

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

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

**States:** West Virginia 21st Century Content Standards and Objectives

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

**West Virginia 21st Century Content Standards and Objectives**

**Health and PE**

**Grade 7 - Adopted Health 2012 / PE 2008**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention Objectives: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.1.06.</b>	<p>Students will describe ways to maintain and improve the components of health (emotional, physical, social, intellectual, spiritual, environmental (e.g., total wellness, positive thinking).</p> <p><b>Multimedia Extensions</b>                      Multimedia Extensions: Confidence                      Multimedia Extensions: Connections</p> <p><b>My Roadmap to the Future</b>                      Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success                      Unit 2: Confidence - Lesson 04: Analyzing Confidence                      Unit 3: Connections - Lesson 05: Making Connections                      Unit 3: Connections - Lesson 06: Analyzing Support                      Unit 4: Stress - Lesson 07: Handling Pressure                      Unit 4: Stress - Lesson 08: Analyzing Stress                      Unit 5: Well-Being - Lesson 09: Finding Balance                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>                      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 &amp; Connection                      Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 6: Highway to Motivation - Lesson 13: Motivation                      Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.2.</b>	Culture, Media and Technology: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.2.02.</b>	Students will debate how messages from the media can influence health behaviors (e.g., advertising techniques).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.2.03.</b>	Students will describe the impact of bullying (e.g., physical, verbal, cyber) and identify necessary coping skills.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.2.06.</b>	Students will analyze the influence that advertisers have on consumer choices (e.g., tobacco and alcohol use, clothing styles, makeup).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.2.07.</b>	Students will evaluate how peers, schools, and communities can impact personal health practices and behaviors (e.g., PTA, scouting and other youth organizations).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> 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 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.3.</b>	Health Information and Services: Students will demonstrate the ability to access valid health information and products and services to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.3.02.</b>	Students will recognize valid health information found in the home, school, community and the internet (e.g. literature, hospital brochures, websites).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.4.</b>	Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.01.</b>	Students will analyze effective verbal and non-verbal communication skills to enhance health (e.g., body language, restating, individual/group conversation).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.02.</b>	Students will explain how character and personality affect the perception of one's ability to communicate (e.g., confident = aggressive; shy = passive).  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.03.</b>	Students will analyze the effectiveness of a variety of positive coping mechanisms/conflict resolution skills (e.g., peer mediation, non-violent strategies to deal with upset feelings and difficult situations).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.05.</b>	<p>Students will discuss ways one can develop healthful family relationships (e.g., share with siblings, chores, spend time together).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.06.</b>	<p>Students will list steps that can be taken to improve dysfunctional family relationships (e.g., Alanon, counselor, trusted adults, try to get along).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.07.</b>	<p>Students will demonstrate the value of assertive strategies when asking for help in an emergency (e.g. 911, 211, police, fire, teacher).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.4.08.</b>	<p>Students will list communication skills to build and maintain healthy relationships (e.g., listening, body language, patience).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.5.</b>	Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.5.04.</b>	Students will apply the steps of a decision-making process to solve a problem.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.5.05.</b>	Students will differentiate between healthy and unhealthy alternatives when making decisions.  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.6.</b>	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.6.01.</b>	Students will develop a personal health plan to address strengths, weaknesses and health risks.(e.g., diet, exercise, sleep, relationships).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.6.02.</b>	Students will explain how the goal setting process is important when planning future events (e.g., college, marriage, job).  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.7.6.03.</b></p>	<p>Students will create and develop a personal health goal.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.7.6.04.</b></p>	<p>Students will discuss how time may change personal health goals. (e.g., change of schools, getting older, new interests, family alteration).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

		<p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.7.</b>	Health Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.7.03.</b>	<p>Students will dramatize protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.7.7.04.</b>	<p>Students will identify strategies to reduce stress, anxiety and depression.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.5.</b>	Responsible Personal and Social Behavior: Students will Identify and apply responsible, personal and social behaviors in physical activity settings.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.7.5.02.</b>	Demonstrate appropriate conflict resolution skills (e.g., peer mediation).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.7.5.03.</b>	Demonstrate knowledge of rules, etiquette and safety while participating in various physical activities (e.g. sportsmanship, fair play).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.7.5.04.</b>	Practice decision making and communication skills while participating in physical activity.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**West Virginia 21st Century Content Standards and Objectives**

**Health and PE**

**Grade 8 - Adopted Health 2012 / PE 2008**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention Objectives: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.1.06.</b>	Students will list and explain the components of total wellness (e.g., emotional, intellectual, physical, social, and spiritual).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being



<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.2.</b>	Culture, Media and Technology: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.2.02.</b>	<p>Students will discuss the use of technology and its positive and negative effects on health (e.g., video games, computers, cell phones, medical advances).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.2.05.</b>	<p>Students will critique methods of advertising focused on health information, products and services.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.2.07.</b>	<p>Students will explain how peers, schools, and communities impact personal health practices and behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  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 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing</p>

		Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.4.</b>	Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.4.02.</b>	Students will analyze how personality affects one's ability to communicate (e.g., confident = aggressive; shy = passive).  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.4.03.</b>	Students will develop a variety of positive coping mechanisms/conflict resolution skills (e.g., negotiation, peer mediation, non-violent strategies).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.4.05.</b>	Students will plan ways to develop healthful family relationships.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.4.06.</b>	<p>Students will discuss adjustments (e.g., role change, finances) that can be made if family changes occur (e.g., divorce, death, job loss, fire, disease, natural disasters).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.4.07.</b>	<p>Students will practice communication skills necessary for healthy relationships (e.g., courtesy, manners, respect).</p> <p><b>My Roadmap to the Future</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.5.</b>	Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.5.02.</b>	<p>Students will develop healthy practices regarding health-related issues (e.g., nutrition, weight control, exercise).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.5.03.</b>	<p>Students will predict potential outcomes of health-related decisions (e.g., seatbelts, alcohol, tobacco, and other drug use, nutrition).</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 03: Facing Challenges</p>

