Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
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Nebraska Academic Standards

Health and PE

Grade 8 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.2.	As a result of health instruction, students will describe the interrelationship of mental, emotional, social, and physical health during adolescence
INDICATOR	1.2.b.	Explaining, in group discussion, how emotional health influences eating patterns. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.4.	As a result of health instruction, students will describe how family and peers influence the health of adolescents
INDICATOR	1.4.a.	Identifying and describing a positive health role model for each student, then writing that person a thank you note. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR	1.4.c.	<p>Drawing a web to show how family and peers influence them.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</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 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 Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.5.	As a result of health instruction, students will analyze how environment and personal health are interrelated
INDICATOR	1.5.a.	<p>Researching environmental health hazards within the school, then completing a written report and presenting it to school administrators.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.6.	As a result of health instruction, students will describe ways to reduce risks related to adolescent health problems
INDICATOR	1.6.a.	<p>Evaluating their stress level-through the use of a checklist.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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>

INDICATOR	1.6.b.	<p>Selecting one stressor and using a goal-setting process to reduce it.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.7.	As a result of health instruction, students will explain how appropriate health care can prevent premature death and disability
INDICATOR	1.7.b.	<p>Designing and presenting a lesson to elementary students on bicycle 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>
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.1.	As a result of health instruction, students will analyze the validity of health information, products, and services
INDICATOR	2.1.a.	<p>Analyzing, in small groups, the effectiveness and risks of fad diets and reporting to the class.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	2.1.c.	<p>Using a checklist to evaluate advertisements for health products.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.2.	As a result of health instruction, students will demonstrate the ability to utilize resources from home, school, and community that provide valid health information

INDICATOR	2.2.a.	Constructing a current valid health information list for use at home to be stored by the phone. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.3.	As a result of health instruction, students will analyze how media influence the selection of health information and products
INDICATOR	2.3.b.	Evaluating current advertisements from media and identifying ways they influence eating and eating disorders and then giving an oral report to the class. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR	2.3.c.	Analyzing Saturday morning television commercials and then demonstrating a positive message dramatically. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and eliminate/reduce health risks.
STRAND	3.1.	As a result of health instruction, students will explain the importance of assuming responsibility for personal-health behaviors
INDICATOR	3.1.b.	Choosing a television character and using a chart to identify how one's health behaviors affect one's health in a positive way. 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
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and eliminate/reduce health risks.
STRAND	3.2.	As a result of health instruction, students will analyze a personal health assessment to determine health strengths and risks

INDICATOR	3.2.a .	Evaluating students dietary strengths and risks by completing a food diary and using computer program like Eat Smart to improve dietary habits. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health-enhancing behaviors and eliminate/reduce health risks.
STRAND	3.7.	As a result of health instruction, students will demonstrate strategies to manage stress
INDICATOR	3.7.a.	Using a balloon, identify stressors in a student's life (blow air into balloon and stress management techniques (let air out of balloon). Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	3.7.b.	Developing a stress management plan after participating in a personal stress appraisal (e.g., aerobics, walking, tennis, etc.) Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.1.	As a result of health instruction, students will describe the influence of cultural beliefs on health behaviors and the use of health services

INDICATOR	4.1.a.	<p>Discussing how parents, teachers, and staff can act as role models to influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.2.	As a result of health instruction, students will analyze how messages from media and other sources influence health behaviors
INDICATOR	4.2.a.	<p>Identifying types of advertisements observed during a specific time period on television, completing a class chart, and discussion.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	4.2.b.	<p>Analyzing one magazine advertisement, identify the positive and negative influences on health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.1.	As a result of health instruction, students will demonstrate effective verbal and nonverbal communication skills to enhance health
INDICATOR	5.1.b.	Role playing effective and ineffective nonverbal communication skills.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.2.	As a result of health instruction, students will describe how the behavior of family and peers affects interpersonal communication
INDICATOR	5.2.a.	<p>Listing safe slang terms unique to the students' peer group.</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>
INDICATOR	5.2.b.	<p>Describing ways that a family member's behavior influences how he/she communicates in a written report.</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express needs, wants, feelings
INDICATOR	5.3.a.	<p>Taking an assertiveness inventory and developing a personal strategy plan.</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>
INDICATOR	5.3.b.	<p>Demonstrating a situation that may occur between locker partners and neatness of locker, through a role play.</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>
INDICATOR	5.3.c.	<p>Practicing in small groups, the use of 'I Statements.' (e.g., I don't smoke; am feeling sad; I am excited about vacation.)</p> <p>My Roadmap to the Future</p>

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.4.	As a result of health instruction, students will demonstrate ways to communicate care, consideration, and respect of self and others
INDICATOR	5.4.a.	<p>Writing a paper describing the characteristics of healthy relationships, including a description of how individuals communicate, (e.g., verbal, nonverbal, art work, music, etc.)</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</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 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>
INDICATOR	5.4.b.	<p>Practicing social skills to use in various situations, (e.g., asking for help, using manners, giving directions, responding to a complaint or a compliment, etc.). (Boys Town Model, see reference p.171 appendix)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.5.	As a result of health instruction, students will demonstrate communication skills to build and maintain healthy relationships
INDICATOR	5.5.a.	<p>Using small groups, make a 'top ten' list of positive qualities for a friend; post on bulletin board.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	5.5.b.	Demonstrating attentive communication skills (eye contact, hand and body gestures). 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
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.8.	As a result of health instruction, students will demonstrate strategies to manage conflict in healthy ways
INDICATOR	5.8.b.	Designing and presenting a puppet show for elementary students that demonstrates healthy ways to manage 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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.1.	As a result of health instruction, students will demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively
INDICATOR	6.1.a.	Using the decision-making process to plan a healthy family fun activity. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR	6.1.b.	Using a collaborative decision-making process to plan a family work activity. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.2.	As a result of health instruction, students will analyze how health-related decisions are influenced by individual, family, and community values
INDICATOR	6.2.b.	Listing the ways in which family, peers, or popular culture influence individual's health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.3.	As a result of health instruction, students will predict how decisions regarding health behaviors have consequences for self and others
INDICATOR	6.3.b.	Writing examples of long-term physical and emotional damage caused by dieting. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.4.	As a result of health instruction, students will apply strategies and skills needed to attain personal health goals
INDICATOR	6.4.a.	<p>Keeping a daily log of physical activities as a part of an individual wellness plan for personal fitness for a one-week time period.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	6.4.b.	<p>Listening to a guest speaker (e.g., athlete) discuss goal-setting and personal health goals.</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.5.	As a result of health instruction, students will describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities
INDICATOR	6.5.a.	<p>Participating in a personal health assessment and then using the information to create goals to improve these areas of wellness.</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</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 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>
INDICATOR	6.5.b.	<p>Analyzing how goals to improve self may change as a result of personal improvement and changing priorities.</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.6.	As a result of health instruction, students will develop a plan that addresses personal strengths, needs, and health risks
INDICATOR	6.6.b.	<p>Creating a collage depicting personal strengths.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.2.	As a result of health instruction, students will express information and opinions about health issues
INDICATOR	7.2.c.	<p>Designing and presenting a lesson to elementary students on a health 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>
INDICATOR	7.2.d.	<p>Writing or creating a wellness letter for elementary students.</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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.3.	As a result of health instruction, students will identify barriers to effective communication of information, ideas, feelings, and opinions about health issues
INDICATOR	7.3.a.	<p>Conducting an opinion survey comparing and contrasting the ways in which popular culture sends positive and negative health messages to adolescents.</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</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.4.	As a result of health instruction, students will demonstrate the ability to influence and support others in making positive health choices
INDICATOR	7.4.a.	Role playing situations in which the student attempts to prevent a peer from making an unhealthy decision (e.g., tobacco, alcohol, drugs, sexual activity, etc.). 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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.5.	As a result of health instruction, students will demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools
INDICATOR	7.5.a.	Creating a healthy kids club to lobby for and create healthy changes in the school environment. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	7.5.c.	Developing a presentation encouraging healthy lifestyle choices. 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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.8.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical activity.
STRAND	8.3.1.	Set personal physical activity goals independently to meet needs and interests.
INDICATOR	8.3.1.1.	Set SMART goals (Specific, Measurable, Attainable, Realistic, Timely) for improving health-related fitness (i.e., write one SMART goal for cardiovascular fitness).

