

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

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

States: Colorado K-12 Academic Standards

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

Colorado K-12 Academic Standards

Health and PE

Grade 7 - Adopted 2009

CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.1.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.1.	Analyze factors that influence healthy eating behaviors. Students can:
EVIDENCE OUTCOMES	1.1.c.	Analyze the influence that adults and role models have on one's food choices Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing 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
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.1.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.2.	Demonstrate the ability to make healthy food choices in a variety of settings. Students can:
EVIDENCE OUTCOMES	1.2.a.	Develop strategies for making healthier food and beverage choices in a variety of settings such as eating out, at home, with friends, or at school

		<p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EVIDENCE OUTCOMES	1.2.b.	<p>Demonstrate interpersonal skills that deal with negative influences on healthy eating</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.1.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.3.	<p>Compare and contrast healthy and unhealthy relationships (family, peer, and dating). Students can:</p>
EVIDENCE OUTCOMES	1.3.a.	<p>Describe the characteristics of healthy relationships, and discuss factors that support and sustain them</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EVIDENCE OUTCOMES	1.3.b.	<p>Explain the purpose of friendship in different stages of the life cycle, and describe how friends can support one another in making healthy decisions</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.1.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.4.	<p>Analyze the internal and external factors that influence sexual decision-making and activity. Students can:</p>

EVIDENCE OUTCOMES	1.4.c.	Describe how personal, peer, and family values influence decisions about sexual and reproductive health Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Demonstrate effective communication skills to express feelings appropriately. Students can:
EVIDENCE OUTCOMES	2.1.a.	Demonstrate the ability to engage in active listening My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
EVIDENCE OUTCOMES	2.1.b.	Practice the use of "I" statements My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
EVIDENCE OUTCOMES	2.1.c.	Demonstrate negotiation skills to support the healthy expression of personal needs My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	2.1.d.	Demonstrate the ability to state personal needs and articulate limits My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure

		Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
EVIDENCE OUTCOMES	2.1.e.	Practice verbal and nonverbal ways to ask for help from trusted adults or friends My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Develop self-management skills to prevent and manage stress. Students can:
EVIDENCE OUTCOMES	2.2.a.	Compare and contrast positive and negative ways of dealing with stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence 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
EVIDENCE OUTCOMES	2.2.b.	Define stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing 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

EVIDENCE OUTCOMES	2.2.c.	<p>Identify personal stressors. Explain the body's physical and psychological responses to stressful situations</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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</p>
EVIDENCE OUTCOMES	2.2.d.	<p>Develop personal strategies to deal with stressors Practice strategies such as physical activity, relaxation techniques, journaling, and talking with someone to reduce stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing 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</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	Analyze the consequences of using alcohol, tobacco, and other drugs. Students can:
EVIDENCE OUTCOMES	3.1.a.	<p>Examine the social, economic, health and cosmetic consequences of alcohol, tobacco including chewing tobacco), and other drug use,</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through

		twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.2.	Prepared Graduates in Physical and Personal Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Participate regularly in physical activity Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Achieve and maintain a health-enhancing level of physical fitness Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Apply knowledge and skills to engage in lifelong healthy eating My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.4.	Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.5.	Apply knowledge and skills related to health promotion, disease prevention, and health maintenance Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado

		education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.3.	Prepared Graduates in Emotional and Social Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	Utilize knowledge and skills to enhance mental, emotional, and social well-being Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Colorado K-12 Academic Standards

Health and PE

Grade 8 - Adopted 2009

CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities. Students can:
EVIDENCE OUTCOMES	2.1.a.	Plan and implement an extended personal physical fitness plan in collaboration with an instructor Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.b.	Explain the relationship among physical activity, nutrition, adequate rest and sleep, and weight management Multimedia Extensions Multimedia Extensions: Stress
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness. Students can:

EVIDENCE OUTCOMES	2.3.a.	Create an individual physical activity portfolio that includes:
INDICATOR	2.3.a.1.	Identifying reasons for choosing a particular physical fitness activity such as have fun, gain flexibility, increase core strength, increase fitness level, and lose weight Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	2.3.a.2.	Reflecting on how and why this activity may differ from now and when one is 25, 40, 55+ Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness. Students can:
EVIDENCE OUTCOMES	2.3.b.	Set realistic fitness goals, and strive to attain them through participation in activities of individual choosing Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.3.d.	Accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education class on five or more days during the week Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.3.e.	Design and participate activities that will improve all components of health-related fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress My Success Roadmap