		<p>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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.5.05.</b>	<p>Students will compare and contrast healthy and unhealthy options when making decisions.</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.5.06.</b>	<p>Students will apply the steps of a decision-making process to solve problems (i.e., decision-making steps).</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.5.07.</b>	<p>Students will recognize the importance of decision making during the physical, emotional, and social changes of puberty.</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

		<p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.6.</b>	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.6.01.</b>	<p>Students will assess personal health practices (e.g., safety, diet, exercise, sleep, alcohol, tobacco, and other drugs).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.6.02.</b>	<p>Students will discuss the importance of the goal setting process in designing strategies to quit using tobacco and other risky behaviors.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals</p>

		<p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.8.6.03.</b></p>	<p>Students will design a personal health goal and track progress toward its achievement (e.g., exercise, weight control, dental care).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.8.6.04.</b></p>	<p>Students will determine how personal health goals and practices can vary as priorities change (e.g., family illness, death of close friend, personal tragedy, maturity).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.7.</b>	Health Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.7.01.</b>	Students will distinguish between safe and risky or harmful behaviors in relationships (e.g., abuse, date rape, peer pressure, suicide, gang membership, anger, depression, anxiety).  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.7.03.</b>	Students will explain protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment, gang membership, eating disorders).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.7.04.</b>	Students will design strategies to reduce stress, anxiety and depression.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.8.</b>	Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.8.02.</b>	<p>Students will identify ways in which health messages and communication techniques can be altered for different audiences (e.g., age, gender, life experiences).</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.8.1.06.</b>	<p>List and explain the components of total wellness (i.e., emotional, intellectual, physical, social, and spiritual).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.3.</b>	Physical Activity: Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.



<b>OBJECTIVE / EXPECTATION</b>	<b>PE.8.3.01.</b>	Explain the benefits of physical activity (e.g., heart health, weight control).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.8.3.02.</b>	Develop and implement a personal physical activity plan (e.g., where, when, cost, equipment, procedures)  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.5.</b>	Responsible Personal and Social Behavior: Students will Identify and apply responsible, personal and social behaviors in physical activity settings.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.8.5.01.</b>	Demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (e.g., sportsmanship, fair play, use of safety equipment goggles, helmets).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.8.5.02.</b>	Discuss situations that may lead to conflict and practice mediation skills (e.g., compromise, "I" messages).  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**West Virginia 21st Century Content Standards and Objectives**

**Social Studies**

**Grade 7 - Adopted 2012**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.7.G.</b>	GEOGRAPHY
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>SS.7.G.1.</b>	Students will use correct geographic terminology (e.g., absolute and relative location, latitude, longitude, equator, prime meridian, time zones and physical features of the earth) to draw conclusions about information on a variety of maps, graphs and charts.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of

		School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Key Ideas and Details
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.3.</b>	Students will identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Craft and Structure
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.5.</b>	Students will describe how a text presents information (e.g., sequentially, comparatively and causally).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> 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 Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Integration of Knowledge and Ideas
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.7.</b>	Students will integrate visual information (e.g., in charts, graphs, photographs, videos or maps) with other information in print and digital texts  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Range of Reading and Level of Text Complexity
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.10.</b>	Students will read and comprehend history/social studies texts at or above grade level text complexity band independently and proficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing

<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.11.</b>	Students will write arguments focused on discipline-specific content.
<b>INDICATOR</b>	<b>SS.6-8.L.11.c.</b>	Use words, phrases and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons and evidence.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.6-8.L.11.d.</b>	Establish and maintain a formal style.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.12.</b>	Students will write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments or technical processes.
<b>INDICATOR</b>	<b>SS.6-8.L.12.b.</b>	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.6-8.L.12.d.</b>	Use precise language and domain-specific vocabulary to inform about or explain the topic.

		<p><b>My Success Roadmap</b>  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>
<b>INDICATOR</b>	<b>SS.6-8.L.12.e.</b>	<p>Establish and maintain a formal style and objective tone.</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Production and Distribution of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.13.</b>	<p>Students will produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Research to Build and Present Knowledge
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.16.</b>	Students will conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple

		avenues of exploration.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.17.</b>	Students will gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.18.</b>	Students will draw evidence from informational texts to support analysis, reflection and research.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Range of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.19.</b>	Students will write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes and audiences.  <b>My Success Roadmap</b> 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

West Virginia 21st Century Content Standards and Objectives

Social Studies

Grade 8 - Adopted 2012

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Key Ideas and Details
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.3.</b>	<p>Students will identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered).</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Craft and Structure
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.5.</b>	<p>Students will describe how a text presents information (e.g., sequentially, comparatively and causally).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Connections  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>

