

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

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

States: U.S. National Standards

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

U.S. National Standards

Health and PE

Grade 7 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.1	Analyze the relationship between healthy behaviors and personal health. 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 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.6	Explain how appropriate health care can promote personal health. 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 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.7	Describe the benefits of and barriers to practicing healthy behaviors. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.1	Examine how the family influences the health of adolescents. Multimedia Extensions Multimedia Extensions: Connections
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.2	Describe the influence of culture on health beliefs, practices, and behaviors. 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 My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.3	Describe how peers influence healthy and unhealthy behaviors. 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 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.4	Analyze how the school and community can affect personal health practices and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

BENCHMARK / GRADE LEVEL EXPECTATION	2.8.5	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	<p>Explain how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.8	<p>Explain the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.9	<p>Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p>

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STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	<p>Apply effective verbal and nonverbal communication skills to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.4	<p>Demonstrate how to ask for assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.1	<p>Identify circumstances that can help or hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.2	<p>Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.3	<p>Distinguish when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.4	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.6	Choose healthy alternatives over unhealthy alternatives when making a decision. 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
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.7	Analyze the outcomes of a health-related decision. 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.1	Assess personal health practices. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.2	Develop a goal to adopt, maintain, or improve a personal health practice. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.3	Apply strategies and skills needed to attain a personal health goal. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

BENCHMARK / GRADE LEVEL EXPECTATION	6.8.4	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.1	Explain the importance of assuming responsibility for personal health behaviors. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.2	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 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 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
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.3	Demonstrate behaviors to avoid or reduce health risks to self and others. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)

STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.8.2	<p>Demonstrate how to influence and support others to make positive health choices.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.8.3	<p>Work cooperatively to advocate for healthy individuals, families, and schools.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.8.4	<p>Identify ways in which health messages and communication techniques can be altered for different audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents are able to independently set physical activity goals and participate in individualized programs of physical activity and exercise based on personal goals and interests as well as on the results of fitness assessments. They select and utilize practice procedures and training principles appropriate for the activity goals they set. Students have an increasing awareness of the opportunities for participation in a broad range of activities that may meet their needs and interests. They participate regularly in moderate to vigorous physical activities in both school and nonschool settings.
PERFORMANCE EXPECTATION	3.2.	Sets realistic physical activity goals and strives to attain them through participation in activities of his or her choosing.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.4.	Achieves and maintains a health-enhancing level of physical fitness.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents participate in moderate to vigorous physical activities on a regular basis without undue fatigue. They participate in physical activities that address each component of health-related fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Students know the components of fitness and how these relate to their overall fitness status. Students monitor their own heart rate, breathing rate, perceived exertion, and recovery rate during and following strenuous physical activity. They assess their personal fitness status for each component and use this information to assist in the development of individualized physical fitness goals with little help from the teacher. Students show progress towards knowing the various principles of training (e.g., threshold, overload, specificity) and how these principles can be utilized in improving one's level of physical fitness.
PERFORMANCE EXPECTATION	4.6.	<p>Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
PERFORMANCE EXPECTATION	4.7.	<p>Formulates meaningful personal fitness goals based on the results of Fitnessgram testing.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of

		peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
PERFORMANCE EXPECTATION	5.6.	<p>Considers the consequences of various choices when confronted with negative peer pressure.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
PERFORMANCE EXPECTATION	5.8.	<p>Shows self-control by accepting a controversial decision of an official.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
PERFORMANCE EXPECTATION	5.11.	<p>Through verbal and nonverbal behavior, demonstrates cooperation with peers of different gender, race, ethnicity, and ability in a physical activity setting.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
PERFORMANCE EXPECTATION	5.12.	<p>Seeks out, participates with, and shows respect for a peer of lesser skill ability.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents seek physical activity experiences for group membership and positive social interaction. They recognize and appreciate skilled performance. Physical activities provide a positive outlet for competition with peers and a means of gaining the respect and recognition of others. Physical activity can increase self-confidence and self-esteem as students discover renewed enjoyment in participation. Physical activities can provide confidence as students start to take steps toward independence. Challenge is found both in experiencing high levels of competition and in learning new and/or different activities. As students experience a greater awareness of feelings, the avenues of self-expression provided by dance, gymnastics, and other sport activities become increasingly important.

PERFORMANCE EXPECTATION	6.4.	Sees learning new activities and skills as challenging. Multimedia Extensions Multimedia Extensions: Confidence
PERFORMANCE EXPECTATION	6.5.	Enjoys becoming more skilled through effort and practice. Multimedia Extensions Multimedia Extensions: Confidence My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.6.	Seeks personally challenging experiences in physical activity opportunities. Multimedia Extensions Multimedia Extensions: Confidence My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.8.	Analyzes selected physical experiences for social, emotional, and health benefits. Multimedia Extensions Multimedia Extensions: Stress

U.S. National Standards

Health and PE

Grade 8 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.1	Analyze the relationship between healthy behaviors and personal health. 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 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.2	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.6	Explain how appropriate health care can promote personal health. 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 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.8.7	Describe the benefits of and barriers to practicing healthy behaviors. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

BENCHMARK / GRADE LEVEL EXPECTATION	2.8.1	<p>Examine how the family influences the health of adolescents.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.2	<p>Describe the influence of culture on health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.3	<p>Describe how peers influence healthy and unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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BENCHMARK / GRADE LEVEL EXPECTATION	2.8.5	<p>Analyze how messages from media influence health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

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BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	<p>Explain how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
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BENCHMARK / GRADE LEVEL EXPECTATION	2.8.9	<p>Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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BENCHMARK / GRADE LEVEL EXPECTATION	4.8.4	Demonstrate how to ask for assistance to enhance the health of self and others. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
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BENCHMARK / GRADE LEVEL EXPECTATION	5.8.1	Identify circumstances that can help or hinder healthy decision making. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing

		<p>Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.2	<p>Determine when health-related situations require the application of a thoughtful decision-making process.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.3	<p>Distinguish when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.4	<p>Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.6	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.7	<p>Analyze the outcomes of a health-related decision.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.1	<p>Assess personal health practices.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.2	<p>Develop a goal to adopt, maintain, or improve a personal health practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.3	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.8.4	<p>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.1	<p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.2	<p>Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.8.3	<p>Demonstrate behaviors to avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.8.2	<p>Demonstrate how to influence and support others to make positive health choices.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.8.3	<p>Work cooperatively to advocate for healthy individuals, families, and schools.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.8.4	<p>Identify ways in which health messages and communication techniques can be altered for different audiences.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents are able to independently set physical activity goals and participate in individualized programs of physical activity and exercise based on personal goals and interests as well as on the results of fitness assessments. They select and utilize practice procedures and training principles appropriate for the activity goals they set. Students have an increasing awareness of the opportunities for participation in a broad range of activities that may meet their needs and interests. They participate regularly in moderate to vigorous physical activities in both school and nonschool settings.
PERFORMANCE EXPECTATION	3.2.	<p>Sets realistic physical activity goals and strives to attain them through participation in activities of his or her choosing.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)

STANDARD / BENCHMARK	NASPE.4.	Achieves and maintains a health-enhancing level of physical fitness.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents participate in moderate to vigorous physical activities on a regular basis without undue fatigue. They participate in physical activities that address each component of health-related fitness, including cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Students know the components of fitness and how these relate to their overall fitness status. Students monitor their own heart rate, breathing rate, perceived exertion, and recovery rate during and following strenuous physical activity. They assess their personal fitness status for each component and use this information to assist in the development of individualized physical fitness goals with little help from the teacher. Students show progress towards knowing the various principles of training (e.g., threshold, overload, specificity) and how these principles can be utilized in improving one's level of physical fitness.
PERFORMANCE EXPECTATION	4.6.	Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.7.	Formulates meaningful personal fitness goals based on the results of Fitnessgram testing. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
PERFORMANCE EXPECTATION	5.6.	Considers the consequences of various choices when confronted with negative peer pressure. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
PERFORMANCE EXPECTATION	5.8.	<p>Shows self-control by accepting a controversial decision of an official.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
PERFORMANCE EXPECTATION	5.11.	<p>Through verbal and nonverbal behavior, demonstrates cooperation with peers of different gender, race, ethnicity, and ability in a physical activity setting.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
PERFORMANCE EXPECTATION	5.12.	<p>Seeks out, participates with, and shows respect for a peer of lesser skill ability.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents seek physical activity experiences for group membership and positive social interaction. They recognize and appreciate skilled performance. Physical activities provide a positive outlet for competition with peers and a means of gaining the respect and recognition of others. Physical activity can increase self-confidence and self-esteem as students discover renewed enjoyment in participation. Physical activities can provide confidence as students start to take steps toward independence. Challenge is found both in experiencing high levels of competition and in learning new and/or different activities. As students experience a greater awareness of feelings, the avenues of self-expression provided by dance, gymnastics, and other sport activities become increasingly important.
PERFORMANCE EXPECTATION	6.4.	<p>Sees learning new activities and skills as challenging.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
PERFORMANCE EXPECTATION	6.5.	<p>Enjoys becoming more skilled through effort and practice.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
PERFORMANCE EXPECTATION	6.6.	<p>Seeks personally challenging experiences in physical activity opportunities.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
PERFORMANCE EXPECTATION	6.8.	<p>Analyzes selected physical experiences for social, emotional, and health benefits.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