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD	NE.8.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	8.5.1.	Participate cooperatively in physical activity with persons of diverse characteristics and backgrounds.
INDICATOR	8.5.1.1.	<p>Offer positive encouragement when participating with students of varying levels of skill.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD	NE.8.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	8.5.2.	Make responsible decisions to resolve and/or avoid conflicts.
INDICATOR	8.5.2.2.	<p>Handle conflicts that arise with others without confrontation.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD	NE.8.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	8.6.1.	Analyze the physical, emotional, and social benefits of physical activity.
INDICATOR	8.6.1.1.	<p>Explain benefits of selected activities (i.e., jog to relieve stress, develop friends through physical activity).</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
CONTENT STANDARD	NE.8.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	8.6.2.	Explore career/employment opportunities in fields related to physical activity.
INDICATOR	8.6.2.1.	<p>Research a job in the physical activity field (i.e., interview a personal trainer, conduct an online visit with an athletic trainer).</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 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
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Nebraska Academic Standards

Language Arts

Grade 7 - Adopted 2009

CONTENT STANDARD	NE.LA 7.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 7.1.5	Vocabulary: Students will build literary, general academic, and content specific grade-level vocabulary.
INDICATOR	LA 7.1.5.a	Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	LA 7.1.5.e	Determine meaning using print and digital reference materials My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 7.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 7.1.6	Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade-level text.
INDICATOR	LA 7.1.6.b	Identify and analyze elements of narrative text (e.g., character development, setting, plot development, conflict, point of view, theme)

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD	NE.LA 7.2	Writing: Students will learn and apply writing skills and strategies to communicate.
STRAND	LA 7.2.2	Writing Genres: Students will write for a variety of purposes and audiences in multiple genres.
INDICATOR	LA 7.2.2.c	<p>Write considering typical characteristics of the selected genre (e.g., letter to the editor, report, email, class notes, essay, research paper, play)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD	NE.LA 7.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 7.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
INDICATOR	LA 7.3.2.a	<p>Apply listening skills needed for multiple situations and modalities (e.g., video, audio, distance, one-to-one, group)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		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
INDICATOR	LA 7.3.2.b	Listen and ask probing questions to elicit information Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 7.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.

STRAND	LA 7.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.
INDICATOR	LA 7.3.3.b	<p>Apply conversation strategies (e.g., listen while others are talking, eye contact, tone, stay on topic, non-verbal cues)</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 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>
INDICATOR	LA 7.3.3.c	<p>Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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</p>

		<p>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 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 Streets - Lesson 09: Stress 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	NE.LA 7.4	Multiple Literacies: Students will identify, locate, and evaluate information.
STRAND	LA 7.4.1	Multiple Literacies: Students will research, summarize, and communicate information in a variety of media and formats (textual, visual, and digital).
INDICATOR	LA 7.4.1.a	<p>Select and use multiple resources to generate and answer questions and establish validity of information (e.g., print, subscription databases, web resources)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 7.4.1.c	<p>Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share online, appropriate language use, utilize appropriate sites and materials, respect diverse perspectives)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	LA 7.4.1.f	Gather and share information and opinions as a result of communication with others (e.g., video/audio chat, interview, podcast, multi-media presentations) My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas 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 12: Analyzing Well-Being
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Nebraska Academic Standards

Language Arts

Grade 8 - Adopted 2009

CONTENT STANDARD	NE.LA 8.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 8.1.5	Vocabulary: Students will build literary, general academic, and content specific grade-level vocabulary.
INDICATOR	LA 8.1.5.a	Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	LA 8.1.5.e	Determine meaning using print and digital reference materials My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 8.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 8.1.6	Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade-level text.
INDICATOR	LA 8.1.6.b	Identify and analyze elements of narrative text (e.g., character development, setting, plot development, conflict, point of view, inferred and recurring themes)

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD	NE.LA 8.2	Writing: Students will learn and apply writing skills and strategies to communicate.
STRAND	LA 8.2.2	Writing Genres: Students will write for a variety of purposes and audiences in multiple genres.
INDICATOR	LA 8.2.2.a	<p>Write in a variety of genres, considering purpose and audience</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 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>
INDICATOR	LA 8.2.2.b	<p>Write considering typical characteristics of the selected genre (e.g., business letter, report, email, class notes, research paper, play, web page/blog)</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD	NE.LA 8.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.

STRAND	LA 8.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
INDICATOR	LA 8.3.2.a	<p>Apply listening skills needed for multiple situations and modalities (e.g., video, audio, distance, one-to-one, group)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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>
INDICATOR	LA 8.3.2.b	<p>Listen and ask questions concerning the speaker's content, delivery, and purpose.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>

		<p>My Roadmap to the Future</p> <p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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	NE.LA 8.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 8.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.
INDICATOR	LA 8.3.3.b	<p>Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p> <p>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</p>

		<p>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 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 Streets - Lesson 09: Stress 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	NE.LA 8.4	Multiple Literacies: Students will identify, locate, and evaluate information.
STRAND	LA 8.4.1	Multiple Literacies: Students will research, analyze, and communicate information in a variety of media and formats (textual, visual, and digital).
INDICATOR	LA 8.4.1.a	<p>Select and use multiple resources to answer questions and support conclusions using valid information (e.g., print, subscription databases, web resources)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 8.4.1.c	<p>Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share online, appropriate language use, utilize appropriate sites and materials, respect diverse perspectives)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

INDICATOR	LA 8.4.1.f	<p>Gather and share information and opinions as a result of communication with others (e.g., video/audio chat, interview, podcast, multi-media presentations)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas 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 12: Analyzing Well-Being</p>
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Nebraska Academic Standards

Mathematics

Grade 7 - Adopted 2009

CONTENT STANDARD	NE.MA 7.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 7.4.1.	Display and Analysis: Students will formulate questions that can be addressed with data and then organize, display, and analyze the relevant data to answer their questions.
INDICATOR	MA 7.4.1.a.	<p>Analyze data sets and interpret their graphical representations</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 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</p>
INDICATOR	MA 7.4.1.c.	<p>Explain the difference between a population and a sample</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
CONTENT STANDARD	NE.MA 7.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 7.4.2.	Predictions and Inferences: Students will evaluate predictions and make inferences based on data.