CONTENT STANDARD / COURSE	WV.SS.6-8.L.	LITERACY
CONTENT STANDARD / OBJECTIVE		Reading
OBJECTIVE / EXPECTATION		Integration of Knowledge and Ideas
GRADE LEVEL EXPECTATION	SS.6-8.L.7.	Students will integrate visual information (e.g., in charts, graphs, photographs, videos or maps) with other information in print and digital texts  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	WV.SS.6-8.L.	LITERACY
CONTENT STANDARD / OBJECTIVE		Reading
OBJECTIVE / EXPECTATION		Range of Reading and Level of Text Complexity
GRADE LEVEL EXPECTATION	SS.6-8.L.10.	Students will read and comprehend history/social studies texts at or above grade level text complexity band independently and proficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
CONTENT STANDARD / COURSE	WV.SS.6-8.L.	LITERACY
CONTENT STANDARD / OBJECTIVE		Writing
OBJECTIVE / EXPECTATION		Text Types and Purposes
GRADE LEVEL EXPECTATION	SS.6-8.L.11.	Students will write arguments focused on discipline-specific content.
INDICATOR	SS.6-8.L.11.c.	Use words, phrases and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons and evidence.



		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	SS.6-8.L.11.d.	<p>Establish and maintain a formal style.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	WV.SS.6-8.L.	LITERACY
CONTENT STANDARD / OBJECTIVE		Writing
OBJECTIVE / EXPECTATION		Text Types and Purposes
GRADE LEVEL EXPECTATION	SS.6-8.L.12.	Students will write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments or technical processes.
INDICATOR	SS.6-8.L.12.b.	<p>Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	SS.6-8.L.12.d.	<p>Use precise language and domain-specific vocabulary to inform about or explain the topic.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	SS.6-8.L.12.e.	<p>Establish and maintain a formal style and objective tone.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Production and Distribution of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.13.</b>	Students will produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Research to Build and Present Knowledge
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.16.</b>	Students will conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.17.</b>	Students will gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.18.</b>	Students will draw evidence from informational texts to support analysis, reflection and research.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.6-8.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Range of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.6-8.L.19.</b>	Students will write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes and audiences.  <b>My Success Roadmap</b> 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

West Virginia 21st Century Content Standards and Objectives

Health and PE

Grade 9 - Adopted Health 2012 / PE 2008

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
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<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention Objectives: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.1.01.</b>	Students will compare and contrast components of total wellness (i.e., social, physical, mental, emotional, spiritual, environmental).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.2.</b>	Culture, Media, and Technology: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.01.</b>	Students will recognize cultural diversities and their influences on health behaviors (e.g., alcohol, tobacco, and other drugs, life expectancy, risky behaviors).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.02.</b>	Students will evaluate how media perspectives of health impact personal, family and community health (e.g., books, magazines, newspaper, radio, TV, internet, cell phones, social networks).  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.03.</b>	Students will explore technology (e.g., exercise equipment, virtual reality, computers, computerized equipment, smart phones) and its influence on personal, family, and community health.  <b>Multimedia Extensions</b>

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.05.</b>	Students will analyze ways peers influence healthy and unhealthy behaviors (e.g., positive and negative peer pressure).  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.4.</b>	Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.01.</b>	Students will utilize effective communication skills concerning alcohol, tobacco, and other drug, nutrition, sexuality, and relationships with peers, family and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.02.</b>	Students will identify or role play healthy ways to express feelings, needs and desires in different situations (e.g., good sportsmanship, ending relationships, death and dying, stages of grief).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support  <b>My Success Roadmap</b> 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.03.</b>	Students will demonstrate a variety of communication skills (e.g., verbal, non-verbal, listening, writing, technology, workplace).

		<p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.4.04.</b></p>	<p>Students will identify potentially harmful situations (e.g., domestic violence, dating violence) and devise strategies and develop skills to avoid such situations through refusal, negotiation and collaboration skills (e.g., peer mediation, conflict resolution, support groups, constructive “I” statements).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; 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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>CONTENT STANDARD / COURSE</b></p>	<p><b>WV.HE.</b></p>	<p>Health Education</p>

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.5.</b>	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.02.</b>	<p>Students will identify and discuss health concerns that require collaborative decision-making (e.g., sexuality, STDs, HIV/AIDS transmission/prevention, refusal skills).</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.04.</b>	<p>Students will formulate alternatives to health-related issues or problems (e.g., defense/coping mechanisms).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.05.</b>	<p>Students will evaluate the effectiveness of health-related decisions (e.g., personal assessments).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>

		<p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.6.</b>	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.01.</b>	<p>Students will assess personal health practices and overall health status (e.g., personal assessments, medical screenings, health-fair).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.02.</b>	<p>Students will develop a plan to attain a personal health goal that addresses strengths, needs, and risks (e.g., short-term/long-term goals).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b></p>



		<p>Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.6.03.</b></p>	<p>Students will implement strategies and monitor progress in achieving a personal health goal (e.g., periodic assessment).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.6.04.</b></p>	<p>Students will design an effective long-term personal health plan (e.g., individualized/group projects).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.7.</b>	Health Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.01.</b>	Students will complete a personal health assessment and detail behavioral changes and strategies needed to enhance health and reduce risk (e.g., personal risk assessment, wellness inventory).  <b>Multimedia Extensions</b> Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - 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
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.02.</b>	Students will recognize and demonstrate the positive effects of nutrition and physical activity on health.  <b>Multimedia Extensions</b> Multimedia Extensions: Stress
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.03.</b>	Students will list examples and explain short and long term impacts of health decisions (e.g., smoking, good diet, wearing seat belts) on the individual, family and community (e.g., lung cancer, heart disease, STDs).  <b>My Roadmap to the Future</b> 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