U.S. National Standards

Social Studies

Grade 7 - Adopted 2010 (NCSS) / 1994 (NSCG)

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	2.1.2.	<p>Concepts such as: chronology, causality, change, conflict, complexity, multiple perspectives, primary and secondary sources, and cause and effect.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.2.	PROCESSES - Learners will be able to:
EXPECTATION	2.2.1.	Formulate questions about topics in history, predict possible answers, and use historical methods of inquiry and literacy skills to locate, organize, analyze, and interpret sources, and present supported findings. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
EXPECTATION	2.2.3.	Research and analyze past periods, events, and issues, using a variety of primary sources (e.g., documents, letters, artifacts, and testimony) as well as secondary sources; validate and weigh evidence for claims, and evaluate the usefulness and degree of reliability of sources to develop a supportable interpretation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	2.3.5.	Interviewing people who have participated in a recent historical event, and developing an exhibition based on those oral histories.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
EXPECTATION	2.3.7.	<p>Writing historical accounts of events and developments based on evidence from primary and secondary sources, and identifying different perspectives on these events and developments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.4.	INDIVIDUAL DEVELOPMENT AND IDENTITY
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INDIVIDUAL DEVELOPMENT AND IDENTITY.
PERFORMANCE EXPECTATION	4.2.	PROCESSES - Learners will be able to:
EXPECTATION	4.2.7.	<p>Identify the relationship between individual qualities and career or professional choices.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.4.	INDIVIDUAL DEVELOPMENT AND IDENTITY
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INDIVIDUAL DEVELOPMENT AND IDENTITY.
PERFORMANCE EXPECTATION	4.3.	PRODUCTS - Learners demonstrate understanding by:

EXPECTATION	4.3.3.	<p>Identifying a list of goals for personal development and writing a plan that demonstrates courses of action that can lead to those goals.</p> <p>Multimedia Extensions Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	5.1.1.	<p>This theme helps us know how individuals are members of groups and institutions, and influence and shape those groups and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.

PERFORMANCE EXPECTATION	5.2.	PROCESSES - Learners will be able to:
EXPECTATION	5.2.1.	Ask and find answers to questions about the various forms and roles of individuals, groups, and institutions. 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
EXPECTATION	5.2.2.	Analyze the effects of interactions between and among individuals, groups, and institutions. 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
EXPECTATION	5.2.7.	Evaluate how groups and institutions work to meet individual needs and promote or fail to promote the common good. 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	I.A.	What are civic life, politics, and government? What is civic life? What is politics? What is government? Why are government and politics necessary? What purposes should government serve?
BENCHMARK / GRADE LEVEL EXPECTATION	I.A.1.	Defining civic life, politics, and government. Students should be able to explain the meaning of the terms civic life, politics, and government. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	I.A.1.1.	Define and distinguish between private life and civic life
EXPECTATION	I.A.1.1.a.	Private life concerns the personal life of the individual, e.g., being with family and friends, joining clubs or teams, practicing one's religious beliefs, earning money

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.B.	What are the foundations of the American political system? What are the distinctive characteristics of American society?
BENCHMARK / GRADE LEVEL EXPECTATION	II.B.1.	Distinctive characteristics of American society. Students should be able to identify and explain the importance of historical experience and geographic, social, and economic factors that have helped to shape American society. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.B.1.1.	Explain important factors that have helped shape American society
EXPECTATION	II.B.1.1.I.	Work ethic 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
EXPECTATION	II.B.1.1.o.	Universal public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	The character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually prevent violence or that lower its intensity. To achieve this standard, students should be able to

PERFORMANCE EXPECTATION	II.C.2.2.	Explain some of the reasons why political conflict in the United States, with notable exceptions such as the Civil War, labor unrest, civil rights struggles, and the opposition to the war in Vietnam generally has been less divisive than in many other nations. These include
EXPECTATION	II.C.2.2.j.	Opportunities for free, public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.C.	What are the roles of the citizen in American democracy? What are the responsibilities of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.C.1.	Personal responsibilities. Students should be able to evaluate, take, and defend positions on the importance of personal responsibilities to the individual and to society. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.C.1.1.	Evaluate the importance of commonly held personal responsibilities, such as
EXPECTATION	V.C.1.1.c.	Accepting responsibility for the consequences of one's actions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

U.S. National Standards

Social Studies

Grade 8 - Adopted 2010 (NCSS) / 1994 (NSCG)

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.1.	KNOWLEDGE - Learners will understand:

EXPECTATION	2.1.2.	<p>Concepts such as: chronology, causality, change, conflict, complexity, multiple perspectives, primary and secondary sources, and cause and effect.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.2.	PROCESSES - Learners will be able to:
EXPECTATION	2.2.1.	<p>Formulate questions about topics in history, predict possible answers, and use historical methods of inquiry and literacy skills to locate, organize, analyze, and interpret sources, and present supported findings.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
EXPECTATION	2.2.3.	<p>Research and analyze past periods, events, and issues, using a variety of primary sources (e.g., documents, letters, artifacts, and testimony) as well as secondary sources; validate and weigh evidence for claims, and evaluate the usefulness and degree of reliability of sources to develop a supportable interpretation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	2.3.5.	<p>Interviewing people who have participated in a recent historical event, and developing an exhibition based on those oral histories.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
EXPECTATION	2.3.7.	<p>Writing historical accounts of events and developments based on evidence from primary and secondary sources, and identifying different perspectives on these events and developments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.4.	INDIVIDUAL DEVELOPMENT AND IDENTITY
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INDIVIDUAL DEVELOPMENT AND IDENTITY.
PERFORMANCE EXPECTATION	4.2.	PROCESSES - Learners will be able to:
EXPECTATION	4.2.7.	<p>Identify the relationship between individual qualities and career or professional choices.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.4.	INDIVIDUAL DEVELOPMENT AND IDENTITY
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INDIVIDUAL DEVELOPMENT AND IDENTITY.
PERFORMANCE EXPECTATION	4.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	4.3.3.	<p>Identifying a list of goals for personal development and writing a plan that demonstrates courses of action that can lead to those goals.</p> <p>Multimedia Extensions Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	5.1.1.	<p>This theme helps us know how individuals are members of groups and institutions, and influence and shape those groups and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.2.	PROCESSES - Learners will be able to:
EXPECTATION	5.2.1.	<p>Ask and find answers to questions about the various forms and roles of individuals, groups, and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
EXPECTATION	5.2.2.	<p>Analyze the effects of interactions between and among individuals, groups, and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
EXPECTATION	5.2.7.	<p>Evaluate how groups and institutions work to meet individual needs and promote or fail to promote the common good.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	I.A.	What are civic life, politics, and government? What is civic life? What is politics? What is government? Why are government and politics necessary? What purposes should government serve?
BENCHMARK / GRADE LEVEL EXPECTATION	I.A.1.	Defining civic life, politics, and government. Students should be able to explain the meaning of the terms civic life, politics, and government. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	I.A.1.1.	Define and distinguish between private life and civic life
EXPECTATION	I.A.1.1.a.	Private life concerns the personal life of the individual, e.g., being with family and friends, joining clubs or teams, practicing one's religious beliefs, earning money 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.B.	What are the foundations of the American political system? What are the distinctive characteristics of American society?
BENCHMARK / GRADE LEVEL EXPECTATION	II.B.1.	Distinctive characteristics of American society. Students should be able to identify and explain the importance of historical experience and geographic, social, and economic factors that have helped to shape American society. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.B.1.1.	Explain important factors that have helped shape American society
EXPECTATION	II.B.1.1.I.	Work ethic 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
EXPECTATION	II.B.1.1.o.	Universal public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	The character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually prevent violence or that lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.2.	Explain some of the reasons why political conflict in the United States, with notable exceptions such as the Civil War, labor unrest, civil rights struggles, and the opposition to the war in Vietnam generally has been less divisive than in many other nations. These include
EXPECTATION	II.C.2.2.j.	<p>Opportunities for free, public education</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.C.	What are the roles of the citizen in American democracy? What are the responsibilities of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.C.1.	Personal responsibilities. Students should be able to evaluate, take, and defend positions on the importance of personal responsibilities to the individual and to society. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.C.1.1.	Evaluate the importance of commonly held personal responsibilities, such as
EXPECTATION	V.C.1.1.c.	<p>Accepting responsibility for the consequences of one's actions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

U.S. National Standards

Language Arts

Grade 7 - Adopted 1994

<p>STRAND / ORGANIZATION</p>	<p>N.3. Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics). (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.5. Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support</p>

	<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.6. Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language, and genre to create, critique, and discuss print and nonprint texts. (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / ORGANIZATION	N.8.	Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge. (NCTE) 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
STRAND / ORGANIZATION	N.11.	Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities. (NCTE) 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 Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / ORGANIZATION	N.12.	<p>Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information). (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

U.S. National Standards

Language Arts

Grade 8 - Adopted 1994

STRAND / ORGANIZATION	N.3.	Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word
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	<p>identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics). (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.5. Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>

	<p>Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.6. Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language, and genre to create, critique, and discuss print and nonprint texts. (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / ORGANIZATION	N.8.	<p>Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge. (NCTE)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.11.	<p>Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.12.	<p>Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information). (NCTE)</p>

	<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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U.S. National Standards

Mathematics

Grade 7 - Adopted 2000

STRAND / ORGANIZATION	N.2.	Algebra (NCTM)
STANDARD / BENCHMARK	2.1.	Understand patterns, relations, and functions.