INDICATOR	MA 7.4.2.a.	Determine if data collected from a sample can be used to make predictions about a population My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
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Nebraska Academic Standards

Mathematics

Grade 8 - Adopted 2009

CONTENT STANDARD	NE.MA 8.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 8.4.1.	Display and Analysis: Students will formulate questions that can be addressed with data, and then organize, display, and analyze the relevant data to answer their questions.
INDICATOR	MA 8.4.1.a.	Represent data using circle graphs and box plots with and without the use of technology My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
INDICATOR	MA 8.4.1.b.	Compare characteristics between sets of data or within a given set of data 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
CONTENT STANDARD	NE.MA 8.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 8.4.2.	Predictions and Inferences: Students will evaluate predictions and make inferences based on data.
INDICATOR	MA 8.4.2.b.	Compare and contrast two sets of data to make inferences 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
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Nebraska Academic Standards

Social Studies

Grade 9 - Adopted 2012

CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.
INDICATOR		Financial Literacy
STRAND	SS 12.2.6.	Students will understand economic concepts that support rational decision making
GRADE LEVEL EXPECTATION	SS 12.2.6.b.	Make career decisions by systematically considering alternatives and consequences through the use of cost benefit analysis Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs 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
GRADE LEVEL EXPECTATION	SS 12.2.6.c.	Assess the incentives for investing in personal education, skills, and talents My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
GRADE LEVEL EXPECTATION	SS 12.2.6.d.	<p>Identify various ways people earn a living by using career programs to explore opportunities (e.g., Nebraska Career Education)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.
INDICATOR		Financial Literacy
STRAND	SS 12.2.7.	Students will apply effective money management concepts.
GRADE LEVEL EXPECTATION	SS 12.2.7.a.	<p>Organize personal finances and use a budget to manage cash flow</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

Nebraska Academic Standards

Social Studies

Grade 10 - Adopted 2012

CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.
INDICATOR		Financial Literacy

STRAND	SS 12.2.6.	Students will understand economic concepts that support rational decision making
GRADE LEVEL EXPECTATION	SS 12.2.6.b.	<p>Make career decisions by systematically considering alternatives and consequences through the use of cost benefit analysis</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	SS 12.2.6.c.	<p>Assess the incentives for investing in personal education, skills, and talents</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>
GRADE LEVEL EXPECTATION	SS 12.2.6.d.	<p>Identify various ways people earn a living by using career programs to explore opportunities (e.g., Nebraska Career Education)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.

INDICATOR		Financial Literacy
STRAND	SS 12.2.7.	Students will apply effective money management concepts.
GRADE LEVEL EXPECTATION	SS 12.2.7.a.	Organize personal finances and use a budget to manage cash flow Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Nebraska Academic Standards

Social Studies

Grade 11 - Adopted 2012

CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.
INDICATOR		Financial Literacy
STRAND	SS 12.2.6.	Students will understand economic concepts that support rational decision making
GRADE LEVEL EXPECTATION	SS 12.2.6.b.	Make career decisions by systematically considering alternatives and consequences through the use of cost benefit analysis Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs 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
GRADE LEVEL EXPECTATION	SS 12.2.6.c.	Assess the incentives for investing in personal education, skills, and talents 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
GRADE LEVEL EXPECTATION	SS 12.2.6.d.	Identify various ways people earn a living by using career programs to explore opportunities (e.g., Nebraska Career Education) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs 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
CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.
INDICATOR		Financial Literacy
STRAND	SS 12.2.7.	Students will apply effective money management concepts.
GRADE LEVEL EXPECTATION	SS 12.2.7.a.	Organize personal finances and use a budget to manage cash flow Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Nebraska Academic Standards

Social Studies

Grade 12 - Adopted 2012

CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.
INDICATOR		Financial Literacy

STRAND	SS 12.2.6.	Students will understand economic concepts that support rational decision making
GRADE LEVEL EXPECTATION	SS 12.2.6.b.	<p>Make career decisions by systematically considering alternatives and consequences through the use of cost benefit analysis</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
GRADE LEVEL EXPECTATION	SS 12.2.6.c.	<p>Assess the incentives for investing in personal education, skills, and talents</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>
GRADE LEVEL EXPECTATION	SS 12.2.6.d.	<p>Identify various ways people earn a living by using career programs to explore opportunities (e.g., Nebraska Career Education)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND	SS 12.2.	Economics: Students will utilize economic reasoning skills to make informed judgments and become effective participants in the economy at the local, state, national and international levels.

INDICATOR		Financial Literacy
STRAND	SS 12.2.7.	Students will apply effective money management concepts.
GRADE LEVEL EXPECTATION	SS 12.2.7.a.	Organize personal finances and use a budget to manage cash flow Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Nebraska Academic Standards

Health and PE

Grade 9 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.1.	As a result of health instruction, students will analyze how behavior can impact health maintenance and disease prevention
INDICATOR	1.1.a.	Interviewing a variety of individuals about how they think past health decisions influenced current health status. 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 Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	1.1.b.	Designing a personal-health program that will help students maintain lifelong wellness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing

		<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>
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.2.	As a result of health instruction, students will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood
INDICATOR	1.2.a.	<p>Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</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 09: Finding Balance</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</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 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	1.2.b.	<p>Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</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>
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.

STRAND	1.3.	As a result of health instruction, students will explain the impact of personal-health behaviors on the functioning of body systems
INDICATOR	1.3.a.	<p>Choosing one body system and writing an essay informing others of the personal health behaviors that will impact the function of that system.</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>
INDICATOR	1.3.b.	<p>Practicing a stress-management technique and recording the body's physical response before and after.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.4.	As a result of health instruction, students will analyze how family, peers, and community influence the health of individuals
INDICATOR	1.4.b.	<p>Discussing in small groups, the role of peers in the health decisions students make.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.6.	As a result of health instruction, students will describe how to delay onset and reduce risks of potential health problems during adulthood
INDICATOR	1.6.a.	<p>Using case studies: design a fitness nutrition program to prevent and reduce an identified adult health problem.</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	1.6.b.	<p>Setting a personal-health goal and listing all of the consequences of that decision.</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</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.1.	As a result of health instruction, students will evaluate the validity of health information, products, and services
INDICATOR	2.1.a.	Choosing a health product (e.g., vitamin C). Researching the literature for information about its benefits and dangers. Writing a position paper substantiating the stand taken based upon a literature review. 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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.3.	As a result of health instruction, students will evaluate factors that influence personal selection of health products and services
INDICATOR	2.3.b.	Having the student identify and analyze common advertising techniques that are used to make advertisements more appealing. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.5.	As a result of health instruction, students will analyze the cost and accessibility of health care services
INDICATOR	2.5.a.	Preparing a budget for health care needed for specifically assigned conditions (e.g., tonsils, lung cancer, etc.,) My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.

STRAND	2.6.	As a result of health instruction, students will analyze situations requiring professional health services
INDICATOR	2.6.b.	<p>Publishing a health section in the school newspaper.</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	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.5.	As a result of health instruction, students will develop injury-prevention and management strategies for personal, family, and community health
INDICATOR	3.5.a.	<p>Having high school students, student mentor, and an elementary aged student (grades K-3) explain 'stranger danger.'</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>
INDICATOR	3.5.b.	<p>Identifying warning signs associated with depression and suicide.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.7.	As a result of health instruction, students will evaluate strategies to manage stress
INDICATOR	3.7.a.	<p>Compiling lists of possible activities to reduce stress (i.e., aerobics, exercise, reduce caffeine intake, etc.).</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</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	3.7.b.	Participating in the use of stress dots during the school day to understand when students are under every day. Journal situations and behaviors which influence the students stress. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.2.	As a result of health instruction, students will evaluate the effect of media and other factors on personal, family, and community health
INDICATOR	4.2.a.	Analyzing effects of television on rates of violence, death, and suicide. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.4.	As a result of health instruction, students will analyze how information from the community influences health
INDICATOR	4.4.b.	Organizing a panel of community health professionals to speak to the student body (e.g., drug, alcohol, seat-belt safety, SADD, etc.). 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.1.	As a result of health instruction, students will demonstrate skills for communicating effectively with family, peers, and others
INDICATOR	5.1.a.	<p>Developing role-play scenarios using effective verbal and nonverbal communication skills.</p> <p>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</p>
INDICATOR	5.1.b.	<p>Conducting an interview survey of fellow students and staff members to determine effective communication strategies.</p> <p>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</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.2.	As a result of health instruction, students will analyze how interpersonal communication affects relationships
INDICATOR	5.2.a.	<p>Choosing a favorite movie or novel, watching it and analyzing it through class discussion, how interpersonal communication affected character relationships within the story.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
INDICATOR	5.2.b.	<p>Developing an interpersonal communication plan to apply within each student's family.</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express need, wants, and feelings
INDICATOR	5.3.a.	Exploring aggressive versus assertive responses to pressure lines through role playing (smoking, drinking, sexual activity, etc.). 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
INDICATOR	5.3.b.	Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.4.	As a result of health instruction, students will demonstrate ways to communicate care, consideration, and respect of self and others
INDICATOR	5.4.a.	Completing a homework assignment: delivering five 'booster' (positive) statements to family or friends and record reactions. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.4.b.	Writing a 'Thank You' note to someone who has positively impacted one's life. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.5.	As a result of health instruction, students will demonstrate strategies for solving interpersonal conflicts without harming self or others
INDICATOR	5.5.b.	Identifying, through current events, 'real life' positive communication strategies.