		<p>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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.04.</b></p>	<p>Students will identify signs of stress (e.g., physical, mental/emotional, social) and common stressors (e.g., personal, environmental) and develop effective stress management techniques.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.05.</b>	<p>Students will identify causes, warning signs (e.g., physical, mental/emotional) and prevention strategies for depression and suicide (e.g., counselors, hotlines, outreach programs).</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.8.</b>	Advocacy: Students will demonstrate the ability to advocate for personal, family and community.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.01.</b>	<p>Students will use written, audio and visual communication methods to express health messages (e.g., posters, reports, role playing).</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.02.</b>	<p>Students will demonstrate the ability to adapt health messages to characteristics of a particular audience (e.g., peer educators, role playing).</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.04.</b>	<p>Students will identify school support staff (e.g., counselors, nurses, professionals) and community health services (e.g., Big Brothers, mental health facilities, ministerial counseling) and describe the impact this service has on individual school and community health.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.06.</b>	<p>Students will adapt health messages and communication techniques to a specific target audience (e.g., peer educators, peer mediators).</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.3.</b>	Physical Activity: Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.3.01.</b>	Determine behaviors and activities that increase physical activity in addition to physical education class.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.5.</b>	Responsible Personal and Social Behavior: Students will Identify and apply responsible, personal and social behaviors in physical activity settings.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.02.</b>	Utilize responsible/considerate personal behaviors in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.03.</b>	Practice proper procedures, demonstrate etiquette and fair play in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**West Virginia 21st Century Content Standards and Objectives**

**Health and PE**

**Grade 10 - Adopted Health 2012 / PE 2008**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention Objectives: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.1.01.</b>	Students will compare and contrast components of total wellness (i.e., social, physical, mental, emotional, spiritual, environmental).

		<p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.2.</b>	Culture, Media, and Technology: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.01.</b>	<p>Students will recognize cultural diversities and their influences on health behaviors (e.g., alcohol, tobacco, and other drugs, life expectancy, risky behaviors).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.02.</b>	<p>Students will evaluate how media perspectives of health impact personal, family and community health (e.g., books, magazines, newspaper, radio, TV, internet, cell phones, social networks).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.03.</b>	<p>Students will explore technology (e.g., exercise equipment, virtual reality, computers, computerized equipment, smart phones) and its influence on personal, family, and community health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.05.</b>	<p>Students will analyze ways peers influence healthy and unhealthy behaviors (e.g., positive and negative peer pressure).</p> <p><b>My Roadmap to the Future</b></p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.4.</b>	Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.01.</b>	<p>Students will utilize effective communication skills concerning alcohol, tobacco, and other drug, nutrition, sexuality, and relationships with peers, family and others.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.02.</b>	<p>Students will identify or role play healthy ways to express feelings, needs and desires in different situations (e.g., good sportsmanship, ending relationships, death and dying, stages of grief).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support</p> <p><b>My Success Roadmap</b>  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 &amp; Connection  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.03.</b>	<p>Students will demonstrate a variety of communication skills (e.g., verbal, non-verbal, listening, writing, technology, workplace).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>

<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.04.</b>	<p>Students will identify potentially harmful situations (e.g., domestic violence, dating violence) and devise strategies and develop skills to avoid such situations through refusal, negotiation and collaboration skills (e.g., peer mediation, conflict resolution, support groups, constructive “I” statements).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; 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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.5.</b>	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.02.</b>	Students will identify and discuss health concerns that require collaborative decision-making (e.g., sexuality, STDs, HIV/AIDS transmission/prevention, refusal skills).



		<p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.5.04.</b></p>	<p>Students will formulate alternatives to health-related issues or problems (e.g., defense/coping mechanisms).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.5.05.</b></p>	<p>Students will evaluate the effectiveness of health-related decisions (e.g., personal assessments).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.6.</b>	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.01.</b>	<p>Students will assess personal health practices and overall health status (e.g., personal assessments, medical screenings, health-fair).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.02.</b>	<p>Students will develop a plan to attain a personal health goal that addresses strengths, needs, and risks (e.g., short-term/long-term goals).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.03.</b>	<p>Students will implement strategies and monitor progress in achieving a personal health goal (e.g., periodic assessment).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.04.</b>	<p>Students will design an effective long-term personal health plan (e.g., individualized/group projects).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.7.</b>	Health Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.01.</b>	<p>Students will complete a personal health assessment and detail behavioral changes and strategies needed to enhance health and reduce risk (e.g., personal risk assessment, wellness inventory).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.02.</b>	<p>Students will recognize and demonstrate the positive effects of nutrition and physical activity on health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.03.</b>	<p>Students will list examples and explain short and long term impacts of health decisions (e.g., smoking, good diet, wearing seat belts) on the individual, family and community (e.g., lung cancer, heart disease, STDs).</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.04.</b></p>	<p>Students will identify signs of stress (e.g., physical, mental/emotional, social) and common stressors (e.g., personal, environmental) and develop effective stress management techniques.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.05.</b></p>	<p>Students will identify causes, warning signs (e.g., physical, mental/emotional) and prevention strategies for depression and suicide (e.g., counselors, hotlines, outreach programs).</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support</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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.8.</b>	Advocacy: Students will demonstrate the ability to advocate for personal, family and community.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.01.</b>	Students will use written, audio and visual communication methods to express health messages (e.g., posters, reports, role playing).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.02.</b>	Students will demonstrate the ability to adapt health messages to characteristics of a particular audience (e.g., peer educators, role playing).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.04.</b>	Students will identify school support staff (e.g., counselors, nurses, professionals) and community health services (e.g., Big Brothers, mental health facilities, ministerial counseling) and describe the impact this service has on individual school and community health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.06.</b>	Students will adapt health messages and communication techniques to a specific target audience (e.g., peer educators, peer mediators).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.3.</b>	Physical Activity: Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.3.01.</b>	Determine behaviors and activities that increase physical activity in addition to physical education class.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.5.</b>	Responsible Personal and Social Behavior: Students will Identify and apply responsible, personal and social behaviors in physical activity settings.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.02.</b>	Utilize responsible/considerate personal behaviors in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.03.</b>	Practice proper procedures, demonstrate etiquette and fair play in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

