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

Nebraska Academic Standards

Social Studies

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	Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Nebraska Academic Standards

Health and PE

Grade 7 - Adopted Health 1997 / Physical 2006

CONTENT	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles
STANDARD		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 09: Finding Balance
		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
	- II	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.	Drawing a web to show how family and peers influence them.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections
		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
		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
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.	Researching environmental health hazards within the school, then completing a written report and presenting it to school administrators.
		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.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.	Evaluating their stress level-through the use of a checklist.
		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
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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health
STANDARD		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
INDICATOR	2.3.c.	Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Analyzing Saturday morning television commercials and then demonstrating a
		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	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	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	NE.4.	Hoolth Education, Chudanta will analyze the influence of family authority
CONTENT	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
OTANDAND		toornology, and other factors on nearth.
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.	Discussing how parents, teachers, and staff can act as role models to influence
		health behaviors.
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		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Connections
		Infallimenta 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
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		My Success Roadmap
		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
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		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
CONTENT	NE.4.	Health Education: Students will enable the influence of family culture modic
STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
STANDARD		technology, and other factors of freath.
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.	Identifying types of advertisements observed during a specific time period on
		television, completing a class chart, and discussion.
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		INGIGITIEGIA EXCENSIONS. MOCIVATION
INDICATOR	4.2.b.	Analyzing one magazine advertisement, identify the positive and negative
		influences on health.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT	NE C	Health Education: Students will demandrate the chility to use interpreted
CONTENT	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
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STRAND	5.1.	As a result of health instruction at identa will demonstrate affective your oldered
SIKAND	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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		communication skills to enhance health.
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STRAND	5.2.	As a result of health instruction, students will describe how the behavior of family
STRAND	5.2.	· ·
		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
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INDICATOR	5.2.b.	Describing ways that a family member's behavior influences how he/she
in Diox i o i	012101	communicates in a written report.
		onimumoatos in a wittern oport.
		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	NE E	Health Education Objects will describe the ability to use internanced
CONTENT	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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
		Offit 6. Wottvation - Lesson 12. Analyzing Wottvation
INDICATOR	5.3.b.	Demonstrating a cituation that may occur between lacker partners and restress of
INDICATOR	5.3.0.	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.	Practicing in small groups, the use of 'I Statements.' (e.g., I don't smoke; am feeling sad; I am excited about vacation.)
		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.	Writing a paper describing the characteristics of healthy relationships, including a description of how individuals communicate, (e.g., verbal, nonverbal, art work, music, etc.)
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
INDICATOR	5.4.b.	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)
		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 communication skills to build and maintain healthy relationships
INDICATOR	5.5.a.	Using small groups, make a 'top ten' list of positive qualities for a friend; post on bulletin board.
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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 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

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		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

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INDICATOR	6.4.a.	Keeping a daily log of physical activities as a part of an individual wellness plan for personal fitness for a one-week time period.
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	6.4.b.	Listening to a guest speaker (e.g., athlete) discuss goal-setting and personal health goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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.	Participating in a personal health assessment and then using the information to create goals to improve these areas of wellness.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being 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 My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals

INDICATOR	6.5.b.	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 Analyzing how goals to improve self may change as a result of personal
		improvement and changing priorities.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being 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 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
CONTENT	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and
STANDARD		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.	Creating a collage depicting personal strengths.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 11: Showing Motivation

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		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
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.	Designing and presenting a lesson to elementary students on a health issue.
		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	7.2.d.	Writing or creating a wellness letter for elementary 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
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal,
STANDARD		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.	Conducting an opinion survey comparing and contrasting the ways in which popular culture sends positive and negative health messages to adolescents.
		Multimedia Extensions Multimedia Extensions: Confidence
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
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		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.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
STRAND	7.4.	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
		orman in the control of the control
CONTENT	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
		2. Highway to confidence Lesson oc. Analyzing conton 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
		on wouvalion 200001 12. Analyzing Wouvalion
		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	NE.8.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical
STANDARD		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).
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation

CONTENT	NE.O.D.	
STANDARD		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		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

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 8 - Adopted Health 1997 / Physical 2006

NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
1.2.	As a result of health instruction, students will describe the interrelationship of mental, emotional, social, and physical health during adolescence
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
NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
1.4.	As a result of health instruction, students will describe how family and peers influence the health of adolescents
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
	1.2.b.

INDICATOR	1.4.c.	Drawing a web to show how family and peers influence them.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections 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 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
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.	Researching environmental health hazards within the school, then completing a written report and presenting it to school administrators. 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.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.	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 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
		M. C.
		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	NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STANDARD		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
		Office 2. Flightway to Confidence - Lesson Co. Analyzing School Confidence
CONTENT	NE.2.	Health Education: Students will demonstrate the ability to access accurate health
STANDARD		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
STANDARD		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	NE.2.	Health Education: Students will demonstrate the ability to access accurate health
STANDARD		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	0.0	A selection Code and a second selection and a
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.	Discussing how parents, teachers, and staff can act as role models to influence health behaviors.
		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
CONTENT	NE.4.	Health Education: Students will analyze the influence of family, culture, media,
STANDARD		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.	Identifying types of advertisements observed during a specific time period on television, completing a class chart, and discussion.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
INDICATOR	4.2.b.	Analyzing one magazine advertisement, identify the positive and negative
		influences on health.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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.