		<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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.8.	As a result of health instruction, students will demonstrate strategies used to prevent conflict
INDICATOR	5.8.b.	<p>Modeling effective listening skills through active participation in questioning strategies.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.2.	As a result of health instruction, students will analyze health concerns that require collaborative decision making
INDICATOR	6.2.a.	<p>Interviewing a family member regarding that person's health habits and decision-making strategies. (Parent-coupon signature required for participation credit).</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.4.	As a result of health instruction, students will implement a plan for attaining a personal health goal
INDICATOR	6.4.a.	<p>Conducting personal health history, including family health history.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.5.	As a result of health instruction, students will evaluate progress toward achieving personal health goals
INDICATOR	6.5.a.	<p>Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes.</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>
INDICATOR	6.5.b.	<p>Participating in pre-and post-health assessments.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

		<p>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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.6.	As a result of health instruction, students will formulate an effective plan for lifelong health
INDICATOR	6.6.a.	<p>Describing the perfect 'health robot.' This can be done verbally, written, media, arts, etc. Answer 'What makes this robot healthy?'</p> <p>My Roadmap to the Future 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 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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.1.	As a result of health instruction, students will evaluate the effectiveness of communication methods for accurately expressing health in- formation and ideas
INDICATOR	7.1.b.	<p>Developing a health calendar for the school newspaper.</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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.5.	As a result of health instruction, students will demonstrate the ability to work cooperatively when advocating for healthy communities
INDICATOR	7.5.b.	Inviting media representatives to the classroom to show how their groups effectively promote health education. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.6.	As a result of health instruction, students will demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience
INDICATOR	7.6.a.	Developing and advertising a health-promoting activity to middle school students. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	7.6.b.	Designing and presenting a puppet play for younger (K-4) kids on nutrition efforts. 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	NE.12.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical activity.
STRAND	12.3.1.	Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.
INDICATOR	12.3.1.1.	Analyze the benefits of regular participation in physical activity (i.e., explain the benefits of exercise as related to stress management). Multimedia Extensions Multimedia Extensions: Stress

CONTENT STANDARD	NE.12.4.	Physical Activity and Fitness - Fitness: Achieves and maintains a health-enhancing level of physical fitness.
STRAND	12.4.1.	Demonstrate the skill and knowledge to create a fitness program based on personal needs.
INDICATOR	12.4.1.1.	Independently design a written personal fitness and activity program which incorporates physical fitness components and principles (i.e., overload, progression, specificity, and individuality). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.12.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	12.5.1.	Initiate responsible behavior, function independently and responsibly, and positively influence the behavior of others.
INDICATOR	12.5.1.2.	Resolve conflicts in responsible ways (i.e., volunteer to replay contested shot in tennis). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	12.5.1.3.	Accept the responsibility for taking leadership and/or supportive roles in order to accomplish group goals (i.e., set up the safety procedures to guide a class hike over treacherous terrain). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.1.	Justify why participation in physical activity can be enjoyable and desirable.
INDICATOR	12.6.1.3.	Evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth. Multimedia Extensions Multimedia Extensions: Stress

		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.2.	Pursue lifetime physical activities that meet individual needs.
INDICATOR	12.6.2.2.	Broaden scope of physical activities. Multimedia Extensions Multimedia Extensions: Confidence
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.3.	Investigate opportunities for employment related to physical activity.
INDICATOR	12.6.3.2.	Journal professional responsibilities and opportunities for employment in professions associated with physical activity. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Nebraska Academic Standards

Health and PE

Grade 10 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.1.	As a result of health instruction, students will analyze how behavior can impact health maintenance and disease prevention

INDICATOR	1.1.a.	<p>Interviewing a variety of individuals about how they think past health decisions influenced current health status.</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>
INDICATOR	1.1.b.	<p>Designing a personal-health program that will help students maintain lifelong wellness.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.2.	As a result of health instruction, students will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood
INDICATOR	1.2.a.	<p>Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>

		<p>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>
INDICATOR	1.2.b.	<p>Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.3.	As a result of health instruction, students will explain the impact of personal-health behaviors on the functioning of body systems
INDICATOR	1.3.a.	<p>Choosing one body system and writing an essay informing others of the personal health behaviors that will impact the function of that system.</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>
INDICATOR	1.3.b.	<p>Practicing a stress-management technique and recording the body's physical response before and after.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.4.	As a result of health instruction, students will analyze how family, peers, and community influence the health of individuals
INDICATOR	1.4.b.	<p>Discussing in small groups, the role of peers in the health decisions students make.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.6.	As a result of health instruction, students will describe how to delay onset and reduce risks of potential health problems during adulthood
INDICATOR	1.6.a.	<p>Using case studies: design a fitness nutrition program to prevent and reduce an identified adult health problem.</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</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals</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>
INDICATOR	1.6.b.	<p>Setting a personal-health goal and listing all of the consequences of that decision.</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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.1.	As a result of health instruction, students will evaluate the validity of health information, products, and services
INDICATOR	2.1.a.	<p>Choosing a health product (e.g., vitamin C). Researching the literature for information about its benefits and dangers. Writing a position paper substantiating the stand taken based upon a literature review.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.3.	As a result of health instruction, students will evaluate factors that influence personal selection of health products and services
INDICATOR	2.3.b.	Having the student identify and analyze common advertising techniques that are used to make advertisements more appealing. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.6.	As a result of health instruction, students will analyze situations requiring professional health services
INDICATOR	2.6.b.	Publishing a health section in the school newspaper. 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	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.5.	As a result of health instruction, students will develop injury-prevention and management strategies for personal, family, and community health
INDICATOR	3.5.a.	Having high school students, student mentor, and an elementary aged student (grades K-3) explain 'stranger danger.' My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	3.5.b.	Identifying warning signs associated with depression and suicide.

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.7.	As a result of health instruction, students will evaluate strategies to manage stress
INDICATOR	3.7.a.	<p>Compiling lists of possible activities to reduce stress (i.e., aerobics, exercise, reduce caffeine intake, etc.).</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>
INDICATOR	3.7.b.	<p>Participating in the use of stress dots during the school day to understand when students are under every day. Journal situations and behaviors which influence the students stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.