West Virginia 21st Century Content Standards and Objectives

Health and PE

Grade 11 - Adopted Health 2012 / PE 2008

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention Objectives: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.1.01.</b>	Students will compare and contrast components of total wellness (i.e., social, physical, mental, emotional, spiritual, environmental).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being

		<p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.2.</b>	Culture, Media, and Technology: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.01.</b>	<p>Students will recognize cultural diversities and their influences on health behaviors (e.g., alcohol, tobacco, and other drugs, life expectancy, risky behaviors).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.02.</b>	<p>Students will evaluate how media perspectives of health impact personal, family and community health (e.g., books, magazines, newspaper, radio, TV, internet, cell phones, social networks).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.03.</b>	<p>Students will explore technology (e.g., exercise equipment, virtual reality, computers, computerized equipment, smart phones) and its influence on personal, family, and community health.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.05.</b>	<p>Students will analyze ways peers influence healthy and unhealthy behaviors (e.g., positive and negative peer pressure).</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp;</p>



		<p>Connection</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.4.</b>	Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.01.</b>	<p>Students will utilize effective communication skills concerning alcohol, tobacco, and other drug, nutrition, sexuality, and relationships with peers, family and others.</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.02.</b>	<p>Students will identify or role play healthy ways to express feelings, needs and desires in different situations (e.g., good sportsmanship, ending relationships, death and dying, stages of grief).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 3: Connections - Lesson 06: Analyzing Support</p> <p><b>My Success Roadmap</b>  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 &amp; Connection  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.03.</b>	<p>Students will demonstrate a variety of communication skills (e.g., verbal, non-verbal, listening, writing, technology, workplace).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.04.</b>	<p>Students will identify potentially harmful situations (e.g., domestic violence, dating violence) and devise strategies and develop skills to avoid such situations through refusal, negotiation and collaboration skills (e.g., peer mediation, conflict resolution, support groups, constructive “I” statements).</p>

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; 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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.5.</b>	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.02.</b>	Students will identify and discuss health concerns that require collaborative decision-making (e.g., sexuality, STDs, HIV/AIDS transmission/prevention, refusal skills).  <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections</p>

		<p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.04.</b>	<p>Students will formulate alternatives to health-related issues or problems (e.g., defense/coping mechanisms).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.05.</b>	<p>Students will evaluate the effectiveness of health-related decisions (e.g., personal assessments).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.6.</b>	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.01.</b>	<p>Students will assess personal health practices and overall health status (e.g., personal assessments, medical screenings, health-fair).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.02.</b>	<p>Students will develop a plan to attain a personal health goal that addresses strengths, needs, and risks (e.g., short-term/long-term goals).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.6.03.</b></p>	<p>Students will implement strategies and monitor progress in achieving a personal health goal (e.g., periodic assessment).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.6.04.</b></p>	<p>Students will design an effective long-term personal health plan (e.g., individualized/group projects).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>CONTENT STANDARD / COURSE</b></p>	<p><b>WV.HE.</b></p>	<p>Health Education</p>

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.7.</b>	Health Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.01.</b>	<p>Students will complete a personal health assessment and detail behavioral changes and strategies needed to enhance health and reduce risk (e.g., personal risk assessment, wellness inventory).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.02.</b>	<p>Students will recognize and demonstrate the positive effects of nutrition and physical activity on health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.03.</b>	<p>Students will list examples and explain short and long term impacts of health decisions (e.g., smoking, good diet, wearing seat belts) on the individual, family and community (e.g., lung cancer, heart disease, STDs).</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; 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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.04.</b></p>	<p>Students will identify signs of stress (e.g., physical, mental/emotional, social) and common stressors (e.g., personal, environmental) and develop effective stress management techniques.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.05.</b></p>	<p>Students will identify causes, warning signs (e.g., physical, mental/emotional) and prevention strategies for depression and suicide (e.g., counselors, hotlines, outreach programs).</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.8.</b>	Advocacy: Students will demonstrate the ability to advocate for personal, family and community.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.01.</b>	Students will use written, audio and visual communication methods to express health messages (e.g., posters, reports, role playing).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.02.</b>	Students will demonstrate the ability to adapt health messages to characteristics of a particular audience (e.g., peer educators, role playing).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.04.</b>	Students will identify school support staff (e.g., counselors, nurses, professionals) and community health services (e.g., Big Brothers, mental health facilities, ministerial counseling) and describe the impact this service has on individual school and community health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.06.</b>	Students will adapt health messages and communication techniques to a specific target audience (e.g., peer educators, peer mediators).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.3.</b>	Physical Activity: Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.3.01.</b>	Determine behaviors and activities that increase physical activity in addition to physical education class.