BENCHMARK / GRADE LEVEL EXPECTATION	2.1.1.	<p>Represent, analyze, and generalize a variety of patterns with tables, graphs, words, and, when possible, symbolic rules.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.1.	Formulate questions that can be addressed with data and collect, organize, and display relevant data to answer them.
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.1.	<p>Formulate questions, design studies, and collect data about a characteristic shared by two populations or different characteristics within one population.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.2.	<p>Select, create, and use appropriate graphical representations of data, including histograms, box plots, and scatterplots.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.2.	Select and use appropriate statistical methods to analyze data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.2.2.	<p>Discuss and understand the correspondence between data sets and their graphical representations, especially histograms, stem-and-leaf plots, box plots, and scatterplots.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.3.	Develop and evaluate inferences and predictions that are based on data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.1.	Use observations about differences between two or more samples to make conjectures about the populations from which the samples were taken. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.3.	Use conjectures to formulate new questions and plan new studies to answer them. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
STRAND / ORGANIZATION	N.8.	Communication (NCTM)
STANDARD / BENCHMARK	8.1.	Organize and consolidate their mathematical thinking through communication. 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
STANDARD / BENCHMARK	8.2.	Communicate their mathematical thinking coherently and clearly to peers, teachers, and others. 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

		<p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.4.	<p>Use the language of mathematics to express mathematical ideas precisely.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.10.	Representation (NCTM)
STANDARD / BENCHMARK	10.1.	<p>Create and use representations to organize, record, and communicate mathematical ideas.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / BENCHMARK	10.3.	<p>Use representations to model and interpret physical, social, and mathematical phenomena.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.12.	Connections to the Grade 7 Focal Points (NCTM)
STANDARD / BENCHMARK	12.1.	<p>Measurement and Geometry: Students connect their work on proportionality with their work on area and volume by investigating similar objects. They understand that if a scale factor describes how corresponding lengths in two similar objects are related, then the square of the scale factor describes how corresponding areas are related, and the cube of the scale factor describes how corresponding volumes are related. Students apply their work on proportionality to measurement in different contexts, including converting among different units of measurement to solve problems involving rates such</p>

		<p>as motion at a constant speed. They also apply proportionality when they work with the circumference, radius, and diameter of a circle; when they find the area of a sector of a circle; and when they make scale drawings.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>
STANDARD / BENCHMARK	12.3.	<p>Data Analysis: Students use proportions to make estimates relating to a population on the basis of a sample. They apply percentages to make and interpret histograms and circle graphs.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

U.S. National Standards

Mathematics

Grade 8 - Adopted 2000

STRAND / ORGANIZATION	N.2.	Algebra (NCTM)
STANDARD / BENCHMARK	2.1.	Understand patterns, relations, and functions.
BENCHMARK / GRADE LEVEL EXPECTATION	2.1.1.	<p>Represent, analyze, and generalize a variety of patterns with tables, graphs, words, and, when possible, symbolic rules.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.1.	Formulate questions that can be addressed with data and collect, organize, and display relevant data to answer them.
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.1.	<p>Formulate questions, design studies, and collect data about a characteristic shared by two populations or different characteristics within one population.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.2.	Select, create, and use appropriate graphical representations of data, including histograms, box plots, and scatterplots. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.2.	Select and use appropriate statistical methods to analyze data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.2.2.	Discuss and understand the correspondence between data sets and their graphical representations, especially histograms, stem-and-leaf plots, box plots, and scatterplots. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.3.	Develop and evaluate inferences and predictions that are based on data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.1.	Use observations about differences between two or more samples to make conjectures about the populations from which the samples were taken. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress

BENCHMARK / GRADE LEVEL EXPECTATION	5.3.3.	<p>Use conjectures to formulate new questions and plan new studies to answer them.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
STRAND / ORGANIZATION	N.8.	Communication (NCTM)
STANDARD / BENCHMARK	8.1.	<p>Organize and consolidate their mathematical thinking through communication.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.2.	<p>Communicate their mathematical thinking coherently and clearly to peers, teachers, and others.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		<p>Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.4.	<p>Use the language of mathematics to express mathematical ideas precisely.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.10.	Representation (NCTM)
STANDARD / BENCHMARK	10.1.	<p>Create and use representations to organize, record, and communicate mathematical ideas.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / BENCHMARK	10.3.	<p>Use representations to model and interpret physical, social, and mathematical phenomena.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Health and PE

Grade 9 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.6	Analyze the relationship between access to health care and health status. 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.1	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections

<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.2</p>	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.3</p>	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.4</p>	<p>Evaluate how the school and community can affect personal health practice and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.5</p>	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.7</p>	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.9	<p>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.1	<p>Use skills for communicating effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.1	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.2	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing</p>

		<p>Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.3	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.4	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.6	<p>Defend the healthy choice when making decisions.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.7	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.1	<p>Assess personal health practices and overall health status.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.2	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.3	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.4	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	<p>Analyze the role of individual responsibility for enhancing health.</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.2	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.3	<p>Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.2	<p>Demonstrate how to influence and support others to make positive health choices.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing</p>

		Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.3	Work cooperatively as an advocate for improving personal, family, and community health. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.4	Adapt health messages and communication techniques to a specific target audience. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plans that include selected sports and activities. They use complex movement concepts and principles to independently refine their skills and apply them to the learning of new skills. Advanced activity related to discipline-specific knowledge is integrated so that students develop the ability to learn, self-assess, and improve movement skills independently. They also can recognize elite-level performance.
PERFORMANCE EXPECTATION	2.2.	Develops realistic short-term and long-term personal fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
PERFORMANCE EXPECTATION	2.9.	Explains the impact of participation in selected sports/activities on various components of fitness. Multimedia Extensions Multimedia Extensions: Stress

STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle. They willingly participate in physical activities on a regular basis that contribute to the attainment of and maintenance of personal physical activity goals. Students at this age make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on needs, personal interests, capabilities, and resources. They possess adequate movement capabilities and behavioral skills that provide a basis for continued learning and regular physical activity participation. They can independently apply appropriate training principles to their own physical activity and can utilize pertinent scientific principles to enhance their participation in a specific activity or sport. In addition, students demonstrate an understanding of how and why adult patterns of physical activity participation change throughout life and are capable of implementing meaningful strategies to deal with those changes.
PERFORMANCE EXPECTATION	3.1.	Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
PERFORMANCE EXPECTATION	3.3.	Demonstrates the ability to monitor and adjust activity to meet personal physical activity needs. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	3.4.	Monitors physical activity through the use of a pedometer, heart-rate monitor, and/or physical activity log. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.4.	Achieves and maintains a health-enhancing level of physical fitness.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors. They demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis. They engage in activities in a variety of settings (e.g., school, home, workplace, community) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and

		they can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.
PERFORMANCE EXPECTATION	4.3.	Develops a personal fitness profile on the basis of fitness assessment results. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.4.	Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.5.	Achieves personal fitness goals after a period of training. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.6.	Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.7.	Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in a physical activity setting. They demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. They are able to respond to potentially explosive interactions with others by mediating and settling conflicts. Students synthesize and evaluate knowledge regarding the role of physical activity in a culturally diverse

		society. They make enlightened personal choices for engaging in physical activity over the life span, recognizing the influence of age, disability, gender, race, ethnicity, socioeconomic status, and culture. They develop a personal philosophy of participation reflecting inclusive practices in physical activity settings.
PERFORMANCE EXPECTATION	5.2.	Acknowledges the strong performance of another aerobics team despite a loss to them in the final competition. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students are more comfortable with their new interests and their physiques, thus once again enjoying movement for the sheer pleasure of moving. They enjoy the challenge of working hard to better their skills, and they feel satisfaction when they are successful in improving, especially while pursuing personal goals. They enjoy regular participation in selected activities, either alone or with friends. They can explain why participation in these activities is enjoyable and desirable.
PERFORMANCE EXPECTATION	6.1.	Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Stress
PERFORMANCE EXPECTATION	6.2.	Enjoys working with others in a sport activity to achieve a common goal. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.3.	Creates a pamphlet on the health benefits of physical activity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.6.	Reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Stress

Health and PE

Grade 10 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.6	Analyze the relationship between access to health care and health status. 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.1	Analyze how the family influences the health of individuals.