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		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 07: Handling Pressure
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CONTENT	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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.
INDICATOR	J.Z.a.	Listing sale staing terms unique to the students peer group.
		My Deadmen to the Future
		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
		Offit 6. Motivation - Lesson 12. Analyzing Motivation
CONTENT	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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
		Offit 6. Wolfvation - Lesson 12. Analyzing Wolfvation
INDICATOR	E 2 h	Demonstrating a cituation that may occur between locker partners and nectness of
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.	Practicing in small groups, the use of 'I Statements.' (e.g., I don't smoke; am feeling
		sad; I am excited about vacation.)
		Saa, I s Oronou about radanom/
		My Roadmap to the Future
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		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT	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.	Writing a paper describing the characteristics of healthy relationships, including a description of how individuals communicate, (e.g., verbal, nonverbal, art work, music, etc.)
		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
		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
INDICATOR	5.4.b.	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)
		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 communication skills to build and maintain healthy relationships
INDICATOR	5.5.a.	Using small groups, make a 'top ten' list of positive qualities for a friend; post on bulletin board.
		My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections
		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Pla INDICATOR 5.5.b. Demonstrating attentive communication skills (eye contact, hand and by gestures). My Roadmap to the Future	
INDICATOR 5.5.b. Demonstrating attentive communication skills (eye contact, hand and by gestures).	
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gestures).	oody
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My Roadmap to the Future	
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 NE.5. Health Education: Students will demonstrate the ability to use interpers	sonal
STANDARD communication skills to enhance health.	
STRAND 5.8. As a result of health instruction, students will demonstrate strategies to	o 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 Confide	nce
CONTENT NE.6. Health Education: Students will demonstrate the ability to use goal-set	ting and
STANDARD decision-making skills to enhance health.	
STRAND 6.1. As a result of health instruction, students will demonstrate the ability to	
decision-making process to health issues and problems individually ar	id
collaboratively	
INDICATOR AND A STATE OF THE ST	
INDICATOR 6.1.a. Using the decision-making process to plan a healthy family fun activity	' <u>.</u>
Multimedia Extensions	
Multimedia Extensions: Importance of School / Goal-Setting	
Multimedia Extensions: Motivation	
Waternould Extensions. Wetvation	
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 1: Success, Education, & Work - Lesson 02: Analyzing Jobs	
Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence	
Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation	
Unit 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: 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: 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: 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 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 Unit 2: Highway to Confidence - Lesson 05: Confidence	School
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 Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation	
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 Unit 2: Highway to Confidence - Lesson 05: Confidence	

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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and
STANDARD		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.	Keeping a daily log of physical activities as a part of an individual wellness plan for personal fitness for a one-week time period.
		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	6.4.b.	Listening to a guest speaker (e.g., athlete) discuss goal-setting and personal health goals.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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.	Participating in a personal health assessment and then using the information to create goals to improve these areas of wellness.
		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Well-Being
		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

	n 10: Analyzing Well-Being
Unit 6: Motivation - Lessor	11: Showing Motivation
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My Success Roadmap	a Lancas Od. Varia Fritura
	s - Lesson 01: Your Cools
Unit 1: Destination Succes	
	s - Lesson 04: Analyzing the Importance of School
	ons - Lesson 08: Analyzing Support & Connection
	ks-Managing Strees - Lesson 10: Analyzing Stress
	eing - Lesson 11: Health & Well-Being
	eing - Lesson 12: Analyzing Well-Being
	ion - Lesson 13: Motivation
	ion - Lesson 14: Analyzing Motivation
Unit 7: Creating a Success	s Highways Itinerary - Lesson 15: Action Planning
INDICATOR 6.5.b. Analyzing how goals to im	prove self may change as a result of personal
improvement and changing	
improvement and changing	g priorities.
Multimedia Extensions	
Multimedia Extensions: Co	onfidence
Multimedia Extensions: Mo	
Multimedia Extensions: Wo	
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My Roadmap to the Futu	re
Unit 2: Confidence - Lesso	n 04: Analyzing Confidence
Unit 4: Stress - Lesson 07:	
Unit 4: Stress - Lesson 08:	Analyzing Stress
Unit 5: Well-Being - Lesso	n 10: Analyzing Well-Being
Unit 6: Motivation - Lessor	11: Showing Motivation
My Success Roadmap	
	s - Lesson 01: Your Future
Unit 1: Destination Succes	
I II II	s - Lesson 04: Analyzing the Importance of School
	ns - Lesson 08: Analyzing Support & Connection
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1 11 11 11 11 11 11	eing - Lesson 11: Health & Well-Being
	eing - Lesson 12: Analyzing Well-Being
	ion - Lesson 13: Motivation
	ion - Lesson 14: Analyzing Motivation
Unit 7: Creating a Success	Highways Itinerary - Lesson 15: Action Planning
CONTENT NE.6. Health Education: Student	s will demonstrate the ability to use goal-setting and
STANDARD decision-making skills to e	, , , , , , , , , , , , , , , , , , , ,
decision-making skins to e	miance neam.
STRAND 6.6. As a result of health instru	ction, students will develop a plan that addresses
personal strengths, needs,	
INDICATOR 6.6.b. Creating a collage depicting	g personal strengths.
Multimedia Extensions	
Multimedia Extensions: Co	onfidence
My Roadmap to the Futu	

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		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
		, ,
		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
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal,
STANDARD		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.	Designing and presenting a lesson to elementary students on a health issue.
		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	7.2.d.	Writing or creating a wellness letter for elementary 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
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal,
STANDARD		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.	Conducting an opinion survey comparing and contrasting the ways in which popular
		culture sends positive and negative health messages to adolescents.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		N. Barakara da da Estara
		My Roadmap to the Future
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
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		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
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CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal,
STANDARD		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
INDICATOR	/ .4.a.	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	N= =	
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for personal,
STANDARD		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
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		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 6: Highway to Motivation - 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
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CONTENT	NE.8.3.	Physical Activity and Fitness - Active Lifestyle: Participates regularly in physical
STANDARD		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
INDICATOR	0.3.1.1.	health-related fitness (i.e., write one SMART goal for cardiovascular fitness).
		product rotated fittless (i.e., write one ofwirth goal for cardiovascular fittless).