		<b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.5.</b>	Responsible Personal and Social Behavior: Students will Identify and apply responsible, personal and social behaviors in physical activity settings.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.02.</b>	Utilize responsible/considerate personal behaviors in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.03.</b>	Practice proper procedures, demonstrate etiquette and fair play in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**West Virginia 21st Century Content Standards and Objectives**

**Health and PE**

**Grade 12 - Adopted Health 2012 / PE 2008**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.1.</b>	Health Promotion and Disease Prevention Objectives: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.1.01.</b>	Students will compare and contrast components of total wellness (i.e., social, physical, mental, emotional, spiritual, environmental).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.2.</b>	Culture, Media, and Technology: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.01.</b>	<p>Students will recognize cultural diversities and their influences on health behaviors (e.g., alcohol, tobacco, and other drugs, life expectancy, risky behaviors).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.02.</b>	<p>Students will evaluate how media perspectives of health impact personal, family and community health (e.g., books, magazines, newspaper, radio, TV, internet, cell phones, social networks).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.03.</b>	<p>Students will explore technology (e.g., exercise equipment, virtual reality, computers, computerized equipment, smart phones) and its influence on personal, family, and community health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.2.05.</b>	<p>Students will analyze ways peers influence healthy and unhealthy behaviors (e.g., positive and negative peer pressure).</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.4.</b>	Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.01.</b>	Students will utilize effective communication skills concerning alcohol, tobacco, and other drug, nutrition, sexuality, and relationships with peers, family and others.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.02.</b>	Students will identify or role play healthy ways to express feelings, needs and desires in different situations (e.g., good sportsmanship, ending relationships, death and dying, stages of grief).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support  <b>My Success Roadmap</b> 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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.03.</b>	Students will demonstrate a variety of communication skills (e.g., verbal, non-verbal, listening, writing, technology, workplace).  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.4.04.</b>	Students will identify potentially harmful situations (e.g., domestic violence, dating violence) and devise strategies and develop skills to avoid such situations through refusal, negotiation and collaboration skills (e.g., peer mediation, conflict resolution, support groups, constructive “I” statements).  <b>Multimedia Extensions</b> Multimedia Extensions: Stress

		<p>Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; 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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.5.</b>	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.02.</b>	<p>Students will identify and discuss health concerns that require collaborative decision-making (e.g., sexuality, STDs, HIV/AIDS transmission/prevention, refusal skills).</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections</p> <p><b>My Success Roadmap</b></p>

		Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.04.</b>	<p>Students will formulate alternatives to health-related issues or problems (e.g., defense/coping mechanisms).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.5.05.</b>	<p>Students will evaluate the effectiveness of health-related decisions (e.g., personal assessments).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.6.</b>	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.01.</b>	<p>Students will assess personal health practices and overall health status (e.g., personal assessments, medical screenings, health-fair).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.02.</b>	<p>Students will develop a plan to attain a personal health goal that addresses strengths, needs, and risks (e.g., short-term/long-term goals).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>

<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.03.</b>	<p>Students will implement strategies and monitor progress in achieving a personal health goal (e.g., periodic assessment).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.6.04.</b>	<p>Students will design an effective long-term personal health plan (e.g., individualized/group projects).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.7.</b>	Health Behaviors: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.01.</b>	<p>Students will complete a personal health assessment and detail behavioral changes and strategies needed to enhance health and reduce risk (e.g., personal risk assessment, wellness inventory).</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.02.</b>	<p>Students will recognize and demonstrate the positive effects of nutrition and physical activity on health.</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Stress</p>
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.7.03.</b>	<p>Students will list examples and explain short and long term impacts of health decisions (e.g., smoking, good diet, wearing seat belts) on the individual, family and community (e.g., lung cancer, heart disease, STDs).</p> <p><b>My Roadmap to the Future</b> Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success Unit 1: Success, Education, &amp; 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><b>My Success Roadmap</b>  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 &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; 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><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.04.</b></p>	<p>Students will identify signs of stress (e.g., physical, mental/emotional, social) and common stressors (e.g., personal, environmental) and develop effective stress management techniques.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>OBJECTIVE / EXPECTATION</b></p>	<p><b>HE.HS.7.05.</b></p>	<p>Students will identify causes, warning signs (e.g., physical, mental/emotional) and prevention strategies for depression and suicide (e.g., counselors, hotlines, outreach programs).</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.HE.</b>	Health Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>HE.S.8.</b>	Advocacy: Students will demonstrate the ability to advocate for personal, family and community.
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.01.</b>	Students will use written, audio and visual communication methods to express health messages (e.g., posters, reports, role playing).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.02.</b>	Students will demonstrate the ability to adapt health messages to characteristics of a particular audience (e.g., peer educators, role playing).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.04.</b>	Students will identify school support staff (e.g., counselors, nurses, professionals) and community health services (e.g., Big Brothers, mental health facilities, ministerial counseling) and describe the impact this service has on individual school and community health.  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being
<b>OBJECTIVE / EXPECTATION</b>	<b>HE.HS.8.06.</b>	Students will adapt health messages and communication techniques to a specific target audience (e.g., peer educators, peer mediators).  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education

<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.3.</b>	Physical Activity: Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.3.01.</b>	Determine behaviors and activities that increase physical activity in addition to physical education class.  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>WV.PE.</b>	Physical Education
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>PE.S.5.</b>	Responsible Personal and Social Behavior: Students will identify and apply responsible, personal and social behaviors in physical activity settings.
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.02.</b>	Utilize responsible/considerate personal behaviors in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>OBJECTIVE / EXPECTATION</b>	<b>PE.HS.5.03.</b>	Practice proper procedures, demonstrate etiquette and fair play in physical activity settings.  <b>My Success Roadmap</b> Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