		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Internal and external factors influence mental and emotional health. Students can:
EVIDENCE OUTCOMES	2.2.a.	<p>Analyze how culture, media, and others influence personal feelings and emotions</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EVIDENCE OUTCOMES	2.2.b.	<p>Describe how personal and family values and feelings influence choices</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future 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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EVIDENCE OUTCOMES	2.2.c.	<p>Describe strategies to minimize negative influences on mental and emotional health</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap</p>

		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
EVIDENCE OUTCOMES	2.2.d.	Analyze internal factors that contribute to mental and emotional health Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.	Analyze the factors that influence violent and nonviolent behavior. Students can:
EVIDENCE OUTCOMES	3.4.c.	Describe external influences that could lead to violence Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.5.	Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior. Students can:
EVIDENCE OUTCOMES	3.5.c.	Advocate for a positive and respectful school environment that supports pro-social behavior

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.2.	Prepared Graduates in Physical and Personal Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Participate regularly in physical activity Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Achieve and maintain a health-enhancing level of physical fitness Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Apply knowledge and skills to engage in lifelong healthy eating My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.4.	Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.5.	Apply knowledge and skills related to health promotion, disease prevention, and health maintenance Multimedia Extensions

		Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.3.	Prepared Graduates in Emotional and Social Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	Utilize knowledge and skills to enhance mental, emotional, and social well-being Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Colorado K-12 Academic Standards

Social Studies

Grade 7 - Adopted 2009

CONTENT AREA	CO.1.	History
STANDARD	1.1.	Seek and evaluate multiple historical sources with different points of view to investigate a historical question and to formulate and defend a thesis with evidence. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.1.b.	Analyze historical sources for accuracy and point of view while formulating historical questions using such sources. Sources to include but not limited to art, artifacts, eyewitness accounts, letters and diaries, artifacts, real or simulated historical sites, charts, graphs, diagrams, and written texts My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.1.	Prepared graduates in social studies:
CONCEPTS AND SKILLS / EVIDENCE	5.1.1.	Use the tools, thinking, and practices of history, geography, economics, and civics to:

OUTCOMES		
EVIDENCE OUTCOMES	5.1.1.b.	<p>Read, write, and communicate ideas</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.4.	Prepared graduates in economics:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.4.2.	<p>Acquire the knowledge and economic reasoning skills to make sound financial decisions (PFL)</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

Colorado K-12 Academic Standards

Social Studies

Grade 8 - Adopted 2009

CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.1.	Prepared graduates in social studies:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.1.1.	Use the tools, thinking, and practices of history, geography, economics, and civics to:
EVIDENCE OUTCOMES	5.1.1.b.	<p>Read, write, and communicate ideas</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.4.	Prepared graduates in economics:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.4.2.	Acquire the knowledge and economic reasoning skills to make sound financial decisions (PFL) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Colorado K-12 Academic Standards

Health and PE

Grade 9 - Adopted 2009

CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan. Students can:
EVIDENCE OUTCOMES	2.1.a.	Develop and describe a physical fitness plan that enhances personal health and performance in future leisure and workplace activities Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.b.	Design and participate in activities that improve all components of health-related fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.c.	Assess the components of health-related physical fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