		<p>Multimedia Extensions Multimedia Extensions: Connections</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.2	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.3	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.4	<p>Evaluate how the school and community can affect personal health practice and behaviors.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.5	<p>Evaluate the effect of media on personal and family health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.7	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.9	<p>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.1	<p>Use skills for communicating effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.1	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.2	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>5.12.3</p>	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>5.12.4</p>	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>5.12.6</p>	<p>Defend the healthy choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

BENCHMARK / GRADE LEVEL EXPECTATION	5.12.7	Evaluate the effectiveness of health-related decisions. 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.1	Assess personal health practices and overall health status. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.3	Implement strategies and monitor progress in achieving a personal health goal. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.4	Formulate an effective long-term personal health plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)

STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	Analyze the role of individual responsibility for enhancing health. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. 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 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
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.2	Demonstrate how to influence and support others to make positive health choices. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.3	<p>Work cooperatively as an advocate for improving personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.4	<p>Adapt health messages and communication techniques to a specific target audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plans that include selected sports and activities. They use complex movement concepts and principles to independently refine their skills and apply them to the learning of new skills. Advanced activity related to discipline-specific knowledge is integrated so that students develop the ability to learn, self-assess, and improve movement skills independently. They also can recognize elite-level performance.
PERFORMANCE EXPECTATION	2.2.	<p>Develops realistic short-term and long-term personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

PERFORMANCE EXPECTATION	2.9.	Explains the impact of participation in selected sports/activities on various components of fitness. Multimedia Extensions Multimedia Extensions: Stress
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle. They willingly participate in physical activities on a regular basis that contribute to the attainment of and maintenance of personal physical activity goals. Students at this age make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on needs, personal interests, capabilities, and resources. They possess adequate movement capabilities and behavioral skills that provide a basis for continued learning and regular physical activity participation. They can independently apply appropriate training principles to their own physical activity and can utilize pertinent scientific principles to enhance their participation in a specific activity or sport. In addition, students demonstrate an understanding of how and why adult patterns of physical activity participation change throughout life and are capable of implementing meaningful strategies to deal with those changes.
PERFORMANCE EXPECTATION	3.1.	Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
PERFORMANCE EXPECTATION	3.3.	Demonstrates the ability to monitor and adjust activity to meet personal physical activity needs. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	3.4.	Monitors physical activity through the use of a pedometer, heart-rate monitor, and/or physical activity log. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)

STANDARD / BENCHMARK	NASPE.4.	Achieves and maintains a health-enhancing level of physical fitness.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors. They demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis. They engage in activities in a variety of settings (e.g., school, home, workplace, community) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and they can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.
PERFORMANCE EXPECTATION	4.3.	Develops a personal fitness profile on the basis of fitness assessment results. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.4.	Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.5.	Achieves personal fitness goals after a period of training. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.6.	Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.7.	Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)

STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in a physical activity setting. They demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. They are able to respond to potentially explosive interactions with others by mediating and settling conflicts. Students synthesize and evaluate knowledge regarding the role of physical activity in a culturally diverse society. They make enlightened personal choices for engaging in physical activity over the life span, recognizing the influence of age, disability, gender, race, ethnicity, socioeconomic status, and culture. They develop a personal philosophy of participation reflecting inclusive practices in physical activity settings.
PERFORMANCE EXPECTATION	5.2.	Acknowledges the strong performance of another aerobics team despite a loss to them in the final competition. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students are more comfortable with their new interests and their physiques, thus once again enjoying movement for the sheer pleasure of moving. They enjoy the challenge of working hard to better their skills, and they feel satisfaction when they are successful in improving, especially while pursuing personal goals. They enjoy regular participation in selected activities, either alone or with friends. They can explain why participation in these activities is enjoyable and desirable.
PERFORMANCE EXPECTATION	6.1.	Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Stress
PERFORMANCE EXPECTATION	6.2.	Enjoys working with others in a sport activity to achieve a common goal. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.3.	Creates a pamphlet on the health benefits of physical activity. My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.6.	Reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Stress

U.S. National Standards

Health and PE

Grade 11 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.6	Analyze the relationship between access to health care and health status. 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. My Roadmap to the Future

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.1	<p>Analyze how the family influences the health of individuals.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.2	<p>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.3	<p>Analyze how peers influence healthy and unhealthy behaviors.</p> <p>My Success Roadmap</p>

		Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.4	Evaluate how the school and community can affect personal health practice and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.5	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy 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 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 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health. My Roadmap to the Future

		<p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.1	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 4: Highway Roadblocks-Managing Streets</p>

		<p>- Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>5.12.2</p>	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>5.12.3</p>	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14:</p>

		Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.4	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.6	<p>Defend the healthy choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.7	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.1	Assess personal health practices and overall health status. My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.3	Implement strategies and monitor progress in achieving a personal health goal. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.4	Formulate an effective long-term personal health plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	Analyze the role of individual responsibility for enhancing health.

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.2	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.3	<p>Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)

STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.2	<p>Demonstrate how to influence and support others to make positive health choices.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.3	<p>Work cooperatively as an advocate for improving personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.4	<p>Adapt health messages and communication techniques to a specific target audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

BENCHMARK / GRADE LEVEL EXPECTATION		High school students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plans that include selected sports and activities. They use complex movement concepts and principles to independently refine their skills and apply them to the learning of new skills. Advanced activity related to discipline-specific knowledge is integrated so that students develop the ability to learn, self-assess, and improve movement skills independently. They also can recognize elite-level performance.
PERFORMANCE EXPECTATION	2.2.	Develops realistic short-term and long-term personal fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
PERFORMANCE EXPECTATION	2.9.	Explains the impact of participation in selected sports/activities on various components of fitness. Multimedia Extensions Multimedia Extensions: Stress
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle. They willingly participate in physical activities on a regular basis that contribute to the attainment of and maintenance of personal physical activity goals. Students at this age make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on needs, personal interests, capabilities, and resources. They possess adequate movement capabilities and behavioral skills that provide a basis for continued learning and regular physical activity participation. They can independently apply appropriate training principles to their own physical activity and can utilize pertinent scientific principles to enhance their participation in a specific activity or sport. In addition, students demonstrate an understanding of how and why adult patterns of physical activity participation change

		throughout life and are capable of implementing meaningful strategies to deal with those changes.
PERFORMANCE EXPECTATION	3.1.	Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
PERFORMANCE EXPECTATION	3.3.	Demonstrates the ability to monitor and adjust activity to meet personal physical activity needs. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	3.4.	Monitors physical activity through the use of a pedometer, heart-rate monitor, and/or physical activity log. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.4.	Achieves and maintains a health-enhancing level of physical fitness.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors. They demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis. They engage in activities in a variety of settings (e.g., school, home, workplace, community) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and they can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.
PERFORMANCE EXPECTATION	4.3.	Develops a personal fitness profile on the basis of fitness assessment results.

		Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.4.	Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.5.	Achieves personal fitness goals after a period of training. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.6.	Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.7.	Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in a physical activity setting. They demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. They are able to respond to potentially explosive interactions with others by mediating and settling conflicts. Students synthesize and evaluate

		knowledge regarding the role of physical activity in a culturally diverse society. They make enlightened personal choices for engaging in physical activity over the life span, recognizing the influence of age, disability, gender, race, ethnicity, socioeconomic status, and culture. They develop a personal philosophy of participation reflecting inclusive practices in physical activity settings.
PERFORMANCE EXPECTATION	5.2.	Acknowledges the strong performance of another aerobics team despite a loss to them in the final competition. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students are more comfortable with their new interests and their physiques, thus once again enjoying movement for the sheer pleasure of moving. They enjoy the challenge of working hard to better their skills, and they feel satisfaction when they are successful in improving, especially while pursuing personal goals. They enjoy regular participation in selected activities, either alone or with friends. They can explain why participation in these activities is enjoyable and desirable.
PERFORMANCE EXPECTATION	6.1.	Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Stress
PERFORMANCE EXPECTATION	6.2.	Enjoys working with others in a sport activity to achieve a common goal. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.3.	Creates a pamphlet on the health benefits of physical activity. My Success Roadmap

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.6.	Reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Stress