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		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
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
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

Language Arts

Grade 7 - Adopted 2009

CONTENT	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
	7.1.3.6	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

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		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT	NIE I A	
CONTENT	NE.LA	Writing: Students will learn and apply writing skills and strategies to communicate.
STANDARD	7.2	
STRAND	LA	Writing Genres: Students will write for a variety of purposes and audiences in
	7.2.2	multiple genres.
INDICATOR	LA	Write considering typical characteristics of the selected genre (e.g., letter to the
	7.2.2.c	editor, report, email, class notes, essay, research paper, play)
		My Success Roadmap
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT	NE.LA	Speaking and Listening: Students will learn and apply speaking and listening skills
STANDARD	7.3	and strategies to communicate.
STRAND	LA	Listening Skills: Students will develop, apply, and refine active listening skills
	7.3.2	across a variety of situations.
INDICATOR	LA	Apply listening skills needed for multiple situations and modalities (e.g., video,
	7.3.2.a	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
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		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
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		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
		offic 7. Oreating a Success riighways fillerary - Lesson 13. Action rianning
INDICATOR	LA	
INDICATOR	LA	Listen and ask probing questions to elicit information
	7.3.2.b	
		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
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		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
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		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	NE.LA	Speaking and Listening: Students will learn and apply speaking and listening skills
STANDARD	7.3	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	Apply conversation strategies (e.g., listen while others are talking, eye contact, tone, stay on topic, non-verbal cues) My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 11: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 11: Analyzing Motivation Unit 6: Highway to Motivation - Lesson 11: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	LA 7.3.3.c	Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats 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	NE.LA	Multiple Literacies: Students will identify, locate, and evaluate information.
STANDARD	7.4	<i>y,</i>
STRAND	LA	Multiple Literacies: Students will research, summarize, and communicate
STRAIL		inditiple Literacies. Students will research, summanze, and communicate
	7 4 1	information in a variety of media and formats (textual visual and digital)
	7.4.1	information in a variety of media and formats (textual, visual, and digital).
INDICATOR		
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish
INDICATOR		
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of information (e.g., print, subscription databases, web resources)
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of information (e.g., print, subscription databases, web resources) My Roadmap to the Future
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of information (e.g., print, subscription databases, web resources)
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of information (e.g., print, subscription databases, web resources) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of 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
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of 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
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of 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
INDICATOR	LA	Select and use multiple resources to generate and answer questions and establish validity of 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
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 Practice safe and ethical behaviors when communicating and interacting with
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share online, appropriate language use, utilize
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 Practice safe and ethical behaviors when communicating and interacting with
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 Practice safe and ethical behaviors when communicating and interacting with others (e.g., safe information to share online, appropriate language use, utilize
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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)
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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) My Roadmap to the Future
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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)
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	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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) My Roadmap to the Future
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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) My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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) 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
	LA 7.4.1.a	Select and use multiple resources to generate and answer questions and establish validity of 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 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) 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

INDICATOR	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

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	My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning		
CONTENT	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)		

		My Success Roadmap			
		Unit 3: Highway Connections - Lesson 07: Social Support			
		200011 0111911101			
CONTENT	NE.LA	Writing: Students will learn and apply writing skills and strategies to communicate.			
STANDARD	8.2				
STRAND	LA	Writing Genres: Students will write for a variety of purposes and audiences in			
	8.2.2	multiple genres.			
INDICATOR	LA	Write in a variety of genres, considering purpose and audience			
	8.2.2.a				
		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			
		Offic 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 13: Motivation			
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning			
INDICATOR	LA	Write considering typical characteristics of the selected genre (e.g., business letter,			
	8.2.2.b	report, email, class notes, research paper, play, web page/blog)			
		1 1 71 77 11 3 3 3 3 3			
		My Success Roadmap			
		Unit 1: Destination Success - Lesson 02: Your Goals			
		Unit 3: Highway Connections - Lesson 07: Social Support			
CONTENT	NE.LA	Speaking and Listening: Students will learn and apply speaking and listening skills			
STANDARD	8.3	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	Apply listening skills needed for 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 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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning				
INDICATOR	LA 8.3.2.b	Listen and ask questions concerning the speaker's content, delivery, and purpose. 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				

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		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 8.3	Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.		
STRAND	LA	Reciprocal Communication: Students will develop, apply, and adapt reciprocal		
STRAND		communication skills.		
	8.3.3	communication skills.		
INDICATOR	LA	Interact and collaborate with others in learning situations by contributing questions,		
	8.3.3.b	information, opinions, and ideas using a variety of media and formats		
		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 Poadman to the Future		
		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		
1	II .	Unit 3: Connections - Lesson 05: Making Connections		
		Office of the cutoffs - Lesson os. Making Connections		