STRAND	4.2.	As a result of health instruction, students will evaluate the effect of media and other factors on personal, family, and community health
INDICATOR	4.2.a.	Analyzing effects of television on rates of violence, death, and suicide. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.4.	As a result of health instruction, students will analyze how information from the community influences health
INDICATOR	4.4.b.	Organizing a panel of community health professionals to speak to the student body (e.g., drug, alcohol, seat-belt safety, SADD, etc.). 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.1.	As a result of health instruction, students will demonstrate skills for communicating effectively with family, peers, and others
INDICATOR	5.1.a.	Developing role-play scenarios using effective verbal and nonverbal communication skills. 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
INDICATOR	5.1.b.	Conducting an interview survey of fellow students and staff members to determine effective communication strategies. 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

CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.2.	As a result of health instruction, students will analyze how interpersonal communication affects relationships
INDICATOR	5.2.a.	<p>Choosing a favorite movie or novel, watching it and analyzing it through class discussion, how interpersonal communication affected character relationships within the story.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
INDICATOR	5.2.b.	<p>Developing an interpersonal communication plan to apply within each student's family.</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express need, wants, and feelings
INDICATOR	5.3.a.	<p>Exploring aggressive versus assertive responses to pressure lines through role playing (smoking, drinking, sexual activity, etc.).</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>
INDICATOR	5.3.b.	<p>Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches.</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.4.	As a result of health instruction, students will demonstrate ways to communicate care, consideration, and respect of self and others

INDICATOR	5.4.a.	<p>Completing a homework assignment: delivering five 'booster' (positive) statements to family or friends and record reactions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	5.4.b.	<p>Writing a 'Thank You' note to someone who has positively impacted one's life.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.5.	As a result of health instruction, students will demonstrate strategies for solving interpersonal conflicts without harming self or others
INDICATOR	5.5.b.	<p>Identifying, through current events, 'real life' positive communication strategies.</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.8.	As a result of health instruction, students will demonstrate strategies used to prevent conflict
INDICATOR	5.8.b.	<p>Modeling effective listening skills through active participation in questioning strategies.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

STRAND	6.2.	As a result of health instruction, students will analyze health concerns that require collaborative decision making
INDICATOR	6.2.a.	<p>Interviewing a family member regarding that person's health habits and decision-making strategies. (Parent-coupon signature required for participation credit).</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.4.	As a result of health instruction, students will implement a plan for attaining a personal health goal
INDICATOR	6.4.a.	<p>Conducting personal health history, including family health history.</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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.5.	As a result of health instruction, students will evaluate progress toward achieving personal health goals
INDICATOR	6.5.a.	<p>Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes.</p> <p>Multimedia Extensions</p>

		<p>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>
INDICATOR	6.5.b.	<p>Participating in pre-and post-health assessments.</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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.6.	As a result of health instruction, students will formulate an effective plan for lifelong health
INDICATOR	6.6.a.	Describing the perfect 'health robot.' This can be done verbally, written, media, arts, etc. Answer 'What makes this robot healthy?'

		<p>My Roadmap to the Future 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 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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.1.	As a result of health instruction, students will evaluate the effectiveness of communication methods for accurately expressing health information and ideas
INDICATOR	7.1.b.	<p>Developing a health calendar for the school newspaper.</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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.5.	As a result of health instruction, students will demonstrate the ability to work cooperatively when advocating for healthy communities
INDICATOR	7.5.b.	<p>Inviting media representatives to the classroom to show how their groups effectively promote health education.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.6.	As a result of health instruction, students will demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience
INDICATOR	7.6.a.	<p>Developing and advertising a health-promoting activity to middle school students.</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
INDICATOR	7.6.b.	Designing and presenting a puppet play for younger (K-4) kids on nutrition efforts. 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	NE.12.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical activity.
STRAND	12.3.1.	Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.
INDICATOR	12.3.1.1.	Analyze the benefits of regular participation in physical activity (i.e., explain the benefits of exercise as related to stress management). Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	NE.12.4.	Physical Activity and Fitness - Fitness: Achieves and maintains a health-enhancing level of physical fitness.
STRAND	12.4.1.	Demonstrate the skill and knowledge to create a fitness program based on personal needs.
INDICATOR	12.4.1.1.	Independently design a written personal fitness and activity program which incorporates physical fitness components and principles (i.e., overload, progression, specificity, and individuality). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.12.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	12.5.1.	Initiate responsible behavior, function independently and responsibly, and positively influence the behavior of others.

INDICATOR	12.5.1.2.	Resolve conflicts in responsible ways (i.e., volunteer to replay contested shot in tennis). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	12.5.1.3.	Accept the responsibility for taking leadership and/or supportive roles in order to accomplish group goals (i.e., set up the safety procedures to guide a class hike over treacherous terrain). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.1.	Justify why participation in physical activity can be enjoyable and desirable.
INDICATOR	12.6.1.3.	Evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.2.	Pursue lifetime physical activities that meet individual needs.
INDICATOR	12.6.2.2.	Broaden scope of physical activities. Multimedia Extensions Multimedia Extensions: Confidence
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.3.	Investigate opportunities for employment related to physical activity.
INDICATOR	12.6.3.2.	Journal professional responsibilities and opportunities for employment in professions associated with physical activity.

		<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 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
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Nebraska Academic Standards

Health and PE

Grade 11 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.1.	As a result of health instruction, students will analyze how behavior can impact health maintenance and disease prevention
INDICATOR	1.1.a.	<p>Interviewing a variety of individuals about how they think past health decisions influenced current health status.</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>
INDICATOR	1.1.b.	<p>Designing a personal-health program that will help students maintain lifelong wellness.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.2.	As a result of health instruction, students will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood
INDICATOR	1.2.a.	<p>Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical.</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>
INDICATOR	1.2.b.	<p>Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.</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</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.3.	As a result of health instruction, students will explain the impact of personal-health behaviors on the functioning of body systems
INDICATOR	1.3.a.	Choosing one body system and writing an essay informing others of the personal health behaviors that will impact the function of that system. 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
INDICATOR	1.3.b.	Practicing a stress-management technique and recording the body's physical response before and after. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.4.	As a result of health instruction, students will analyze how family, peers, and community influence the health of individuals
INDICATOR	1.4.b.	Discussing in small groups, the role of peers in the health decisions students make. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.6.	As a result of health instruction, students will describe how to delay onset and reduce risks of potential health problems during adulthood
INDICATOR	1.6.a.	<p>Using case studies: design a fitness nutrition program to prevent and reduce an identified adult health problem.</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	1.6.b.	<p>Setting a personal-health goal and listing all of the consequences of that decision.</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</p>

		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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.1.	As a result of health instruction, students will evaluate the validity of health information, products, and services
INDICATOR	2.1.a.	Choosing a health product (e.g., vitamin C). Researching the literature for information about its benefits and dangers. Writing a position paper substantiating the stand taken based upon a literature review. 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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.3.	As a result of health instruction, students will evaluate factors that influence personal selection of health products and services
INDICATOR	2.3.b.	Having the student identify and analyze common advertising techniques that are used to make advertisements more appealing. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.6.	As a result of health instruction, students will analyze situations requiring professional health services
INDICATOR	2.6.b.	Publishing a health section in the school newspaper. 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	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.5.	As a result of health instruction, students will develop injury-prevention and management strategies for personal, family, and community health
INDICATOR	3.5.a.	Having high school students, student mentor, and an elementary aged student (grades K-3) explain 'stranger danger.'