EVIDENCE OUTCOMES	2.1.d.	<p>Refine individual fitness goals for each of the five components of health-related physical fitness using research-based criteria</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.e.	<p>Examine fitness assessment data, and develop a plan to show personal improvement toward achievement of fitness goals, including monitoring personal levels of fitness within each of the five health-related fitness components</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.f.	<p>Evaluate individual measures of physical fitness in relationship to patterns of physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.g.	<p>Plan an extended personal physical fitness program in collaboration with an instructor</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	<p>Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education. Students can:</p>
EVIDENCE OUTCOMES	2.3.a.	<p>Participate willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy lifestyle</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.b.	<p>Establish personal physical activity goals to accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education classes on five or more days during the week</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.c.	<p>Monitor physical activity in a physical activity log through the use of fitness equipment such as a pedometer or heart-rate monitor</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.d.	<p>Explain the benefits of participation in a variety of physical activities</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.e.	<p>Demonstrate effective time management skills that allow opportunities for physical activity during the day</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.f.	<p>Demonstrate the ability to monitor and adjust activity to meet personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.g.	<p>Participate in a variety of self-selected physical activities, and evaluates the value of each as it relates to personal fitness goals</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.3.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.2.	Demonstrate collaboration, cooperation, and leadership skills. Students can:
EVIDENCE OUTCOMES	3.2.i.	Identify contributions of members of a group or team, and reward members for accomplishing a task or goal My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Analyze the interrelationship of physical, mental, emotional, and social health. Students can:
EVIDENCE OUTCOMES	2.1.a.	Analyze the characteristics of a mentally and emotionally healthy person My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EVIDENCE OUTCOMES	2.1.b.	Describe how mental and emotional health can affect health-related behaviors My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EVIDENCE OUTCOMES	2.1.c.	Evaluate effective strategies for dealing with stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being

		<p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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</p>
EVIDENCE OUTCOMES	2.1.d.	<p>Analyze the causes, symptoms, and effects of depression and anxiety</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Set goals, and monitor progress on attaining goals for future success. Students can:
EVIDENCE OUTCOMES	2.2.a.	<p>Analyze why setting a personal goal contributes to mental and emotional wellness</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence 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 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
EVIDENCE OUTCOMES	2.2.b.	<p>Define a clear, attainable personal goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
EVIDENCE OUTCOMES	2.2.c.	<p>Describe steps needed to reach personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Advocate to improve or maintain positive mental and emotional health for self and others. Students can:
EVIDENCE OUTCOMES	2.3.c.	Advocate for positive and respectful school environment that supports pro-social behavior My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.9.	Demonstrate verbal and nonverbal communication skills and strategies to prevent violence. Students can:
EVIDENCE OUTCOMES	3.9.a.	Demonstrate verbal and nonverbal ways to ask for help from a parent, other trusted adult, or friend when pressured to engage in violence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.b.	Demonstrate verbal and nonverbal ways to refuse pressure to engage in violence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.c.	Demonstrate strategies that could be used to prevent a conflict from starting or escalating My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.d.	Demonstrate effective strategies for resolving conflicts with another person in nonviolent ways

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EVIDENCE OUTCOMES	3.9.e.	<p>Demonstrate verbal and nonverbal ways to stop or prevent hazing</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.2.	Prepared Graduates in Physical and Personal Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	<p>Participate regularly in physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	<p>Achieve and maintain a health-enhancing level of physical fitness</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	<p>Apply knowledge and skills to engage in lifelong healthy eating</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.4.	<p>Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.5.	Apply knowledge and skills related to health promotion, disease prevention, and health maintenance Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.3.	Prepared Graduates in Emotional and Social Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	Utilize knowledge and skills to enhance mental, emotional, and social well-being Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Colorado K-12 Academic Standards

Health and PE

Grade 10 - Adopted 2009

CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan. Students can:
EVIDENCE OUTCOMES	2.1.a.	Develop and describe a physical fitness plan that enhances personal health and performance in future leisure and workplace activities Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE	2.1.b.	Design and participate in activities that improve all components of health-related fitness

OUTCOMES		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.c.	<p>Assess the components of health-related physical fitness</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.d.	<p>Refine individual fitness goals for each of the five components of health-related physical fitness using research-based criteria</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.e.	<p>Examine fitness assessment data, and develop a plan to show personal improvement toward achievement of fitness goals, including monitoring personal levels of fitness within each of the five health-related fitness components</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.f.	<p>Evaluate individual measures of physical fitness in relationship to patterns of physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
EVIDENCE OUTCOMES	2.1.g.	<p>Plan an extended personal physical fitness program in collaboration with an instructor</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	<p>Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education. Students can:</p>