U.S. National Standards

Health and PE

Grade 12 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health. My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.6	Analyze the relationship between access to health care and health status. 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
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. 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 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
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.1	Analyze how the family influences the health of individuals. Multimedia Extensions Multimedia Extensions: Connections
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.2	Analyze how the culture supports and challenges health beliefs, practices, and behaviors. 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 My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.3	Analyze how peers influence healthy and unhealthy behaviors. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.4	Evaluate how the school and community can affect personal health practice and behaviors. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.5	Evaluate the effect of media on personal and family health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.7</p>	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.8</p>	<p>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
<p>BENCHMARK / GRADE LEVEL EXPECTATION</p>	<p>2.12.9</p>	<p>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.1	<p>Use skills for communicating effectively with family, peers, and others to enhance health.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	<p>Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.1	<p>Examine barriers that can hinder healthy decision making.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.2	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.3	<p>Justify when individual or collaborative decision making is appropriate.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.4	<p>Generate alternatives to health-related issues or problems.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

BENCHMARK / GRADE LEVEL EXPECTATION	5.12.6	<p>Defend the healthy choice when making decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.7	<p>Evaluate the effectiveness of health-related decisions.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.1	<p>Assess personal health practices and overall health status.</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.2	<p>Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.3	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>

		<p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.4	<p>Formulate an effective long-term personal health plan.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	<p>Analyze the role of individual responsibility for enhancing health.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.2	<p>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.3	<p>Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.2	<p>Demonstrate how to influence and support others to make positive health choices.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.3	<p>Work cooperatively as an advocate for improving personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.4	<p>Adapt health messages and communication techniques to a specific target audience.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plans that include selected sports and activities. They use complex movement concepts and principles to independently refine their skills and apply them to the learning of new skills. Advanced activity related to discipline-specific knowledge is integrated so that students develop the ability to learn, self-assess, and improve movement skills independently. They also can recognize elite-level performance.

PERFORMANCE EXPECTATION	2.2.	<p>Develops realistic short-term and long-term personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
PERFORMANCE EXPECTATION	2.9.	<p>Explains the impact of participation in selected sports/activities on various components of fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle. They willingly participate in physical activities on a regular basis that contribute to the attainment of and maintenance of personal physical activity goals. Students at this age make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on needs, personal interests, capabilities, and resources. They possess adequate movement capabilities and behavioral skills that provide a basis for continued learning and regular physical activity participation. They can independently apply appropriate training principles to their own physical activity and can utilize pertinent scientific principles to enhance their participation in a specific activity or sport. In addition, students demonstrate an understanding of how and why adult patterns of physical activity participation change throughout life and are capable of implementing meaningful strategies to deal with those changes.
PERFORMANCE EXPECTATION	3.1.	<p>Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
PERFORMANCE EXPECTATION	3.3.	<p>Demonstrates the ability to monitor and adjust activity to meet personal physical activity needs.</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

PERFORMANCE EXPECTATION	3.4.	Monitors physical activity through the use of a pedometer, heart-rate monitor, and/or physical activity log. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.4.	Achieves and maintains a health-enhancing level of physical fitness.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors. They demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis. They engage in activities in a variety of settings (e.g., school, home, workplace, community) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and they can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.
PERFORMANCE EXPECTATION	4.3.	Develops a personal fitness profile on the basis of fitness assessment results. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.4.	Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.5.	Achieves personal fitness goals after a period of training. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE EXPECTATION	4.6.	Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

PERFORMANCE EXPECTATION	4.7.	Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Young adults demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in a physical activity setting. They demonstrate leadership by holding themselves and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings. They are able to respond to potentially explosive interactions with others by mediating and settling conflicts. Students synthesize and evaluate knowledge regarding the role of physical activity in a culturally diverse society. They make enlightened personal choices for engaging in physical activity over the life span, recognizing the influence of age, disability, gender, race, ethnicity, socioeconomic status, and culture. They develop a personal philosophy of participation reflecting inclusive practices in physical activity settings.
PERFORMANCE EXPECTATION	5.2.	Acknowledges the strong performance of another aerobics team despite a loss to them in the final competition. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students are more comfortable with their new interests and their physiques, thus once again enjoying movement for the sheer pleasure of moving. They enjoy the challenge of working hard to better their skills, and they feel satisfaction when they are successful in improving, especially while pursuing personal goals. They enjoy regular participation in selected activities, either alone or with friends. They can explain why participation in these activities is enjoyable and desirable.
PERFORMANCE EXPECTATION	6.1.	Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Stress
PERFORMANCE EXPECTATION	6.2.	Enjoys working with others in a sport activity to achieve a common goal.

		My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.3.	Creates a pamphlet on the health benefits of physical activity. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
PERFORMANCE EXPECTATION	6.6.	Reflects on reasons for choosing to participate in selected physical activities. Multimedia Extensions Multimedia Extensions: Stress

U.S. National Standards

Social Studies

Grade 9 - Adopted 2010 (NCSS) / 1994 (NSCG)

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	2.1.2.	Concepts such as: era, chronology, causality, change, continuity, conflict, historiography, historical method, primary and secondary sources, cause and effect, and multiple perspectives. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.2.	PROCESSES - Learners will be able to:
EXPECTATION	2.2.1.	Formulate research questions to investigate topics in history, identify possible answers, and use historical methods of inquiry and literacy skills to select, organize, analyze, synthesize, and interpret sources, and present findings. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
EXPECTATION	2.2.2.	Research and analyze past periods, events, and recurring issues, using a variety of primary sources (e.g., documents, letters, artifacts, and testimony), as well as secondary sources; validate and weigh evidence for claims, check the usefulness and degree of reliability of sources, and evaluate different interpretations in order to develop their own interpretation supported by the evidence. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	2.3.4.	Interviewing people who have participated in a recent historical event, and developing an exhibition based on those oral histories to contribute to a history museum.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
EXPECTATION	2.3.6.	<p>Writing historical accounts of events and developments based on evidence from primary and secondary sources, and evaluating different interpretations of these events and developments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	5.1.1.	<p>This theme helps us use sociological and anthropological theories about how individuals are members of groups and institutions, and how they influence and shape those groups and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.

PERFORMANCE EXPECTATION	5.2.	PROCESSES - Learners will be able to:
EXPECTATION	5.2.2.	Evaluate different interpretations of the influence of groups and institutions on people and events in historical and contemporary settings. 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
EXPECTATION	5.2.7.	Investigate how groups and institutions work to meet individual needs, promote or fail to promote the common good, and address persistent social issues. 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.B.	What are the foundations of the American political system? What are the distinctive characteristics of American society?
BENCHMARK / GRADE LEVEL EXPECTATION	II.B.1.	Distinctive characteristics of American society. Students should be able to explain how the following characteristics tend to distinguish American society from most other societies. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.B.1.1.	Explain important factors that have helped shape American society, such as
EXPECTATION	II.B.1.1.I.	Work ethic 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
EXPECTATION	II.B.1.1.O.	Universal public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.2.	Explain some of the reasons why political conflict in the United States, with notable exceptions such as the Civil War, nineteenth century labor unrest, the 1950s and 1960s civil rights struggles, and the opposition to the war in Vietnam, has generally been less divisive than in many other nations. These include
EXPECTATION	II.C.2.2.j.	<p>Opportunities for free, public education</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.3.	<p>Explain the ways in which universal public education and the existence of a popular culture that crosses class boundaries have tended to reduce the intensity of political conflict by creating common ground among diverse groups</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.B.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How is the national government organized and what does it do?
BENCHMARK / GRADE LEVEL EXPECTATION	III.B.2.	Major responsibilities of the national government in domestic and foreign policy. Students should be able to evaluate, take, and defend positions on issues regarding the major responsibilities of the national government for domestic and foreign policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.B.2.3.	Evaluate competing arguments about the proper role of government in major areas of domestic and foreign policy, e.g., health care, education, child care, regulation of business and industry, foreign aid, intervention abroad Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.1.	The public agenda. Students should be able to evaluate, take, and defend positions about how the public agenda is set. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.1.1.	Explain that the "public agenda" consists of those matters that occupy public attention at any particular time, e.g., crime, health care, education, abortion, national debt, environmental protection, international intervention Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)

STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.6.	Forming and carrying out public policy. Students should be able to evaluate, take, and defend positions about the formation and implementation of public policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.6.5.	Explain why conflicts about values, principles, and interests may make agreement difficult or impossible on certain issues of public policy, e.g., affirmative action, abortion, environment, gun control, capital punishment Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	IV.C.	What is the relationship of the United States to other nations and to world affairs? How has the United States influenced other nations, and how have other nations influenced American politics and society?
BENCHMARK / GRADE LEVEL EXPECTATION	IV.C.3.	Economic, technological, and cultural developments. Students should be able to evaluate, take, and defend positions about the effects of significant economic, technological, and cultural developments in the United States and other nations. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	IV.C.3.1.	Describe some of the principal economic, technological, and cultural effects the United States has had on the world, e.g., assembly line manufacturing, research and development in computer technology, popular music, fashion, film, television Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE EXPECTATION	IV.C.3.5.	Cultural developments, e.g., religious movements, resurgence of ethnic consciousness, mass markets, sports Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.B.	What are the roles of the citizen in American democracy? What are the rights of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.B.3.	Economic rights. Students should be able to evaluate, take, and defend positions on issues regarding economic rights. To achieve this standard, students should be able to