**West Virginia 21st Century Content Standards and Objectives**

**Social Studies**

**Grade 9 - Adopted 2012**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Key Ideas and Details

<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.3.</b>	<p>Students will analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Craft and Structure
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.5.</b>	<p>Students will analyze how a text uses structure to emphasize key points or advance an explanation or analysis.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Integration of Knowledge and Ideas
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.7.</b>	<p>Students will integrate quantitative or technical analysis (e.g., charts and research data) with qualitative analysis in print or digital text.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Range of Reading and Level of Text Complexity
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.10.</b>	Students will read and comprehend history/social studies texts at or above grade level text complexity band independently and proficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.11.</b>	Students will write arguments focused on discipline-specific content.
<b>INDICATOR</b>	<b>SS.9-10.L.11.c.</b>	Use words, phrases and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence and between claim(s) and counterclaims.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.9-10.L.11.d.</b>	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.12.</b>	Students will write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
<b>INDICATOR</b>	<b>SS.9-10.L.12.b.</b>	Develop the topic with well-chosen, relevant and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.9-10.L.12.c.</b>	Use varied transitions and sentence structures to link the major sections of the text, create cohesion and clarify the relationships among ideas and concepts.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.9-10.L.12.d.</b>	Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.9-10.L.12.e.</b>	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Production and Distribution of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.13.</b>	Students will produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.  <b>My Success Roadmap</b> 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
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.14.</b>	Students will develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Research to Build and Present Knowledge
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.16.</b>	Students will conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem and narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

		<p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.17.</b>	<p>Students will gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question and integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.18.</b>	<p>Students will draw evidence from informational texts to support analysis, reflection and research.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Range of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.19.</b>	<p>Students will write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p><b>My Success Roadmap</b> 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>

West Virginia 21st Century Content Standards and Objectives

Social Studies

Grade 10 - Adopted 2012

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
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<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Key Ideas and Details
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.3.</b>	<p>Students will analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Craft and Structure
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.5.</b>	<p>Students will analyze how a text uses structure to emphasize key points or advance an explanation or analysis.</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Connections</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading

<b>OBJECTIVE / EXPECTATION</b>		Integration of Knowledge and Ideas
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.7.</b>	Students will integrate quantitative or technical analysis (e.g., charts and research data) with qualitative analysis in print or digital text.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Range of Reading and Level of Text Complexity
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.10.</b>	Students will read and comprehend history/social studies texts at or above grade level text complexity band independently and proficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.11.</b>	Students will write arguments focused on discipline-specific content.
<b>INDICATOR</b>	<b>SS.9-10.L.11.c.</b>	Use words, phrases and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence and between claim(s) and counterclaims.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.9-10.L.11.d.</b>	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.12.</b>	Students will write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
<b>INDICATOR</b>	<b>SS.9-10.L.12.b.</b>	Develop the topic with well-chosen, relevant and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.9-10.L.12.c.</b>	Use varied transitions and sentence structures to link the major sections of the text, create cohesion and clarify the relationships among ideas and concepts.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

INDICATOR	SS.9-10.L.12.d.	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	SS.9-10.L.12.e.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	WV.SS.9-10.L.	LITERACY
CONTENT STANDARD / OBJECTIVE		Writing
OBJECTIVE / EXPECTATION		Production and Distribution of Writing
GRADE LEVEL EXPECTATION	SS.9-10.L.13.	<p>Students will produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.</p> <p><b>My Success Roadmap</b>  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>
GRADE LEVEL EXPECTATION	SS.9-10.L.14.	<p>Students will develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Research to Build and Present Knowledge
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.16.</b>	Students will conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem and narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.17.</b>	Students will gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question and integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.18.</b>	Students will draw evidence from informational texts to support analysis, reflection and research.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.9-10.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Range of Writing

<b>GRADE LEVEL EXPECTATION</b>	<b>SS.9-10.L.19.</b>	<p>Students will write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.</p> <p><b>My Success Roadmap</b>  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>
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West Virginia 21st Century Content Standards and Objectives

Social Studies

Grade 11 - Adopted 2012

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11.</b>	CONTEMPORARY STUDIES
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>SS.11.E.</b>	Economics
<b>OBJECTIVE / EXPECTATION</b>	<b>SS.11.E.6.</b>	<p>Students will cite evidence of the economic and cultural impact of advertising and the growth of consumerism (e.g., differentiate between wants and needs).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11.</b>	CONTEMPORARY STUDIES
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>SS.11.H.</b>	History
<b>OBJECTIVE / EXPECTATION</b>	<b>SS.11.H.CL7.</b>	Demonstrate an understanding of the social conflicts that challenged traditional values in the second half of the twentieth century.
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11.H.CL7.2.</b>	<p>Students will examine and identify changes brought by media sources upon American cultural, economic and political behavior. (e.g., television, Rock 'n' Roll, protest songs, etc.).</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Importance of School / Goal-Setting</p>

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	<b>LITERACY</b>
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Key Ideas and Details
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.3.</b>	Students will evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	<b>LITERACY</b>
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Integration of Knowledge and Ideas
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.7.</b>	Students will integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	<b>LITERACY</b>
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Range of Reading and Level of Text Complexity

<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.10.</b>	Students will read and comprehend history/social studies texts at or above grade level text complexity band independently and proficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.11.</b>	Students will write arguments focused on discipline-specific content.
<b>INDICATOR</b>	<b>SS.11-12.L.11.c.</b>	Use words, phrases and clauses, as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.11-12.L.11.d.</b>	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes



<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.12.</b>	Students will write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
<b>INDICATOR</b>	<b>SS.11-12.L.12.b.</b>	Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.11-12.L.12.c.</b>	Use varied transitions and sentence structures to link the major sections of the text, create cohesion and clarify the relationships among complex ideas and concepts.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.11-12.L.12.d.</b>	Use precise language, domain-specific vocabulary and techniques such as metaphor, simile and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Production and Distribution of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.13.</b>	Students will produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.