<p>EVIDENCE OUTCOMES</p>	<p>2.3.a.</p>	<p>Participate willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy lifestyle</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.3.b.</p>	<p>Establish personal physical activity goals to accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education classes on five or more days during the week</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.3.c.</p>	<p>Monitor physical activity in a physical activity log through the use of fitness equipment such as a pedometer or heart-rate monitor</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.3.d.</p>	<p>Explain the benefits of participation in a variety of physical activities</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.3.e.</p>	<p>Demonstrate effective time management skills that allow opportunities for physical activity during the day</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.3.f.</p>	<p>Demonstrate the ability to monitor and adjust activity to meet personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p>

		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EVIDENCE OUTCOMES	2.3.g.	Participate in a variety of self-selected physical activities, and evaluates the value of each as it relates to personal fitness goals Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.3.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.2.	Demonstrate collaboration, cooperation, and leadership skills. Students can:
EVIDENCE OUTCOMES	3.2.i.	Identify contributions of members of a group or team, and reward members for accomplishing a task or goal My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Analyze the interrelationship of physical, mental, emotional, and social health. Students can:
EVIDENCE OUTCOMES	2.1.a.	Analyze the characteristics of a mentally and emotionally healthy person My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EVIDENCE OUTCOMES	2.1.b.	Describe how mental and emotional health can affect health-related behaviors My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EVIDENCE OUTCOMES	2.1.c.	<p>Evaluate effective strategies for dealing with stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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</p>
EVIDENCE OUTCOMES	2.1.d.	<p>Analyze the causes, symptoms, and effects of depression and anxiety</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Set goals, and monitor progress on attaining goals for future success. Students can:
EVIDENCE OUTCOMES	2.2.a.	<p>Analyze why setting a personal goal contributes to mental and emotional wellness</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence 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 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>EVIDENCE OUTCOMES</p>	<p>2.2.b.</p>	<p>Define a clear, attainable personal goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.2.c.</p>	<p>Describe steps needed to reach personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Advocate to improve or maintain positive mental and emotional health for self and others. Students can:
EVIDENCE OUTCOMES	2.3.c.	<p>Advocate for positive and respectful school environment that supports pro-social behavior</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.9.	Demonstrate verbal and nonverbal communication skills and strategies to prevent violence. Students can:
EVIDENCE OUTCOMES	3.9.a.	<p>Demonstrate verbal and nonverbal ways to ask for help from a parent, other trusted adult, or friend when pressured to engage in violence</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EVIDENCE OUTCOMES	3.9.b.	<p>Demonstrate verbal and nonverbal ways to refuse pressure to engage in violence</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>

EVIDENCE OUTCOMES	3.9.d.	Demonstrate effective strategies for resolving conflicts with another person in nonviolent ways My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.e.	Demonstrate verbal and nonverbal ways to stop or prevent hazing My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.2.	Prepared Graduates in Physical and Personal Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Participate regularly in physical activity Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Achieve and maintain a health-enhancing level of physical fitness Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Apply knowledge and skills to engage in lifelong healthy eating My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.4.	Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.5.	Apply knowledge and skills related to health promotion, disease prevention, and health maintenance Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.3.	Prepared Graduates in Emotional and Social Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	Utilize knowledge and skills to enhance mental, emotional, and social well-being Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Colorado K-12 Academic Standards

Health and PE

Grade 11 - Adopted 2009

CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan. Students can:
EVIDENCE OUTCOMES	2.1.a.	Develop and describe a physical fitness plan that enhances personal health and performance in future leisure and workplace activities Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

EVIDENCE OUTCOMES	2.1.b.	Design and participate in activities that improve all components of health-related fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.c.	Assess the components of health-related physical fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.d.	Refine individual fitness goals for each of the five components of health-related physical fitness using research-based criteria Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.e.	Examine fitness assessment data, and develop a plan to show personal improvement toward achievement of fitness goals, including monitoring personal levels of fitness within each of the five health-related fitness components Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.f.	Evaluate individual measures of physical fitness in relationship to patterns of physical activity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.g.	Plan an extended personal physical fitness program in collaboration with an instructor Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE	2.3.	Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education. Students can:

OUTCOMES		
EVIDENCE OUTCOMES	2.3.a.	<p>Participate willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy lifestyle</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.b.	<p>Establish personal physical activity goals to accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education classes on five or more days during the week</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.c.	<p>Monitor physical activity in a physical activity log through the use of fitness equipment such as a pedometer or heart-rate monitor</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.d.	<p>Explain the benefits of participation in a variety of physical activities</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.e.	<p>Demonstrate effective time management skills that allow opportunities for physical activity during the day</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.f.	<p>Demonstrate the ability to monitor and adjust activity to meet personal goals</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
EVIDENCE OUTCOMES	2.3.g.	<p>Participate in a variety of self-selected physical activities, and evaluates the value of each as it relates to personal fitness goals</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.3.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.2.	Demonstrate collaboration, cooperation, and leadership skills. Students can:
EVIDENCE OUTCOMES	3.2.i.	<p>Identify contributions of members of a group or team, and reward members for accomplishing a task or goal</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Analyze the interrelationship of physical, mental, emotional, and social health. Students can:
EVIDENCE OUTCOMES	2.1.a.	<p>Analyze the characteristics of a mentally and emotionally healthy person</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EVIDENCE OUTCOMES	2.1.b.	Describe how mental and emotional health can affect health-related behaviors

		<p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
EVIDENCE OUTCOMES	2.1.c.	<p>Evaluate effective strategies for dealing with stress</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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</p>
EVIDENCE OUTCOMES	2.1.d.	<p>Analyze the causes, symptoms, and effects of depression and anxiety</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Set goals, and monitor progress on attaining goals for future success. Students can:
EVIDENCE OUTCOMES	2.2.a.	<p>Analyze why setting a personal goal contributes to mental and emotional wellness</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence 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 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>EVIDENCE OUTCOMES</p>	<p>2.2.b.</p>	<p>Define a clear, attainable personal goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.2.c.</p>	<p>Describe steps needed to reach personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Advocate to improve or maintain positive mental and emotional health for self and others. Students can:
EVIDENCE OUTCOMES	2.3.c.	Advocate for positive and respectful school environment that supports pro-social behavior My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.9.	Demonstrate verbal and nonverbal communication skills and strategies to prevent violence. Students can:
EVIDENCE OUTCOMES	3.9.a.	Demonstrate verbal and nonverbal ways to ask for help from a parent, other trusted adult, or friend when pressured to engage in violence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.b.	Demonstrate verbal and nonverbal ways to refuse pressure to engage in violence My Roadmap to the Future

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.d.	Demonstrate effective strategies for resolving conflicts with another person in nonviolent ways My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.e.	Demonstrate verbal and nonverbal ways to stop or prevent hazing My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.2.	Prepared Graduates in Physical and Personal Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Participate regularly in physical activity Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Achieve and maintain a health-enhancing level of physical fitness Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Apply knowledge and skills to engage in lifelong healthy eating My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.4.	Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being

		Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.5.	Apply knowledge and skills related to health promotion, disease prevention, and health maintenance Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.3.	Prepared Graduates in Emotional and Social Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	Utilize knowledge and skills to enhance mental, emotional, and social well-being Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Colorado K-12 Academic Standards

Health and PE

Grade 12 - Adopted 2009

CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan. Students can:
EVIDENCE OUTCOMES	2.1.a.	Develop and describe a physical fitness plan that enhances personal health and performance in future leisure and workplace activities Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.b.	Design and participate in activities that improve all components of health-related fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.c.	Assess the components of health-related physical fitness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.d.	Refine individual fitness goals for each of the five components of health-related physical fitness using research-based criteria Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.e.	Examine fitness assessment data, and develop a plan to show personal improvement toward achievement of fitness goals, including monitoring personal levels of fitness within each of the five health-related fitness components Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.f.	Evaluate individual measures of physical fitness in relationship to patterns of physical activity Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
EVIDENCE OUTCOMES	2.1.g.	Plan an extended personal physical fitness program in collaboration with an instructor Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.2.	Physical and Personal Wellness

CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Participate regularly in health-enhancing and personally rewarding physical activity outside of physical education. Students can:
EVIDENCE OUTCOMES	2.3.a.	Participate willingly in a variety of physical activities appropriate for maintaining or enhancing a healthy lifestyle Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EVIDENCE OUTCOMES	2.3.b.	Establish personal physical activity goals to accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education classes on five or more days during the week Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EVIDENCE OUTCOMES	2.3.c.	Monitor physical activity in a physical activity log through the use of fitness equipment such as a pedometer or heart-rate monitor Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EVIDENCE OUTCOMES	2.3.d.	Explain the benefits of participation in a variety of physical activities Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EVIDENCE OUTCOMES	2.3.e.	Demonstrate effective time management skills that allow opportunities for physical activity during the day Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