PERFORMANCE EXPECTATION	V.B.3.3.	Explain the importance to the individual and society of such economic rights as the right to
EXPECTATION	V.B.3.3.b.	Choose one's work, change employment 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.C.	What are the roles of the citizen in American democracy? What are the responsibilities of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.C.1.	Personal responsibilities. Students should be able to evaluate, take, and defend positions on issues regarding the personal responsibilities of citizens in American constitutional democracy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.C.1.2.	Evaluate the importance for the individual and society of
EXPECTATION	V.C.1.2.c.	Accepting responsibility for the consequences of one's actions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

U.S. National Standards

Social Studies

Grade 10 - Adopted 2010 (NCSS) / 1994 (NSCG)

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	2.1.2.	Concepts such as: era, chronology, causality, change, continuity, conflict, historiography, historical method, primary and secondary sources, cause and effect, and multiple perspectives.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.2.	PROCESSES - Learners will be able to:
EXPECTATION	2.2.1.	<p>Formulate research questions to investigate topics in history, identify possible answers, and use historical methods of inquiry and literacy skills to select, organize, analyze, synthesize, and interpret sources, and present findings.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
EXPECTATION	2.2.2.	<p>Research and analyze past periods, events, and recurring issues, using a variety of primary sources (e.g., documents, letters, artifacts, and testimony), as well as secondary sources; validate and weigh evidence for claims, check the usefulness and degree of reliability of sources, and evaluate different interpretations in order to develop their own interpretation supported by the evidence.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)

STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	2.3.4.	<p>Interviewing people who have participated in a recent historical event, and developing an exhibition based on those oral histories to contribute to a history museum.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
EXPECTATION	2.3.6.	<p>Writing historical accounts of events and developments based on evidence from primary and secondary sources, and evaluating different interpretations of these events and developments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	5.1.1.	<p>This theme helps us use sociological and anthropological theories about how individuals are members of groups and institutions, and how they influence and shape those groups and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.2.	PROCESSES - Learners will be able to:
EXPECTATION	5.2.2.	<p>Evaluate different interpretations of the influence of groups and institutions on people and events in historical and contemporary settings.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
EXPECTATION	5.2.7.	<p>Investigate how groups and institutions work to meet individual needs, promote or fail to promote the common good, and address persistent social issues.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.B.	What are the foundations of the American political system? What are the distinctive characteristics of American society?
BENCHMARK / GRADE LEVEL EXPECTATION	II.B.1.	Distinctive characteristics of American society. Students should be able to explain how the following characteristics tend to distinguish American society from most other societies. To achieve this standard, students should be able to

PERFORMANCE EXPECTATION	II.B.1.1.	Explain important factors that have helped shape American society, such as
EXPECTATION	II.B.1.1.I.	Work ethic 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
EXPECTATION	II.B.1.1.o.	Universal public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.2.	Explain some of the reasons why political conflict in the United States, with notable exceptions such as the Civil War, nineteenth century labor unrest, the 1950s and 1960s civil rights struggles, and the opposition to the war in Vietnam, has generally been less divisive than in many other nations. These include
EXPECTATION	II.C.2.2.j.	Opportunities for free, public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?

BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.3.	<p>Explain the ways in which universal public education and the existence of a popular culture that crosses class boundaries have tended to reduce the intensity of political conflict by creating common ground among diverse groups</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.B.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How is the national government organized and what does it do?
BENCHMARK / GRADE LEVEL EXPECTATION	III.B.2.	Major responsibilities of the national government in domestic and foreign policy. Students should be able to evaluate, take, and defend positions on issues regarding the major responsibilities of the national government for domestic and foreign policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.B.2.3.	<p>Evaluate competing arguments about the proper role of government in major areas of domestic and foreign policy, e.g., health care, education, child care, regulation of business and industry, foreign aid, intervention abroad</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.1.	The public agenda. Students should be able to evaluate, take, and defend positions about how the public agenda is set. To achieve this standard, students should be able to

PERFORMANCE EXPECTATION	III.E.1.1.	<p>Explain that the "public agenda" consists of those matters that occupy public attention at any particular time, e.g., crime, health care, education, abortion, national debt, environmental protection, international intervention</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.6.	Forming and carrying out public policy. Students should be able to evaluate, take, and defend positions about the formation and implementation of public policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.6.5.	<p>Explain why conflicts about values, principles, and interests may make agreement difficult or impossible on certain issues of public policy, e.g., affirmative action, abortion, environment, gun control, capital punishment</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	IV.C.	What is the relationship of the United States to other nations and to world affairs? How has the United States influenced other nations, and how have other nations influenced American politics and society?
BENCHMARK / GRADE LEVEL EXPECTATION	IV.C.3.	Economic, technological, and cultural developments. Students should be able to evaluate, take, and defend positions about the effects of significant economic, technological, and cultural developments in the United States and other nations. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	IV.C.3.1.	<p>Describe some of the principal economic, technological, and cultural effects the United States has had on the world, e.g., assembly line manufacturing, research and development in computer technology, popular music, fashion, film, television</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

PERFORMANCE EXPECTATION	IV.C.3.5.	Cultural developments, e.g., religious movements, resurgence of ethnic consciousness, mass markets, sports Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.B.	What are the roles of the citizen in American democracy? What are the rights of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.B.3.	Economic rights. Students should be able to evaluate, take, and defend positions on issues regarding economic rights. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.B.3.3.	Explain the importance to the individual and society of such economic rights as the right to
EXPECTATION	V.B.3.3.b.	Choose one's work, change employment 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.C.	What are the roles of the citizen in American democracy? What are the responsibilities of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.C.1.	Personal responsibilities. Students should be able to evaluate, take, and defend positions on issues regarding the personal responsibilities of citizens in American constitutional democracy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.C.1.2.	Evaluate the importance for the individual and society of
EXPECTATION	V.C.1.2.c.	Accepting responsibility for the consequences of one's actions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

U.S. National Standards

Social Studies

Grade 11 - Adopted 2010 (NCSS) / 1994 (NSCG)

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	2.1.2.	<p>Concepts such as: era, chronology, causality, change, continuity, conflict, historiography, historical method, primary and secondary sources, cause and effect, and multiple perspectives.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.2.	PROCESSES - Learners will be able to:
EXPECTATION	2.2.1.	<p>Formulate research questions to investigate topics in history, identify possible answers, and use historical methods of inquiry and literacy skills to select, organize, analyze, synthesize, and interpret sources, and present findings.</p> <p>My Success Roadmap</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
EXPECTATION	2.2.2.	<p>Research and analyze past periods, events, and recurring issues, using a variety of primary sources (e.g., documents, letters, artifacts, and testimony), as well as secondary sources; validate and weigh evidence for claims, check the usefulness and degree of reliability of sources, and evaluate different interpretations in order to develop their own interpretation supported by the evidence.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	2.3.4.	<p>Interviewing people who have participated in a recent historical event, and developing an exhibition based on those oral histories to contribute to a history museum.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
EXPECTATION	2.3.6.	<p>Writing historical accounts of events and developments based on evidence from primary and secondary sources, and evaluating different interpretations of these events and developments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)

STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	5.1.1.	<p>This theme helps us use sociological and anthropological theories about how individuals are members of groups and institutions, and how they influence and shape those groups and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.2.	PROCESSES - Learners will be able to:
EXPECTATION	5.2.2.	<p>Evaluate different interpretations of the influence of groups and institutions on people and events in historical and contemporary settings.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
EXPECTATION	5.2.7.	<p>Investigate how groups and institutions work to meet individual needs, promote or fail to promote the common good, and address persistent social issues.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.B.	What are the foundations of the American political system? What are the distinctive characteristics of American society?
BENCHMARK / GRADE LEVEL EXPECTATION	II.B.1.	Distinctive characteristics of American society. Students should be able to explain how the following characteristics tend to distinguish American society from most other societies. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.B.1.1.	Explain important factors that have helped shape American society, such as
EXPECTATION	II.B.1.1.I.	<p>Work ethic</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas</p>
EXPECTATION	II.B.1.1.o.	<p>Universal public education</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.2.	Explain some of the reasons why political conflict in the United States, with notable exceptions such as the Civil War, nineteenth century labor unrest, the 1950s and 1960s civil rights struggles, and the opposition to the war in Vietnam, has generally been less divisive than in many other nations. These include