CONTENT	NE.LA	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 5: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	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	Select and use multiple resources to answer questions and support 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 8.4.1.c	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) 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	Gather and share information and opinions as a result of communication with
	8.4.1.f	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

Mathematics

Grade 7 - Adopted 2009

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.	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
INDICATOR	MA 7.4.1.c.	Explain the difference between a population and a sample My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
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	Determine if data collected from a sample can be used to make predictions about			
	7.4.2.a.	a population			
		My Success Roadmap			
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress			

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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Social Studies

Grade 9 - Adopted 2012

CONTENT	NE.SS.12.	High School (United States/World)
STANDARD		
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	SS	Make career decisions by systematically considering alternatives and
EXPECTATION	12.2.6.b.	consequences through the use of cost benefit analysis
		Multimedia Extensions
		Multimedia Extensions: Importance of School / Goal-Setting
		Mar Dandware to the Fotons
		My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs
		office 1. Success, Education, & Work - Lesson 02. Analyzing 3005
		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
ODADE LEVE	00	
GRADE LEVEL EXPECTATION	SS 12.2.6.c.	Assess the incentives for investing in personal education, skills, and talents
LAILUIAIION	12.2.0.0.	laiento
		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

Social Studies

Grade 10 - Adopted 2012

CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND		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

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	SS	Assess the incentives for investing in personal education, skills, and
EXPECTATION	12.2.6.c.	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

Social Studies

Grade 12 - Adopted 2012

CONTENT STANDARD	NE.SS.12.	High School (United States/World)
STRAND		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

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

		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	NE.1.	Health Education: Students will comprehend concepts related to healthy
STANDARD	IVE. II.	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.	Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical.
		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
		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
INDICATOR	1.2.b.	Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
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 My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

CONTENT	NE.1.	Health Education: Students will comprehend concepts related to healthy
STANDARD		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.	Using case studies: design a fitness nutrition program to prevent and reduce an identified adult health problem.
		Multimedia Extensions
		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action
		Planning
INDICATOR	1.6.b.	Setting a personal-health goal and listing all of the consequences of that decision.
		Multimedia Extensions Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing
		Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action
		Planning
CONTENT	NE.2.	Health Education, Chudanta will demonstrate the ability to access
CONTENT STANDARD	NE.Z.	Health Education: Students will demonstrate the ability to access accurate health information and health-promoting practices, products, and
STANDARD		
		services.
STRAND	2.1.	As a result of health instruction, students will evaluate the validity of
OTRAILD	2.1.	health information, products, and services
		Trouble 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.
		association and the state of th
		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	NE.2.	Health Education: Students will demonstrate the ability to access
STANDARD		accurate health information and health-promoting practices, products, and
		services.
077		
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
INDICATOR	2.3.0.	that are used to make advertisements more appealing.
		that are used to make advertisements more appealing.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
CONTENT	NE.2.	Health Education: Students will demonstrate the ability to access
STANDARD		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
INDIOATOR	0.5	
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
		OTHE 1. Success, Education, & WORK - Lesson U.Z. Analyzing JUDS
CONTENT	NE.2.	Health Education: Students will demonstrate the ability to access
STANDARD		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.). 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
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.
		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	NE.4.	Health Education: Students will analyze the influence of family, culture,
STANDARD		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
		Multimedia Extensions. Motivation
CONTENT	NE.4.	Health Education: Students will analyze the influence of family, culture,
STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
	NE.4.	media, technology, and other factors on health. As a result of health instruction, students will analyze how information
STANDARD		media, technology, and other factors on health.
STANDARD		media, technology, and other factors on health. As a result of health instruction, students will analyze how information from the community influences health Organizing a panel of community health professionals to speak to the
STANDARD	4.4.	media, technology, and other factors on health. As a result of health instruction, students will analyze how information from the community influences health
STANDARD	4.4.	media, technology, and other factors on health. As a result of health instruction, students will analyze how information from the community influences health Organizing a panel of community health professionals to speak to the
STANDARD	4.4.	media, technology, and other factors on health. As a result of health instruction, students will analyze how information from the community influences health 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
STANDARD	4.4.	media, technology, and other factors on health. As a result of health instruction, students will analyze how information from the community influences health 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
STANDARD	4.4.	media, technology, and other factors on health. As a result of health instruction, students will analyze how information from the community influences health 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

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	NE.5.	Health Education: Students will demonstrate the ability to use
STANDARD		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.
		May Decide on to the Future
		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
		Offit 5. Well-being - Lesson 09. Finding balance
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Cint of Finglishay to From Boning 200001 1217 that yearing from Boning
CONTENT	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting
STANDARD		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
INDIA TOD		
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	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting
STANDARD	142.0.	and decision- making skills to enhance health.
		and decision making exilic to emiance mean.
STRAND	6.4.	As a result of health instruction, students will implement a plan for
		attaining a personal health goal
INDICATOR	6.4.a.	Conducting personal health history, including family health history.
		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Well-Being
		Multimedia Extensions: Well-Being

		Unit 4: Stress - Lesson 08: Analyzing Stress
		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
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.	Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes. Multimedia Extensions Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress 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
INDICATOR	6.5.b.	Participating in pre-and post-health assessments. Multimedia Extensions
		Multimedia Extensions: Well-Being
		My Roadmap to the Future