EVIDENCE OUTCOMES	2.3.f.	Demonstrate the ability to monitor and adjust activity to meet personal goals Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
EVIDENCE OUTCOMES	2.3.g.	Participate in a variety of self-selected physical activities, and evaluates the value of each as it relates to personal fitness goals Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA	CO.PE.	PHYSICAL EDUCATION
STANDARD	PE.3.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.2.	Demonstrate collaboration, cooperation, and leadership skills. Students can:
EVIDENCE OUTCOMES	3.2.i.	Identify contributions of members of a group or team, and reward members for accomplishing a task or goal My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	Analyze the interrelationship of physical, mental, emotional, and social health. Students can:
EVIDENCE OUTCOMES	2.1.a.	Analyze the characteristics of a mentally and emotionally healthy person My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

EVIDENCE OUTCOMES	2.1.b.	Describe how mental and emotional health can affect health-related behaviors My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
EVIDENCE OUTCOMES	2.1.c.	Evaluate effective strategies for dealing with stress Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing 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
EVIDENCE OUTCOMES	2.1.d.	Analyze the causes, symptoms, and effects of depression and anxiety My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	Set goals, and monitor progress on attaining goals for future success. Students can:
EVIDENCE OUTCOMES	2.2.a.	Analyze why setting a personal goal contributes to mental and emotional wellness Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs

		<p>Unit 2: Confidence - Lesson 04: Analyzing Confidence 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 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence 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 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>EVIDENCE OUTCOMES</p>	<p>2.2.b.</p>	<p>Define a clear, attainable personal goal</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>EVIDENCE OUTCOMES</p>	<p>2.2.c.</p>	<p>Describe steps needed to reach personal goals</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p>

		<p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence 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 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.2.	Emotional and Social Wellness
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	Advocate to improve or maintain positive mental and emotional health for self and others. Students can:
EVIDENCE OUTCOMES	2.3.c.	Advocate for positive and respectful school environment that supports pro-social behavior My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA	CO.HE.	COMPREHENSIVE HEALTH
STANDARD	HE.3.	Prevention and Risk Management
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.9.	Demonstrate verbal and nonverbal communication skills and strategies to prevent violence. Students can:
EVIDENCE OUTCOMES	3.9.a.	Demonstrate verbal and nonverbal ways to ask for help from a parent, other trusted adult, or friend when pressured to engage in violence My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure
EVIDENCE OUTCOMES	3.9.b.	Demonstrate verbal and nonverbal ways to refuse pressure to engage in violence

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EVIDENCE OUTCOMES	3.9.d.	<p>Demonstrate effective strategies for resolving conflicts with another person in nonviolent ways</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
EVIDENCE OUTCOMES	3.9.e.	<p>Demonstrate verbal and nonverbal ways to stop or prevent hazing</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure</p>
CONTENT AREA	CO.PGC.	<p>Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.</p>
STANDARD	PGC.2.	<p>Prepared Graduates in Physical and Personal Wellness:</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.1.	<p>Participate regularly in physical activity</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.2.	<p>Achieve and maintain a health-enhancing level of physical fitness</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.3.	<p>Apply knowledge and skills to engage in lifelong healthy eating</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONCEPTS AND SKILLS / EVIDENCE	2.4.	<p>Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health</p>

OUTCOMES		<p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	2.5.	<p>Apply knowledge and skills related to health promotion, disease prevention, and health maintenance</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA	CO.PGC.	Prepared Graduate Competencies in Comprehensive Health and Physical Education: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	PGC.3.	Prepared Graduates in Emotional and Social Wellness:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.1.	<p>Utilize knowledge and skills to enhance mental, emotional, and social well-being</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Colorado K-12 Academic Standards