EXPECTATION	II.C.2.2.j.	<p>Opportunities for free, public education</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.3.	<p>Explain the ways in which universal public education and the existence of a popular culture that crosses class boundaries have tended to reduce the intensity of political conflict by creating common ground among diverse groups</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.B.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How is the national government organized and what does it do?
BENCHMARK / GRADE LEVEL EXPECTATION	III.B.2.	Major responsibilities of the national government in domestic and foreign policy. Students should be able to evaluate, take, and defend positions on issues regarding the major responsibilities of the national government for domestic and foreign policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.B.2.3.	<p>Evaluate competing arguments about the proper role of government in major areas of domestic and foreign policy, e.g., health care, education, child care, regulation of business and industry, foreign aid, intervention abroad</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.1.	The public agenda. Students should be able to evaluate, take, and defend positions about how the public agenda is set. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.1.1.	<p>Explain that the "public agenda" consists of those matters that occupy public attention at any particular time, e.g., crime, health care, education, abortion, national debt, environmental protection, international intervention</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.6.	Forming and carrying out public policy. Students should be able to evaluate, take, and defend positions about the formation and implementation of public policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.6.5.	<p>Explain why conflicts about values, principles, and interests may make agreement difficult or impossible on certain issues of public policy, e.g., affirmative action, abortion, environment, gun control, capital punishment</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)

STANDARD / BENCHMARK	IV.C.	What is the relationship of the United States to other nations and to world affairs? How has the United States influenced other nations, and how have other nations influenced American politics and society?
BENCHMARK / GRADE LEVEL EXPECTATION	IV.C.3.	Economic, technological, and cultural developments. Students should be able to evaluate, take, and defend positions about the effects of significant economic, technological, and cultural developments in the United States and other nations. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	IV.C.3.1.	Describe some of the principal economic, technological, and cultural effects the United States has had on the world, e.g., assembly line manufacturing, research and development in computer technology, popular music, fashion, film, television Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE EXPECTATION	IV.C.3.5.	Cultural developments, e.g., religious movements, resurgence of ethnic consciousness, mass markets, sports Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.B.	What are the roles of the citizen in American democracy? What are the rights of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.B.3.	Economic rights. Students should be able to evaluate, take, and defend positions on issues regarding economic rights. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.B.3.3.	Explain the importance to the individual and society of such economic rights as the right to
EXPECTATION	V.B.3.3.b.	Choose one's work, change employment 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.C.	What are the roles of the citizen in American democracy? What are the responsibilities of citizens?

BENCHMARK / GRADE LEVEL EXPECTATION	V.C.1.	Personal responsibilities. Students should be able to evaluate, take, and defend positions on issues regarding the personal responsibilities of citizens in American constitutional democracy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.C.1.2.	Evaluate the importance for the individual and society of
EXPECTATION	V.C.1.2.c.	Accepting responsibility for the consequences of one's actions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

U.S. National Standards

Social Studies

Grade 12 - Adopted 2010 (NCSS) / 1994 (NSCG)

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	2.1.2.	Concepts such as: era, chronology, causality, change, continuity, conflict, historiography, historical method, primary and secondary sources, cause and effect, and multiple perspectives. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support

STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.2.	PROCESSES - Learners will be able to:
EXPECTATION	2.2.1.	Formulate research questions to investigate topics in history, identify possible answers, and use historical methods of inquiry and literacy skills to select, organize, analyze, synthesize, and interpret sources, and present findings. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
EXPECTATION	2.2.2.	Research and analyze past periods, events, and recurring issues, using a variety of primary sources (e.g., documents, letters, artifacts, and testimony), as well as secondary sources; validate and weigh evidence for claims, check the usefulness and degree of reliability of sources, and evaluate different interpretations in order to develop their own interpretation supported by the evidence. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.2.	TIME, CONTINUITY, AND CHANGE
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF THE PAST AND ITS LEGACY.
PERFORMANCE EXPECTATION	2.3.	PRODUCTS - Learners demonstrate understanding by:
EXPECTATION	2.3.4.	Interviewing people who have participated in a recent historical event, and developing an exhibition based on those oral histories to contribute to a history museum. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
EXPECTATION	2.3.6.	<p>Writing historical accounts of events and developments based on evidence from primary and secondary sources, and evaluating different interpretations of these events and developments.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.
PERFORMANCE EXPECTATION	5.1.	KNOWLEDGE - Learners will understand:
EXPECTATION	5.1.1.	<p>This theme helps us use sociological and anthropological theories about how individuals are members of groups and institutions, and how they influence and shape those groups and institutions.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
STRAND / ORGANIZATION	N.NCSS.	National Curriculum Standards for Social Studies (NCSS)
STANDARD / BENCHMARK	NCSS.5.	INDIVIDUALS, GROUPS, AND INSTITUTIONS
BENCHMARK / GRADE LEVEL EXPECTATION		SOCIAL STUDIES PROGRAMS SHOULD INCLUDE EXPERIENCES THAT PROVIDE FOR THE STUDY OF INTERACTIONS AMONG INDIVIDUALS, GROUPS, AND INSTITUTIONS.

PERFORMANCE EXPECTATION	5.2.	PROCESSES - Learners will be able to:
EXPECTATION	5.2.2.	Evaluate different interpretations of the influence of groups and institutions on people and events in historical and contemporary settings. 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
EXPECTATION	5.2.7.	Investigate how groups and institutions work to meet individual needs, promote or fail to promote the common good, and address persistent social issues. 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.B.	What are the foundations of the American political system? What are the distinctive characteristics of American society?
BENCHMARK / GRADE LEVEL EXPECTATION	II.B.1.	Distinctive characteristics of American society. Students should be able to explain how the following characteristics tend to distinguish American society from most other societies. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.B.1.1.	Explain important factors that have helped shape American society, such as
EXPECTATION	II.B.1.1.I.	Work ethic 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
EXPECTATION	II.B.1.1.O.	Universal public education Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.2.	Explain some of the reasons why political conflict in the United States, with notable exceptions such as the Civil War, nineteenth century labor unrest, the 1950s and 1960s civil rights struggles, and the opposition to the war in Vietnam, has generally been less divisive than in many other nations. These include
EXPECTATION	II.C.2.2.j.	<p>Opportunities for free, public education</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	II.C.	What are the foundations of the American political system? What is American political culture?
BENCHMARK / GRADE LEVEL EXPECTATION	II.C.2.	Character of American political conflict. Students should be able to describe the character of American political conflict and explain factors that usually tend to prevent it or lower its intensity. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	II.C.2.3.	<p>Explain the ways in which universal public education and the existence of a popular culture that crosses class boundaries have tended to reduce the intensity of political conflict by creating common ground among diverse groups</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.B.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How is the national government organized and what does it do?
BENCHMARK / GRADE LEVEL EXPECTATION	III.B.2.	Major responsibilities of the national government in domestic and foreign policy. Students should be able to evaluate, take, and defend positions on issues regarding the major responsibilities of the national government for domestic and foreign policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.B.2.3.	Evaluate competing arguments about the proper role of government in major areas of domestic and foreign policy, e.g., health care, education, child care, regulation of business and industry, foreign aid, intervention abroad Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.1.	The public agenda. Students should be able to evaluate, take, and defend positions about how the public agenda is set. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.1.1.	Explain that the "public agenda" consists of those matters that occupy public attention at any particular time, e.g., crime, health care, education, abortion, national debt, environmental protection, international intervention Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)

STANDARD / BENCHMARK	III.E.	How does the government established by the constitution embody the purposes, values, and principles of American democracy? How does the American political system provide for choice and opportunities for participation?
BENCHMARK / GRADE LEVEL EXPECTATION	III.E.6.	Forming and carrying out public policy. Students should be able to evaluate, take, and defend positions about the formation and implementation of public policy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	III.E.6.5.	Explain why conflicts about values, principles, and interests may make agreement difficult or impossible on certain issues of public policy, e.g., affirmative action, abortion, environment, gun control, capital punishment Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	IV.C.	What is the relationship of the United States to other nations and to world affairs? How has the United States influenced other nations, and how have other nations influenced American politics and society?
BENCHMARK / GRADE LEVEL EXPECTATION	IV.C.3.	Economic, technological, and cultural developments. Students should be able to evaluate, take, and defend positions about the effects of significant economic, technological, and cultural developments in the United States and other nations. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	IV.C.3.1.	Describe some of the principal economic, technological, and cultural effects the United States has had on the world, e.g., assembly line manufacturing, research and development in computer technology, popular music, fashion, film, television Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
PERFORMANCE EXPECTATION	IV.C.3.5.	Cultural developments, e.g., religious movements, resurgence of ethnic consciousness, mass markets, sports Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.B.	What are the roles of the citizen in American democracy? What are the rights of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.B.3.	Economic rights. Students should be able to evaluate, take, and defend positions on issues regarding economic rights. To achieve this standard, students should be able to