		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 01: Total 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
CONTENT	NE C	Legish Education Otudanta will develop to the Unit of
CONTENT STANDARD	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and decision- making skills to enhance health.
STANDARD		and decision making skills to enhance nealth.
STRAND	6.6.	As a result of health instruction, students will formulate an effective plan
		for lifelong health
		or motorig ricam.
INDICATOR	6.6.a.	Describing the perfect 'health robot.' This can be done verbally, written,
		media, arts, etc. Answer 'What makes this robot healthy?'
		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
		My Sugges Beadman
		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
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for
STANDARD		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.	Developing a health calendar for the school powerpaper
INDICATOR	/ . I . D.	Developing a health calendar for the school newspaper.
		My Success Roadmap
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of
	- 11	
		School
		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 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
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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
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Health and PE

Grade 10 - Adopted Health 1997 / Physical 2006

CONTENT STANDARD	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
STRAND	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 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 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.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.	Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure

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		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action
		Planning
INDICATOR	1.2.b.	Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.
		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 4: Stress - Lesson 08: Analyzing Stress
		Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 12: Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
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
OTRAND	1.0.	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	Practicing a stress-management technique and recording the body's
1	1.3.b.	Fractioning a stress-management technique and recording the body's
	1.3.b.	physical response before and after.
	1.3.b.	physical response before and after.
	1.3.b.	physical response before and after. Multimedia Extensions
	1.3.b.	physical response before and after. Multimedia Extensions Multimedia Extensions: Stress
	1.3.b.	physical response before and after. Multimedia Extensions
	1.3.b.	Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being
	1.3.b.	physical response before and after. Multimedia Extensions Multimedia Extensions: Stress

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		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
		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.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.	Using case studies: design a fitness nutrition program to prevent and reduce an identified adult health problem.
		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
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INDICATOR	1.6.b.	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 Setting a personal-health goal and listing all of the consequences of that decision. Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 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.' 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.).
		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
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.	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
	112.01	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
	0.2.0.	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
		one is ended a cooperation and in the cooperation
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
CONTENT STANDARD	NE.S.	interpersonal communication skills to enhance health.
		The special communication skills to simulate freath.
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.).
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		My Roadmap to the Future
		Unit 3: Connections - Lesson 06: Analyzing Support
		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance
		Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
		Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation Writing a short story with two conclusions, illustrating assertive
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation Writing a short story with two conclusions, illustrating assertive
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches. My Roadmap to the Future
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation 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
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation 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
INDICATOR	5.3.b.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation 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
INDICATOR CONTENT STANDARD	5.3.b. NE.5.	Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation 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 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation 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
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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.	Conducting personal health history, including family health history.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		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
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.	Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes.
		Multimedia Extensions

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		Multimedia Extensions: Well-Being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		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
		i kaning
INDICATOR	6.5.b.	Participating in pre-and post-health assessments.
		Multimedia Extensions Multimedia Extensions: Well-Being
		Multimedia Extensions. Well-being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 04: Analyzing the Importance
		of School
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		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
CONTENT STANDARD	NE.6.	Location Chydonia will domentate the skilling to any
CONTENT STANDARD	NE.O.	Health Education: Students will demonstrate the ability to use goal- setting and decision- making skills to enhance health.
		Setting and decision- making skins to emidance mealth.
STRAND	6.6.	As a result of health instruction, students will formulate an effective
		plan for lifelong health
INDICATOR	6.6	Describing the perfect health what I This was be described.
INDICATOR	6.6.a.	Describing the perfect 'health robot.' This can be done verbally, written, media, arts, etc. Answer 'What makes this robot healthy?'
		writteri, media, arts, etc. Answer What makes this fobot healthy?
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		My Poodmon to the Future
		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
		Only of Motivation 200001111. Chowing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		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.
OTDAND		
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
		nealth in- lottilation 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
CONTENT STANDARD	NL.7.	for personal, family, and community health.
		or percental, farmly, and community freditin
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
INDICATOR	7.0.a.	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 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. 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: Motivation 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
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responsible personal and social behavior that respects self and
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others in physical activity settings.
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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: 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 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.	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

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		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 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	NE.1.	Health Education: Students will comprehend concepts related to healthy
STANDARD		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.	Identifying in small groups: a minimum of ten factors that can affect overall
		wellness: mental, social, emotional, and physical.
		·
		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
		Offit O. Motivation - Lesson 12. Analyzing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		Office 7. Greating a Success riighways fullerary - Lesson 15. Action rianning
INDICATOR	1.2.b.	Presenting a poster or bulletin board display that will show the interrelationship
		of mental, social, emotional, and physical health.
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		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
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		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
NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
1.3.	As a result of health instruction, students will explain the impact of personal- health behaviors on the functioning of body systems
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
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
NE.1.	Health Education: Students will comprehend concepts related to healthy lifestyles and disease prevention.
1.4.	As a result of health instruction, students will analyze how family, peers, and community influence the health of individuals
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
	1.3.a. 1.3.b. NE.1.

		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT	NE.1.	Health Education: Students will comprehend concepts related to healthy
STANDARD		lifestyles and disease prevention.
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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.	Using case studies: design a fitness nutrition program to prevent and reduce
		an identified adult health problem.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	1.6.b.	Setting a personal-health goal and listing all of the consequences of that
INDIOATOR	1.0.5.	decision.
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		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
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		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
1	-11	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.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.'