		<p><b>My Success Roadmap</b>  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>
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.14.</b>	<p>Students will develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Research to Build and Present Knowledge
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.16.</b>	<p>Students will conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.17.</b>	<p>Students will gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.18.</b>	Students will draw evidence from informational texts to support analysis, reflection and research.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Range of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.19.</b>	Students will write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes and audiences.  <b>My Success Roadmap</b> 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

**West Virginia 21st Century Content Standards and Objectives**

**Social Studies**

**Grade 12 - Adopted 2012**

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.12.</b>	CIVICS FOR THE NEXT GENERATION
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>SS.12.E.</b>	Economics/Personal Finance
<b>OBJECTIVE / EXPECTATION</b>	<b>SS.12.E.8.</b>	Students will evaluate income, lifestyle, education and employment decisions to make successful career choices:
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.12.E.8.a.</b>	Differentiate between gross and net income (e.g., taxes, insurance and pension plans).  <b>My Success Roadmap</b>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.12.E.8.c.</b>	Evaluate the impact of education on lifelong earning potential.  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 03: Career Ideas
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.12.E.8.d.</b>	Examine the expectations and benefits of potential careers.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting  <b>My Roadmap to the Future</b> Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.12.</b>	<b>CIVICS FOR THE NEXT GENERATION</b>
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>SS.12.E.</b>	Economics/Personal Finance
<b>OBJECTIVE / EXPECTATION</b>	<b>SS.12.E.9.</b>	Students will simulate managing the income and expenses of a household:
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.12.E.9.d.</b>	Construct, analyze and monitor personal budgets.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.12.</b>	<b>ECONOMICS (ELECTIVE ONLY)</b>
<b>CONTENT STANDARD / OBJECTIVE</b>	<b>SS.S.EE.</b>	Students will: Analyze the role of economic choices in scarcity, supply and demand, resource allocation, decision-making, voluntary exchange and trade-offs (Choices). Research, critique and evaluate the roles of private and public institutions in the economy (Institutions). Compare and contrast various economic systems and analyze their impact on individual citizens (Economic Systems). Describe and demonstrate how the factors of production apply to the United States economic system (Factors of

		Production). Analyze the elements of competition and how they impact the economy (Competition). Examine and evaluate the interdependence of global economies (Global Economies).
<b>OBJECTIVE / EXPECTATION</b>	<b>SS.EE.1.</b>	Students will explain and give examples showing how scarcity of goods and services forces people to make choices about needs and wants.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>OBJECTIVE / EXPECTATION</b>	<b>SS.EE.23.</b>	Students will describe and explain the role of money, banking, savings and budgeting in everyday life.  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Key Ideas and Details
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.3.</b>	Students will evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Integration of Knowledge and Ideas
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.7.</b>	Students will integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Reading
<b>OBJECTIVE / EXPECTATION</b>		Range of Reading and Level of Text Complexity
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.10.</b>	Students will read and comprehend history/social studies texts at or above grade level text complexity band independently and proficiently.  <b>Multimedia Extensions</b> Multimedia Extensions: Connections
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.11.</b>	Students will write arguments focused on discipline-specific content.
<b>INDICATOR</b>	<b>SS.11-12.L.11.c.</b>	Use words, phrases and clauses, as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.11-12.L.11.d.</b>	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.  <b>My Success Roadmap</b> 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
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Text Types and Purposes
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.12.</b>	Students will write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
<b>INDICATOR</b>	<b>SS.11-12.L.12.b.</b>	Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.11-12.L.12.c.</b>	Use varied transitions and sentence structures to link the major sections of the text, create cohesion and clarify the relationships among complex ideas and concepts.  <b>My Success Roadmap</b> 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
<b>INDICATOR</b>	<b>SS.11-12.L.12.d.</b>	Use precise language, domain-specific vocabulary and techniques such as metaphor, simile and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.  <b>My Success Roadmap</b> 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

<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Production and Distribution of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.13.</b>	<p>Students will produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.</p> <p><b>My Success Roadmap</b>  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>
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.14.</b>	<p>Students will develop and strengthen writing as needed by planning, revising, editing, rewriting or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.</p> <p><b>My Success Roadmap</b>  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>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Research to Build and Present Knowledge
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.16.</b>	<p>Students will conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>



<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.17.</b>	<p>Students will gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.18.</b>	<p>Students will draw evidence from informational texts to support analysis, reflection and research.</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
<b>CONTENT STANDARD / COURSE</b>	<b>WV.SS.11-12.L.</b>	LITERACY
<b>CONTENT STANDARD / OBJECTIVE</b>		Writing
<b>OBJECTIVE / EXPECTATION</b>		Range of Writing
<b>GRADE LEVEL EXPECTATION</b>	<b>SS.11-12.L.19.</b>	<p>Students will write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes and audiences.</p> <p><b>My Success Roadmap</b> 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>

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