PERFORMANCE EXPECTATION	V.B.3.3.	Explain the importance to the individual and society of such economic rights as the right to
EXPECTATION	V.B.3.3.b.	Choose one's work, change employment 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
STRAND / ORGANIZATION	N.NSCG.	National Standards for Civics and Government (NSCG)
STANDARD / BENCHMARK	V.C.	What are the roles of the citizen in American democracy? What are the responsibilities of citizens?
BENCHMARK / GRADE LEVEL EXPECTATION	V.C.1.	Personal responsibilities. Students should be able to evaluate, take, and defend positions on issues regarding the personal responsibilities of citizens in American constitutional democracy. To achieve this standard, students should be able to
PERFORMANCE EXPECTATION	V.C.1.2.	Evaluate the importance for the individual and society of
EXPECTATION	V.C.1.2.c.	Accepting responsibility for the consequences of one's actions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

U.S. National Standards

Language Arts

Grade 9 - Adopted 1994

STRAND / ORGANIZATION	N.3.	Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics). (NCTE) My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success
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	<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.5. Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

		<p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.6.</p>	<p>Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language, and genre to create, critique, and discuss print and nonprint texts. (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.8.</p>	<p>Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge. (NCTE)</p>

		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.11.</p>	<p>Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.12.</p>	<p>Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information). (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

	<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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U.S. National Standards

Language Arts

Grade 10 - Adopted 1994

<p>STRAND / ORGANIZATION</p>	<p>N.3. Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics). (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
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		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.5.</p>	<p>Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.6.</p>	<p>Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language, and genre to create, critique, and discuss print and nonprint texts. (NCTE)</p>

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.8.	<p>Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge. (NCTE)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.11.	<p>Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities. (NCTE)</p>

	<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.12. Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information). (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

	<p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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U.S. National Standards

Language Arts

Grade 11 - Adopted 1994

<p>STRAND / ORGANIZATION</p>	<p>N.3. Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics). (NCTE)</p> <p>My Roadmap to the Future</p> <p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
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		<p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.5.	<p>Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.6.	<p>Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language, and genre to create, critique, and discuss print and nonprint texts. (NCTE)</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / ORGANIZATION	N.8.	<p>Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge. (NCTE)</p>

	<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.11. Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.12. Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information). (NCTE)</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future</p>

	<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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U.S. National Standards

Language Arts

Grade 12 - Adopted 1994

<p>STRAND / ORGANIZATION</p>	<p>N.3. Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics). (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
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		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.5.</p>	<p>Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>STRAND / ORGANIZATION</p>	<p>N.6.</p>	<p>Students apply knowledge of language structure, language conventions (e.g., spelling and punctuation), media techniques, figurative language, and genre to create, critique, and discuss print and nonprint texts. (NCTE)</p>

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / ORGANIZATION	N.8.	<p>Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge. (NCTE)</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.11.	<p>Students participate as knowledgeable, reflective, creative, and critical members of a variety of literacy communities. (NCTE)</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.12.	<p>Students use spoken, written, and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion, and the exchange of information). (NCTE)</p>

Multimedia Extensions

Multimedia Extensions: Confidence
Multimedia Extensions: Connections
Multimedia Extensions: Importance of School / Goal-Setting
Multimedia Extensions: Motivation
Multimedia Extensions: Stress
Multimedia Extensions: Well-Being

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 Streets - Lesson 09: Stress
Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
Unit 6: Highway to Motivation - Lesson 13: Motivation
Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

U.S. National Standards

Mathematics

Grade 9 - Adopted 2000

STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.1.	Formulate questions that can be addressed with data and collect, organize, and display relevant data to answer them.
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.2.	<p>Know the characteristics of well-designed studies, including the role of randomization in surveys and experiments.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.4.	<p>Understand histograms, parallel box plots, and scatterplots and use them to display data.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.3.	Develop and evaluate inferences and predictions that are based on data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.2.	<p>Understand how sample statistics reflect the values of population parameters and use sampling distributions as the basis for informal inference.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.3.	<p>Evaluate published reports that are based on data by examining the design of the study, the appropriateness of the data analysis, and the validity of conclusions.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

		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
STRAND / ORGANIZATION	N.8.	Communication (NCTM)
STANDARD / BENCHMARK	8.1.	Organize and consolidate their mathematical thinking through communication. 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
STANDARD / BENCHMARK	8.2.	Communicate their mathematical thinking coherently and clearly to peers, teachers, and others. 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
STANDARD / BENCHMARK	8.4.	Use the language of mathematics to express mathematical ideas precisely. 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
STRAND / ORGANIZATION	N.10.	Representation (NCTM)
STANDARD / BENCHMARK	10.1.	Create and use representations to organize, record, and communicate mathematical ideas. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / BENCHMARK	10.3.	Use representations to model and interpret physical, social, and mathematical phenomena. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

U.S. National Standards

Mathematics

Grade 10 - Adopted 2000

STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
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STANDARD / BENCHMARK	5.1.	Formulate questions that can be addressed with data and collect, organize, and display relevant data to answer them.
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.2.	Know the characteristics of well-designed studies, including the role of randomization in surveys and experiments. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.4.	Understand histograms, parallel box plots, and scatterplots and use them to display 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 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.3.	Develop and evaluate inferences and predictions that are based on data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.2.	Understand how sample statistics reflect the values of population parameters and use sampling distributions as the basis for informal inference. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.3.	Evaluate published reports that are based on data by examining the design of the study, the appropriateness of the data analysis, and the validity of conclusions. 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
STRAND / ORGANIZATION	N.8.	Communication (NCTM)
STANDARD / BENCHMARK	8.1.	<p>Organize and consolidate their mathematical thinking through communication.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.2.	<p>Communicate their mathematical thinking coherently and clearly to peers, teachers, and others.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

STANDARD / BENCHMARK	8.4.	Use the language of mathematics to express mathematical ideas precisely. 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
STRAND / ORGANIZATION	N.10.	Representation (NCTM)
STANDARD / BENCHMARK	10.1.	Create and use representations to organize, record, and communicate mathematical ideas. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
STANDARD / BENCHMARK	10.3.	Use representations to model and interpret physical, social, and mathematical phenomena. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

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STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.1.	Formulate questions that can be addressed with data and collect, organize, and display relevant data to answer them.

BENCHMARK / GRADE LEVEL EXPECTATION	5.1.2.	<p>Know the characteristics of well-designed studies, including the role of randomization in surveys and experiments.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.4.	<p>Understand histograms, parallel box plots, and scatterplots and use them to display data.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.3.	Develop and evaluate inferences and predictions that are based on data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.2.	<p>Understand how sample statistics reflect the values of population parameters and use sampling distributions as the basis for informal inference.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.3.	<p>Evaluate published reports that are based on data by examining the design of the study, the appropriateness of the data analysis, and the validity of conclusions.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

STRAND / ORGANIZATION	N.8.	Communication (NCTM)
STANDARD / BENCHMARK	8.1.	<p>Organize and consolidate their mathematical thinking through communication.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.2.	<p>Communicate their mathematical thinking coherently and clearly to peers, teachers, and others.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.4.	<p>Use the language of mathematics to express mathematical ideas precisely.</p>

		<p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.10.	Representation (NCTM)
STANDARD / BENCHMARK	10.1.	<p>Create and use representations to organize, record, and communicate mathematical ideas.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / BENCHMARK	10.3.	<p>Use representations to model and interpret physical, social, and mathematical phenomena.</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

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STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.1.	Formulate questions that can be addressed with data and collect, organize, and display relevant data to answer them.

BENCHMARK / GRADE LEVEL EXPECTATION	5.1.2.	<p>Know the characteristics of well-designed studies, including the role of randomization in surveys and experiments.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.1.4.	<p>Understand histograms, parallel box plots, and scatterplots and use them to display data.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
STRAND / ORGANIZATION	N.5.	Data Analysis and Probability (NCTM)
STANDARD / BENCHMARK	5.3.	Develop and evaluate inferences and predictions that are based on data.
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.2.	<p>Understand how sample statistics reflect the values of population parameters and use sampling distributions as the basis for informal inference.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
BENCHMARK / GRADE LEVEL EXPECTATION	5.3.3.	<p>Evaluate published reports that are based on data by examining the design of the study, the appropriateness of the data analysis, and the validity of conclusions.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

STRAND / ORGANIZATION	N.8.	Communication (NCTM)
STANDARD / BENCHMARK	8.1.	<p>Organize and consolidate their mathematical thinking through communication.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.2.	<p>Communicate their mathematical thinking coherently and clearly to peers, teachers, and others.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STANDARD / BENCHMARK	8.4.	<p>Use the language of mathematics to express mathematical ideas precisely.</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / ORGANIZATION	N.10.	Representation (NCTM)
STANDARD / BENCHMARK	10.1.	<p>Create and use representations to organize, record, and communicate mathematical ideas.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
STANDARD / BENCHMARK	10.3.	<p>Use representations to model and interpret physical, social, and mathematical phenomena.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>