INDICATOR	3.5.b.	My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence 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.). 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
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

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		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	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

		Light F. Well Doing Leason OO: Finding Polance
		Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
		Offit o. Wottvation - Lesson 12. Analyzing Wottvation
CONTENT	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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
		Citit 1. Ottood - Eddoort 07. Harranning 1 1000ard
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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		communication skills to enhance health.
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to express need, wants, and feelings
		express need, wants, and feelings
STRAND	5.3. 5.3.a.	express need, wants, and feelings Exploring aggressive versus assertive responses to pressure lines through
		express need, wants, and feelings
		express need, wants, and feelings Exploring aggressive versus assertive responses to pressure lines through
		express need, wants, and feelings Exploring aggressive versus assertive responses to pressure lines through role playing (smoking, drinking, sexual activity, etc.).
		express need, wants, and feelings Exploring aggressive versus assertive responses to pressure lines through
		express need, wants, and feelings Exploring aggressive versus assertive responses to pressure lines through role playing (smoking, drinking, sexual activity, etc.). My Roadmap to the Future
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INDICATOR	5.3.a.	express need, wants, and feelings 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
		express need, wants, and feelings 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 Writing a short story with two conclusions, illustrating assertive versus
INDICATOR	5.3.a.	express need, wants, and feelings 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.a.	express need, wants, and feelings 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 Writing a short story with two conclusions, illustrating assertive versus
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 Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches.
INDICATOR	5.3.a.	express need, wants, and feelings 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 Writing a short story with two conclusions, illustrating assertive versus aggressive communication approaches. My Roadmap to the Future
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 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
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 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
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 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
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 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
INDICATOR	5.3.a. 5.3.b.	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 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

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.
INDIO/(IO)	0.4.6.	Withing a Thank rod hote to compone who had postavoly impacted one of inc.
		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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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.
		Mu Deadmen to the Future
		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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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 Boadman
		My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Office. Finginway to Well-Deling - Lesson 12. Analyzing Well-Deling

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.	Multimedia Extensions Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress 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
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.	Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes. Multimedia Extensions Multimedia Extensions: Well-Being

		My Deadman to the Euture
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		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
INDICATOR	6.5.b.	Participating in pre-and post-health assessments.
		Multimedia Extensions
		Multimedia Extensions Multimedia Extensions: Well-Being
		Multimedia Extensions. Well-being
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		, ,
		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
		Office 7. Creating a Success Highways fullerary - Lesson 15. Action Flaming
CONTENT	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting and
STANDARD		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?'
		My Roadmap to the Future
		Unit 4: Stress - Lesson 07: Handling Pressure
1		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation
		Unit 6: Motivation - Lesson 11: Showing Motivation

		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 in-formation 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	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 03: 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

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 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.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.	Identifying in small groups: a minimum of ten factors that can affect overall wellness: mental, social, emotional, and physical.
		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
		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
INDICATOR	1.2.b.	Presenting a poster or bulletin board display that will show the interrelationship of mental, social, emotional, and physical health.
		My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
CONTENT	NE.1.	Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being 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

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		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
		Offit 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
		om or night and the mean allow
CONTENT	NE.1.	Health Education: Students will comprehend concepts related to healthy
STANDARD		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
		Mu Cuasaa Daadman
		My Success Roadmap
		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Onit 5. Highway to Well-Being - Lesson 11. Health & Well-Being
CONTENT	NE.1.	Health Education: Students will comprehend concepts related to healthy
STANDARD	IVL.I.	lifestyles and disease prevention.
OTANDAND		illestyles 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
		Todado Hoko di potentiai noditi probleme danng additioda
INDICATOR	1.6.a.	Using case studies: design a fitness nutrition program to prevent and reduce
		an identified adult health problem.
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		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
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		Unit 6: Motivation - Lesson 11: Showing Motivation
		Office. Motivation - Lesson 11. Growing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	1.6.b.	Setting a personal-health goal and listing all of the consequences of that decision.
		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		My Roadmap to the Future
		Unit 2: Confidence - Lesson 04: Analyzing Confidence
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
		Unit 6: Motivation - Lesson 11: Showing Motivation
		My Success Roadmap
		Unit 1: Destination Success - Lesson 01: Your Future
		Unit 1: Destination Success - Lesson 02: Your Goals
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
		oritine 7. Orealing a cuccess riighways functory Lesson 16. Action Flamming
CONTENT	NE.2.	Health Education: Students will demonstrate the ability to access accurate
STANDARD		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 Boodman
		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	NE.2.	Health Education: Students will demonstrate the ability to access accurate
STANDARD		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	NE O	
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.).