		<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>
INDICATOR	3.5.b.	<p>Identifying warning signs associated with depression and suicide.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.7.	As a result of health instruction, students will evaluate strategies to manage stress
INDICATOR	3.7.a.	<p>Compiling lists of possible activities to reduce stress (i.e., aerobics, exercise, reduce caffeine intake, etc.).</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>
INDICATOR	3.7.b.	<p>Participating in the use of stress dots during the school day to understand when students are under every day. Journal situations and behaviors which influence the students stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.2.	As a result of health instruction, students will evaluate the effect of media and other factors on personal, family, and community health
INDICATOR	4.2.a.	Analyzing effects of television on rates of violence, death, and suicide. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.4.	As a result of health instruction, students will analyze how information from the community influences health
INDICATOR	4.4.b.	Organizing a panel of community health professionals to speak to the student body (e.g., drug, alcohol, seat-belt safety, SADD, etc.). 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.1.	As a result of health instruction, students will demonstrate skills for communicating effectively with family, peers, and others
INDICATOR	5.1.a.	Developing role-play scenarios using effective verbal and nonverbal communication skills. 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
INDICATOR	5.1.b.	Conducting an interview survey of fellow students and staff members to determine effective communication strategies. 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
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.2.	As a result of health instruction, students will analyze how interpersonal communication affects relationships
INDICATOR	5.2.a.	Choosing a favorite movie or novel, watching it and analyzing it through class discussion, how interpersonal communication affected character relationships within the story. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
INDICATOR	5.2.b.	Developing an interpersonal communication plan to apply within each student's family. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express need, wants, and feelings
INDICATOR	5.3.a.	Exploring aggressive versus assertive responses to pressure lines through role playing (smoking, drinking, sexual activity, etc.). 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
INDICATOR	5.3.b.	Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

STRAND	5.4.	As a result of health instruction, students will demonstrate ways to communicate care, consideration, and respect of self and others
INDICATOR	5.4.a.	<p>Completing a homework assignment: delivering five 'booster' (positive) statements to family or friends and record reactions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
INDICATOR	5.4.b.	<p>Writing a 'Thank You' note to someone who has positively impacted one's life.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.5.	As a result of health instruction, students will demonstrate strategies for solving interpersonal conflicts without harming self or others
INDICATOR	5.5.b.	<p>Identifying, through current events, 'real life' positive communication strategies.</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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.8.	As a result of health instruction, students will demonstrate strategies used to prevent conflict
INDICATOR	5.8.b.	<p>Modeling effective listening skills through active participation in questioning strategies.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.2.	As a result of health instruction, students will analyze health concerns that require collaborative decision making
INDICATOR	6.2.a.	<p>Interviewing a family member regarding that person's health habits and decision-making strategies. (Parent-coupon signature required for participation credit).</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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.4.	As a result of health instruction, students will implement a plan for attaining a personal health goal
INDICATOR	6.4.a.	<p>Conducting personal health history, including family health history.</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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.5.	As a result of health instruction, students will evaluate progress toward achieving personal health goals
INDICATOR	6.5.a.	<p>Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes.</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>
INDICATOR	6.5.b.	<p>Participating in pre-and post-health assessments.</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>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.6.	As a result of health instruction, students will formulate an effective plan for lifelong health
INDICATOR	6.6.a.	<p>Describing the perfect 'health robot.' This can be done verbally, written, media, arts, etc. Answer 'What makes this robot healthy?'</p> <p>My Roadmap to the Future 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 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.1.	As a result of health instruction, students will evaluate the effectiveness of communication methods for accurately expressing health information and ideas
INDICATOR	7.1.b.	Developing a health calendar for the school newspaper. 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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.5.	As a result of health instruction, students will demonstrate the ability to work cooperatively when advocating for healthy communities
INDICATOR	7.5.b.	Inviting media representatives to the classroom to show how their groups effectively promote health education. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.6.	As a result of health instruction, students will demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience
INDICATOR	7.6.a.	Developing and advertising a health-promoting activity to middle school students. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	7.6.b.	Designing and presenting a puppet play for younger (K-4) kids on nutrition efforts. 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	NE.12.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical activity.
STRAND	12.3.1.	Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.
INDICATOR	12.3.1.1.	Analyze the benefits of regular participation in physical activity (i.e., explain the benefits of exercise as related to stress management). Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	NE.12.4.	Physical Activity and Fitness - Fitness: Achieves and maintains a health-enhancing level of physical fitness.
STRAND	12.4.1.	Demonstrate the skill and knowledge to create a fitness program based on personal needs.
INDICATOR	12.4.1.1.	Independently design a written personal fitness and activity program which incorporates physical fitness components and principles (i.e., overload, progression, specificity, and individuality). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.12.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	12.5.1.	Initiate responsible behavior, function independently and responsibly, and positively influence the behavior of others.
INDICATOR	12.5.1.2.	Resolve conflicts in responsible ways (i.e., volunteer to replay contested shot in tennis). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	12.5.1.3.	Accept the responsibility for taking leadership and/or supportive roles in order to accomplish group goals (i.e., set up the safety procedures to guide a class hike over treacherous terrain). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.1.	Justify why participation in physical activity can be enjoyable and desirable.
INDICATOR	12.6.1.3.	Evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.2.	Pursue lifetime physical activities that meet individual needs.
INDICATOR	12.6.2.2.	Broaden scope of physical activities. Multimedia Extensions Multimedia Extensions: Confidence
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.3.	Investigate opportunities for employment related to physical activity.
INDICATOR	12.6.3.2.	Journal professional responsibilities and opportunities for employment in professions associated with physical activity. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Health and PE

Grade 12 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.1.	As a result of health instruction, students will analyze how behavior can impact health maintenance and disease prevention
INDICATOR	1.1.a.	<p>Interviewing a variety of individuals about how they think past health decisions influenced current health status.</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>
INDICATOR	1.1.b.	<p>Designing a personal-health program that will help students maintain lifelong wellness.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.2.	As a result of health instruction, students will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood

INDICATOR	1.2.a.	<p>Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical.</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>
INDICATOR	1.2.b.	<p>Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.</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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.3.	As a result of health instruction, students will explain the impact of personal-health behaviors on the functioning of body systems
INDICATOR	1.3.a.	<p>Choosing one body system and writing an essay informing others of the personal health behaviors that will impact the function of that system.</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>
INDICATOR	1.3.b.	<p>Practicing a stress-management technique and recording the body's physical response before and after.</p> <p>Multimedia Extensions</p>

		<p>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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.4.	As a result of health instruction, students will analyze how family, peers, and community influence the health of individuals
INDICATOR	1.4.b.	<p>Discussing in small groups, the role of peers in the health decisions students make.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	1.6.	As a result of health instruction, students will describe how to delay onset and reduce risks of potential health problems during adulthood
INDICATOR	1.6.a.	<p>Using case studies: design a fitness nutrition program to prevent and reduce an identified adult health problem.</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</p>

		<p>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	1.6.b.	<p>Setting a personal-health goal and listing all of the consequences of that decision.</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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.1.	As a result of health instruction, students will evaluate the validity of health information, products, and services
INDICATOR	2.1.a.	<p>Choosing a health product (e.g., vitamin C). Researching the literature for information about its benefits and dangers. Writing a position paper substantiating the stand taken based upon a literature review.</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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.

STRAND	2.3.	As a result of health instruction, students will evaluate factors that influence personal selection of health products and services
INDICATOR	2.3.b.	Having the student identify and analyze common advertising techniques that are used to make advertisements more appealing. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.2.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and services.
STRAND	2.6.	As a result of health instruction, students will analyze situations requiring professional health services
INDICATOR	2.6.b.	Publishing a health section in the school newspaper. 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	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.5.	As a result of health instruction, students will develop injury-prevention and management strategies for personal, family, and community health
INDICATOR	3.5.a.	Having high school students, student mentor, and an elementary aged student (grades K-3) explain 'stranger danger.' My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	3.5.b.	Identifying warning signs associated with depression and suicide. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.3.	Health Education: Students will demonstrate the ability to practice health enhancing behaviors and eliminate/reduce health risks.
STRAND	3.7.	As a result of health instruction, students will evaluate strategies to manage stress
INDICATOR	3.7.a.	Compiling lists of possible activities to reduce stress (i.e., aerobics, exercise, reduce caffeine intake, etc.).