		Multimedia Extensions
		Multimedia Extensions: Stress
		Multimedia Extensions: Stress Multimedia Extensions: Well-Being
		Waltimedia 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
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
		g
		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	NE.4.	Health Education: Students will analyze the influence of family, culture,
STANDARD		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
The second secon		Matamodia Extensions. Motivation
CONTENT	NE.4.	Health Education: Students will analyze the influence of family, culture.
CONTENT STANDARD	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
	NE.4.	Health Education: Students will analyze the influence of family, culture, media, technology, and other factors on health.
	NE.4.	
STANDARD		media, technology, and other factors on 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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		communication skills to enhance health.
		och manoanon orano to china noo noarin
STRAND	5.3.	As a result of health instruction, students will demonstrate healthy ways to
JIKAND	3.3.	express need, wants, and feelings
		express fieed, wants, and reenings
INDICATOR	F 0 -	
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
INDIO/(IO)	0.0.5.	aggressive communication approaches.
		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	NE.5.	Health Education: Students will demonstrate the ability to use interpersonal
STANDARD		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
		sommanionis sans, somenen, and respect of sometime sansie
INDICATOR	5.4.a.	Completing a homework assignment: delivering five 'booster' (positive)
INDIO/(IO)	O. T. C.	statements to family or friends and record reactions.
		statements to family of mends and record reactions.
		My Deadmen to the Future
		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
		OTHE O. MOLIVATION - LESSON 12. Analyzing Motivation
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CONTENT	NE.5.	Health Education, Ctudente will demonstrate the chility to use internercenal
STANDARD	NE.3.	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.	Conducting personal health history, including family health history.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress
		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
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.	Reviewing and evaluating a personal journal, analyzing data, and making recommendations for any necessary changes.
		Multimedia Extensions Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress 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
INDICATOR	6.5.b.	Participating in pre-and post-health assessments.
		Multimedia Extensions Multimedia Extensions: Well-Being
		My Roadmap to the Future

		III '' 4 O'
		Unit 4: Stress - Lesson 07: Handling Pressure
		Unit 4: Stress - Lesson 08: Analyzing Stress
		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
CONTENT	NE.6.	Health Education: Students will demonstrate the ability to use goal-setting
STANDARD		and decision- making skills to enhance health.
		3
STRAND	6.6.	As a result of health instruction, students will formulate an effective plan for
OTTOMB	0.0.	lifelong health
		molony near
INDICATOR	C C =	Describing the professible subset LTbis combandors and the conition
INDICATOR	6.6.a.	Describing the perfect 'health robot.' This can be done verbally, written,
		media, arts, etc. Answer 'What makes this robot healthy?'
		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
		Onit of Motivation Lesson 11. Onlowing Motivation
		My Success Roadmap
		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for
STANDARD		personal, family, and community health.
		posocial, raining, and community reading
STRAND	7.1.	As a result of health instruction, students will evaluate the effectiveness of
STRAND	7.1.	communication methods for accurately expressing health in- formation 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
		China 2. Thighway to Commodition Lesson 66. Analyzing Control Commodition
CONTENT	NE.7.	Health Education: Students will demonstrate the ability to advocate for
	NE./.	
STANDARD		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).

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		Multimedia Extensions
		Multimedia Extensions: Confidence
		Multimedia Extensions: Motivation
		Multimedia Extensions: Stress
		My Success Roadmap
		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT	NE.12.5.	Physical Activity Behavior - Responsible Behavior: Exhibits responsible
STANDARD		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	12513	Accept the responsibility for taking leadership and/or supportive roles in order
indioxi on	12.0.110.	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	NE.12.6.	Physical Activity Behavior - Awareness: Values physical activity for health,
STANDARD		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.
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		Multimedia Extensions Multimedia Extensions: Confidence
		Thatamodia Excholoro: Communica
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

Language Arts

Grade 9 - Adopted 2009

	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

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		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	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 Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - 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
A Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
2.3.2 Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
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 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 05: Making Connections Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Support Unit 4: Stress - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing support Unit 2: Highway to Confidence - Lesson 06: Analyzing Support Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 5: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 5: Highway Roadblocks-Managing Strees - Lesson 01: Analyzing Stress Unit 5: Highway Roadblocks-Managing Strees - Lesson 01: 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

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

INDICATOR	LA	Interact and collaborate with others in learning situations by contributing
	12.3.3.a	questions, information, opinions, and ideas using a variety of media and formats
		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 03: 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 03: Caleer 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	NE.LA	Multiple Literacies: Students will identify, locate, and evaluate information.
STANDARD	12.4	
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	Select and use multiple resources to answer questions and defend
	12.4.1.a	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
		Only 7. Creating a Success Highways fullerary - Lesson 13. Action Flamming
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

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		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	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 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

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		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
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		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
		Office 7. Creating a Success Highways fillerary - Lesson 13. Action Flaming
CONTENT	NE.LA	Speaking and Listening: Students will learn and early appalying and listening
		Speaking and Listening: Students will learn and apply speaking and listening
STANDARD	12.3	skills and strategies to communicate.
CTDAND	LA	Listoping Chilles Ctudents will develop and a fine active list with a shift
STRAND	LA	Listening Skills: Students will develop, apply, and refine active listening skills
	12.3.2	across a variety of situations.
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INDICATOR	LA	Apply listening skills needed to summarize and evaluate information given in
	12.3.2.a	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: Importance of School / Goal-Setting
		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
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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 **INDICATOR** LA Listen and respond to messages by expressing a point of view on the topic **12.3.2.b** using questions, challenges, or affirmations 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
		Office 7. Creating a Success Flighways fullerary - Lesson 13. Action Flamming
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	Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats
		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
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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	Gather and share information and opinions as a result of communication with
	12.4.1.f	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

Language Arts

Grade 11 - Adopted 2009

CONTENT	NE.LA	Reading: Students will learn and apply reading skills and strategies to
STANDARD	12.1	comprehend text.

STRAND	LA	Vocabulary: Students will build literary general academic and context
STRAND	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

		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
		Office 7. Creating a Success Flighways fullerary - Lesson 15. Action Flaming
CONTENT	NE.LA	Speaking and Listening: Students will learn and apply speaking and listening
STANDARD	12.3	skills and strategies to communicate.
SIANDAND	14.3	skiis and strategies to communicate.
STRAND	ΙΔ	
STRAND	LA 12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills
STRAND	LA 12.3.2	
STRAND	12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations.
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. Apply listening skills needed to summarize and evaluate information given in
	12.3.2	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one,
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. Apply listening skills needed to summarize and evaluate information given in
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one,
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. Apply listening skills needed to summarize and evaluate information given in multiple situations and modalities (e.g., video, audio, distance, one-to-one, group)
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being
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	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
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	12.3.2 LA	Listening Skills: Students will develop, apply, and refine active listening skills across a variety of situations. 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
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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 **INDICATOR** Listen and respond to messages by expressing a point of view on the topic **12.3.2.b** using questions, challenges, or affirmations 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

NE.LA 12.3	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 Speaking and Listening: Students will learn and apply speaking and listening skills and strategies to communicate.
-A 12.3.3	Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.
-A 2.3.3.a	Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting 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 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Connections - Lesson 08: Analyzing Support & Connection

		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
		Offic 7. Greating a Success riighways funerary - Lesson 13. Action rianning
CONTENT	NE.LA	Multiple Literacies: Students will identify, locate, and evaluate information.
STANDARD	12.4	instance = normaliser state in the instance in
OTANDARD	12.7	
STRAND	LA	Multiple Literacies: Students will research, synthesize, and communicate
	12.4.1	information in a variety of media and formats (textual, visual, and digital).
	12.7.1	information in a variety of media and formato (textual, violati, and digital).
INDICATOR	LA	Select and use multiple resources to answer questions and defend
	12.4.1.a	conclusions using valid information (e.g., print, subscription databases, web
		resources)
		165001065)
		Ma Dandaran (a the Estura
		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	Practice safe and ethical behaviors when communicating and interacting with
	12.4.1.c	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	Gather and share information and opinions as a result of communication with
	12.4.1.f	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
		JL

Grade 12 - Adopted 2009

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CONTENT	NE.LA	Reading: Students will learn and apply reading skills and strategies to
STANDARD	12.1	comprehend text.
STRAND	LA	Vocabulary: Students will build literary, general academic, and content
	12.1.5	specific grade-level vocabulary.
	12.110	oposino grado lever vocabalary.
INDICATOR	LA	Determine meaning of words through structural analysis, using knowledge of
INDICATOR	12.1.5.a	
	12.1.5.a	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	Determine meaning using print and digital reference materials
	12.1.5.e	<u> </u>
		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	NE.LA	Doodings Chydonto will loom and apply reading skills and chatesis a tr
		Reading: Students will learn and apply reading skills and strategies to
STANDARD	12.1	comprehend text.
OTD AND		
STRAND	LA	Comprehension: Students will extract and construct meaning using prior
	12.1.6	knowledge, applying text information, and monitoring comprehension while
		reading grade-level text.
INDICATOR	LA	Analyze and evaluate narrative text (e.g., characterization, setting, plot
	12.1.6.b	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	NE.LA	Writing: Students will learn and apply writing skills and strategies to
STANDARD	12.2	communicate.
TARDARD	12.2	ommunicate.
STRAND	LA	Writing Genres: Students will write for a variety of purposes and audiences in
STRAND	12.2.2	
	12.2.2	multiple genres.
INDICATOR	LA	Make in a contact of source considering a co
INDICATOR	LA	Write in a variety of genres, considering purpose, audience, medium, and
	12.2.2.a	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 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 13: Motivation Unit 6: Highway to Motivation - Lesson 13: 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 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 INDICATOR Listen and respond to messages by expressing a point of view on the topic 12.3.2.b using questions, challenges, or affirmations 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 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	Interact and collaborate with others in learning situations by contributing questions, information, opinions, and ideas using a variety of media and formats 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

CONTENT STANDARD STRAND	NE.LA 12.4 LA	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 Multiple Literacies: Students will identify, locate, and evaluate information. Multiple Literacies: Students will research, synthesize, and communicate
	12.4.1	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

Mathematics

Grade 9 - Adopted 2009

CONTENT	NE.MA	Students will communicate data analysis/probability concepts using multiple
STANDARD	12.4.	representations to reason, solve problems, and make connections within
		mathematics and across disciplines.
STRAND	MA	Display and Analysis: Students will formulate a question and design a survey
	12.4.1.	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.
INIDIO A TOD	100	
INDICATOR	MA	Explain how sample size and transformations of data affect measures of
	12.4.1.c.	central tendency
		My Success Roadmap
		Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
		offic 4. Flighway Roadblocks-Managing Offices - Lesson 63. Offess
CONTENT	NE.MA	Students will communicate data analysis/probability concepts using multiple
STANDARD	12.4.	representations to reason, solve problems, and make connections within
		mathematics and across disciplines.
STRAND	MA	Predictions and Inferences: Students will develop and evaluate inferences to
	12.4.2.	make predictions.
INDICATOR	MA	Compare data sets and evaluate conclusions using graphs and summary
	12.4.2.a.	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

Mathematics

Grade 11 - Adopted 2009

001111	12.4.	Students will communicate data analysis/probability concepts using multiple representations to reason, solve problems, and make connections within mathematics and across disciplines.
	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

Mathematics

Grade 12 - Adopted 2009

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	NE.MA	Students will communicate data analysis/probability concepts using multiple
STANDARD	12.4.	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
		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

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