		<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>
INDICATOR	3.7.b.	<p>Participating in the use of stress dots during the school day to understand when students are under every day. Journal situations and behaviors which influence the students stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.2.	As a result of health instruction, students will evaluate the effect of media and other factors on personal, family, and community health
INDICATOR	4.2.a.	<p>Analyzing effects of television on rates of violence, death, and suicide.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STRAND	4.4.	As a result of health instruction, students will analyze how information from the community influences health

INDICATOR	4.4.b.	Organizing a panel of community health professionals to speak to the student body (e.g., drug, alcohol, seat-belt safety, SADD, etc.). 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.1.	As a result of health instruction, students will demonstrate skills for communicating effectively with family, peers, and others
INDICATOR	5.1.a.	Developing role-play scenarios using effective verbal and nonverbal communication skills. 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
INDICATOR	5.1.b.	Conducting an interview survey of fellow students and staff members to determine effective communication strategies. 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
CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.2.	As a result of health instruction, students will analyze how interpersonal communication affects relationships
INDICATOR	5.2.a.	Choosing a favorite movie or novel, watching it and analyzing it through class discussion, how interpersonal communication affected character relationships within the story. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
INDICATOR	5.2.b.	Developing an interpersonal communication plan to apply within each student's family. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express need, wants, and feelings
INDICATOR	5.3.a.	Exploring aggressive versus assertive responses to pressure lines through role playing (smoking, drinking, sexual activity, etc.). 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
INDICATOR	5.3.b.	Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.4.	As a result of health instruction, students will demonstrate ways to communicate care, consideration, and respect of self and others
INDICATOR	5.4.a.	Completing a homework assignment: delivering five 'booster' (positive) statements to family or friends and record reactions. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.4.b.	Writing a 'Thank You' note to someone who has positively impacted one's life. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

CONTENT STANDARD	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.5.	As a result of health instruction, students will demonstrate strategies for solving interpersonal conflicts without harming self or others
INDICATOR	5.5.b.	Identifying, through current events, 'real life' positive communication strategies. 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
STRAND	5.8.	As a result of health instruction, students will demonstrate strategies used to prevent conflict
INDICATOR	5.8.b.	Modeling effective listening skills through active participation in questioning strategies. 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 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.2.	As a result of health instruction, students will analyze health concerns that require collaborative decision making
INDICATOR	6.2.a.	Interviewing a family member regarding that person's health habits and decision-making strategies. (Parent-coupon signature required for participation credit). My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.4.	As a result of health instruction, students will implement a plan for attaining a personal health goal

INDICATOR	6.4.a.	<p>Conducting personal health history, including family health history.</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 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
STRAND	6.5.	As a result of health instruction, students will evaluate progress toward achieving personal health goals
INDICATOR	6.5.a.	<p>Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes.</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 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	6.5.b.	<p>Participating in pre-and post-health assessments.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

		<p>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 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STRAND	6.6.	As a result of health instruction, students will formulate an effective plan for lifelong health
INDICATOR	6.6.a.	<p>Describing the perfect 'health robot.' This can be done verbally, written, media, arts, etc. Answer 'What makes this robot healthy?'</p> <p>My Roadmap to the Future 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 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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.1.	As a result of health instruction, students will evaluate the effectiveness of communication methods for accurately expressing health in- formation and ideas
INDICATOR	7.1.b.	<p>Developing a health calendar for the school newspaper.</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	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.5.	As a result of health instruction, students will demonstrate the ability to work cooperatively when advocating for healthy communities

INDICATOR	7.5.b.	Inviting media representatives to the classroom to show how their groups effectively promote health education. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT STANDARD	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal, family, and community health.
STRAND	7.6.	As a result of health instruction, students will demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience
INDICATOR	7.6.a.	Developing and advertising a health-promoting activity to middle school students. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	7.6.b.	Designing and presenting a puppet play for younger (K-4) kids on nutrition efforts. 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	NE.12.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical activity.
STRAND	12.3.1.	Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.
INDICATOR	12.3.1.1.	Analyze the benefits of regular participation in physical activity (i.e., explain the benefits of exercise as related to stress management). Multimedia Extensions Multimedia Extensions: Stress
CONTENT STANDARD	NE.12.4.	Physical Activity and Fitness - Fitness: Achieves and maintains a health-enhancing level of physical fitness.
STRAND	12.4.1.	Demonstrate the skill and knowledge to create a fitness program based on personal needs.
INDICATOR	12.4.1.1.	Independently design a written personal fitness and activity program which incorporates physical fitness components and principles (i.e., overload, progression, specificity, and individuality).

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD	NE.12.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
STRAND	12.5.1.	Initiate responsible behavior, function independently and responsibly, and positively influence the behavior of others.
INDICATOR	12.5.1.2.	Resolve conflicts in responsible ways (i.e., volunteer to replay contested shot in tennis).
		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
INDICATOR	12.5.1.3.	Accept the responsibility for taking leadership and/or supportive roles in order to accomplish group goals (i.e., set up the safety procedures to guide a class hike over treacherous terrain).
		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.1.	Justify why participation in physical activity can be enjoyable and desirable.
INDICATOR	12.6.1.3.	Evaluate how physical activity serves as a vehicle to provide opportunities for self-expression and personal growth.
		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.2.	Pursue lifetime physical activities that meet individual needs.
INDICATOR	12.6.2.2.	Broaden scope of physical activities.

		<p>Multimedia Extensions Multimedia Extensions: Confidence</p>
CONTENT STANDARD	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
STRAND	12.6.3.	Investigate opportunities for employment related to physical activity.
INDICATOR	12.6.3.2.	<p>Journal professional responsibilities and opportunities for employment in professions associated with physical activity.</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 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

Nebraska Academic Standards

Language Arts

Grade 9 - Adopted 2009

CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.5	Vocabulary: Students will build literary, general academic, and content specific grade-level vocabulary.
INDICATOR	LA 12.1.5.a	<p>Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	LA 12.1.5.e	<p>Determine meaning using print and digital reference materials</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.6	Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade-level text.
INDICATOR	LA 12.1.6.b	<p>Analyze and evaluate narrative text (e.g., characterization, setting, plot development, internal and external conflict, inferred and recurring themes, point of view, tone, mood)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD	NE.LA 12.2	Writing: Students will learn and apply writing skills and strategies to communicate.
STRAND	LA 12.2.2	Writing Genres: Students will write for a variety of purposes and audiences in multiple genres.
INDICATOR	LA 12.2.2.a	<p>Write in a variety of genres, considering purpose, audience, medium, and available technology</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 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</p>

		<p>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	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
INDICATOR	LA 12.3.2.a	<p>Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one, group)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	LA 12.3.2.b	<p>Listen and respond to messages by expressing a point of view on the topic using questions, challenges, or affirmations</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.

INDICATOR	LA 12.3.3.a	<p>Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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	NE.LA 12.4	Multiple Literacies: Students will identify, locate, and evaluate information.
STRAND	LA 12.4.1	Multiple Literacies: Students will research, synthesize, and communicate information in a variety of media and formats (textual, visual, and digital).
INDICATOR	LA 12.4.1.a	Select and use multiple resources to answer questions and defend conclusions using valid information (e.g., print, subscription databases, web resources)

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 12.4.1.c	<p>Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share on-line, appropriate language use, utilize appropriate sites and materials, respect diverse perspectives)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 12.4.1.f	<p>Gather and share information and opinions as a result of communication with others (e.g., video/audio chat, interview, podcast, multi-media presentations)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas 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 12: Analyzing Well-Being</p>

Nebraska Academic Standards

Language Arts

Grade 10 - Adopted 2009

CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.5	Vocabulary: Students will build literary, general academic, and content specific grade-level vocabulary.
INDICATOR	LA 12.1.5.a	Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
INDICATOR	LA 12.1.5.e	<p>Determine meaning using print and digital reference materials</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.6	Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade-level text.
INDICATOR	LA 12.1.6.b	<p>Analyze and evaluate narrative text (e.g., characterization, setting, plot development, internal and external conflict, inferred and recurring themes, point of view, tone, mood)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT STANDARD	NE.LA 12.2	Writing: Students will learn and apply writing skills and strategies to communicate.
STRAND	LA 12.2.2	Writing Genres: Students will write for a variety of purposes and audiences in multiple genres.
INDICATOR	LA 12.2.2.a	<p>Write in a variety of genres, considering purpose, audience, medium, and available technology</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 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</p>

		Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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
CONTENT STANDARD	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
INDICATOR	LA 12.3.2.a	Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one, group) Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		<p>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>
<p>INDICATOR</p>	<p>LA 12.3.2.b</p>	<p>Listen and respond to messages by expressing a point of view on the topic using questions, challenges, or affirmations</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.
INDICATOR	LA 12.3.3.a	<p>Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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	NE.LA 12.4	Multiple Literacies: Students will identify, locate, and evaluate information.
STRAND	LA 12.4.1	Multiple Literacies: Students will research, synthesize, and communicate information in a variety of media and formats (textual, visual, and digital).
INDICATOR	LA 12.4.1.a	<p>Select and use multiple resources to answer questions and defend conclusions using valid information (e.g., print, subscription databases, web resources)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 12.4.1.c	<p>Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share on-line, appropriate language use, utilize appropriate sites and materials, respect diverse perspectives)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 12.4.1.f	<p>Gather and share information and opinions as a result of communication with others (e.g., video/audio chat, interview, podcast, multi-media presentations)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas 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 12: Analyzing Well-Being</p>

Nebraska Academic Standards

Language Arts

Grade 11 - Adopted 2009

CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
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STRAND	LA 12.1.5	Vocabulary: Students will build literary, general academic, and content specific grade-level vocabulary.
INDICATOR	LA 12.1.5.a	Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	LA 12.1.5.e	Determine meaning using print and digital reference materials My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.6	Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade-level text.
INDICATOR	LA 12.1.6.b	Analyze and evaluate narrative text (e.g., characterization, setting, plot development, internal and external conflict, inferred and recurring themes, point of view, tone, mood) My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	NE.LA 12.2	Writing: Students will learn and apply writing skills and strategies to communicate.
STRAND	LA 12.2.2	Writing Genres: Students will write for a variety of purposes and audiences in multiple genres.
INDICATOR	LA 12.2.2.a	Write in a variety of genres, considering purpose, audience, medium, and available technology 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

		<p>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 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	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
INDICATOR	LA 12.3.2.a	<p>Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one, group)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>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>
<p>INDICATOR</p>	<p>LA 12.3.2.b</p>	<p>Listen and respond to messages by expressing a point of view on the topic using questions, challenges, or affirmations</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		<p>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	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.
INDICATOR	LA 12.3.3.a	<p>Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 12.4	Multiple Literacies: Students will identify, locate, and evaluate information.
STRAND	LA 12.4.1	Multiple Literacies: Students will research, synthesize, and communicate information in a variety of media and formats (textual, visual, and digital).
INDICATOR	LA 12.4.1.a	Select and use multiple resources to answer questions and defend conclusions using valid information (e.g., print, subscription databases, web resources) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	LA 12.4.1.c	Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share on-line, appropriate language use, utilize appropriate sites and materials, respect diverse perspectives) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	LA 12.4.1.f	Gather and share information and opinions as a result of communication with others (e.g., video/audio chat, interview, podcast, multi-media presentations) My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas 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 12: Analyzing Well-Being

Nebraska Academic Standards

Language Arts

Grade 12 - Adopted 2009

CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.5	Vocabulary: Students will build literary, general academic, and content specific grade-level vocabulary.
INDICATOR	LA 12.1.5.a	Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
INDICATOR	LA 12.1.5.e	Determine meaning using print and digital reference materials My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD	NE.LA 12.1	Reading: Students will learn and apply reading skills and strategies to comprehend text.
STRAND	LA 12.1.6	Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade-level text.
INDICATOR	LA 12.1.6.b	Analyze and evaluate narrative text (e.g., characterization, setting, plot development, internal and external conflict, inferred and recurring themes, point of view, tone, mood) My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT STANDARD	NE.LA 12.2	Writing: Students will learn and apply writing skills and strategies to communicate.
STRAND	LA 12.2.2	Writing Genres: Students will write for a variety of purposes and audiences in multiple genres.
INDICATOR	LA 12.2.2.a	Write in a variety of genres, considering purpose, audience, medium, and available technology My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</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	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
INDICATOR	LA 12.3.2.a	<p>Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one, group)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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</p>

		<p>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 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>
INDICATOR	LA 12.3.2.b	<p>Listen and respond to messages by expressing a point of view on the topic using questions, challenges, or affirmations</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		<p>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	NE.LA 12.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
STRAND	LA 12.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.
INDICATOR	LA 12.3.3.a	<p>Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</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 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</p>

		<p>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	NE.LA 12.4	Multiple Literacies: Students will identify, locate, and evaluate information.
STRAND	LA 12.4.1	Multiple Literacies: Students will research, synthesize, and communicate information in a variety of media and formats (textual, visual, and digital).
INDICATOR	LA 12.4.1.a	<p>Select and use multiple resources to answer questions and defend conclusions using valid information (e.g., print, subscription databases, web resources)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 12.4.1.c	<p>Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share on-line, appropriate language use, utilize appropriate sites and materials, respect diverse perspectives)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	LA 12.4.1.f	<p>Gather and share information and opinions as a result of communication with others (e.g., video/audio chat, interview, podcast, multi-media presentations)</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>

		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
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Nebraska Academic Standards

Mathematics

Grade 9 - Adopted 2009

CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.1.	Display and Analysis: Students will formulate a question and design a survey or an experiment in which data is collected and displayed in a variety of formats, then select and use appropriate statistical methods to analyze the data.
INDICATOR	MA 12.4.1.c.	Explain how sample size and transformations of data affect measures of central tendency My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.2.	Predictions and Inferences: Students will develop and evaluate inferences to make predictions.
INDICATOR	MA 12.4.2.a.	Compare data sets and evaluate conclusions using graphs and summary statistics 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Nebraska Academic Standards

Mathematics

Grade 10 - Adopted 2009

CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.1.	Display and Analysis: Students will formulate a question and design a survey or an experiment in which data is collected and displayed in a variety of formats, then select and use appropriate statistical methods to analyze the data.
INDICATOR	MA 12.4.1.c.	Explain how sample size and transformations of data affect measures of central tendency My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.2.	Predictions and Inferences: Students will develop and evaluate inferences to make predictions.
INDICATOR	MA 12.4.2.a.	Compare data sets and evaluate conclusions using graphs and summary statistics 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Nebraska Academic Standards

Mathematics

Grade 11 - Adopted 2009

CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.1.	Display and Analysis: Students will formulate a question and design a survey or an experiment in which data is collected and displayed in a variety of formats, then select and use appropriate statistical methods to analyze the data.

INDICATOR	MA 12.4.1.c.	Explain how sample size and transformations of data affect measures of central tendency My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.2.	Predictions and Inferences: Students will develop and evaluate inferences to make predictions.
INDICATOR	MA 12.4.2.a.	Compare data sets and evaluate conclusions using graphs and summary statistics 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Nebraska Academic Standards

Mathematics

Grade 12 - Adopted 2009

CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
STRAND	MA 12.4.1.	Display and Analysis: Students will formulate a question and design a survey or an experiment in which data is collected and displayed in a variety of formats, then select and use appropriate statistical methods to analyze the data.
INDICATOR	MA 12.4.1.c.	Explain how sample size and transformations of data affect measures of central tendency My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
CONTENT STANDARD	NE.MA 12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.

STRAND	MA 12.4.2.	Predictions and Inferences: Students will develop and evaluate inferences to make predictions.
INDICATOR	MA 12.4.2.a.	<p>Compare data sets and evaluate conclusions using graphs and summary statistics</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 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</p>