Social Studies

Grade 9 - Adopted 2009

CONTENT AREA	CO.1.	History
STANDARD	1.1.	Use the historical method of inquiry to ask questions, evaluate primary and secondary sources, critically analyze and interpret data, and develop interpretations defended by evidence. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.1.b.	Gather and analyze historical information, including contradictory data, from a variety of primary and secondary sources, including sources located on the Internet, to support or reject hypotheses

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT AREA	CO.1.	History
STANDARD	1.2.	The key concepts of continuity and change, cause and effect, complexity, unity and diversity over time. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West including modern world history):
EVIDENCE OUTCOMES	1.2.b.	<p>Investigate causes and effects of significant events in world history</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA	CO.1.	History
STANDARD	1.3.	The significance of ideas as powerful forces throughout history. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West; to include but not be limited to modern world history):
EVIDENCE OUTCOMES	1.3.f.	<p>Describe and analyze the historical development and impact of the arts and literature on the culture of the United States</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p>
CONTENT AREA	CO.3.	Economics
STANDARD	3.4.	Design, analyze, and apply a financial plan based on short- and long-term financial goals (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE	3.4.a.	Develop a financial plan including a budget based on short- and long- term goals

OUTCOMES		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.c.	<p>Describe factors affecting take-home pay</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.d.	<p>Identify sources of personal income and likely deductions and expenditures as a basis for a financial plan</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT AREA	CO.3.	Economics
STANDARD	3.5.	Analyze strategic spending, saving, and investment options to achieve the objectives of diversification, liquidity, income, and growth (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.5.c.	<p>Explain how economic cycles affect personal financial decisions</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.1.	Prepared graduates in social studies:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.1.1.	Use the tools, thinking, and practices of history, geography, economics, and civics to:
EVIDENCE OUTCOMES	5.1.1.b.	<p>Read, write, and communicate ideas</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.4.	Prepared graduates in economics:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.4.2.	Acquire the knowledge and economic reasoning skills to make sound financial decisions (PFL) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Colorado K-12 Academic Standards

Social Studies

Grade 10 - Adopted 2009

CONTENT AREA	CO.1.	History
STANDARD	1.1.	Use the historical method of inquiry to ask questions, evaluate primary and secondary sources, critically analyze and interpret data, and develop interpretations defended by evidence. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.1.b.	Gather and analyze historical information, including contradictory data, from a variety of primary and secondary sources, including sources located on the Internet, to support or reject hypotheses My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA	CO.1.	History
STANDARD	1.2.	The key concepts of continuity and change, cause and effect, complexity, unity and diversity over time. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West including modern world history):
EVIDENCE OUTCOMES	1.2.b.	Investigate causes and effects of significant events in world history Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA	CO.1.	History
STANDARD	1.3.	The significance of ideas as powerful forces throughout history. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West; to include but not be limited to modern world history):
EVIDENCE OUTCOMES	1.3.f.	Describe and analyze the historical development and impact of the arts and literature on the culture of the United States Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA	CO.3.	Economics
STANDARD	3.4.	Design, analyze, and apply a financial plan based on short- and long-term financial goals (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.a.	Develop a financial plan including a budget based on short- and long- term goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.c.	Describe factors affecting take-home pay My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.d.	Identify sources of personal income and likely deductions and expenditures as a basis for a financial plan Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA	CO.3.	Economics
STANDARD	3.5.	Analyze strategic spending, saving, and investment options to achieve the objectives of diversification, liquidity, income, and growth (PFL). Students can:

CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.5.c.	Explain how economic cycles affect personal financial decisions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.1.	Prepared graduates in social studies:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.1.1.	Use the tools, thinking, and practices of history, geography, economics, and civics to:
EVIDENCE OUTCOMES	5.1.1.b.	Read, write, and communicate ideas Multimedia Extensions Multimedia Extensions: Connections My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.4.	Prepared graduates in economics:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.4.2.	Acquire the knowledge and economic reasoning skills to make sound financial decisions (PFL) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Colorado K-12 Academic Standards

Social Studies

Grade 11 - Adopted 2009

CONTENT AREA	CO.1.	History
STANDARD	1.1.	Use the historical method of inquiry to ask questions, evaluate primary and secondary sources, critically analyze and interpret data, and develop interpretations defended by evidence. Students can:

CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.1.b.	Gather and analyze historical information, including contradictory data, from a variety of primary and secondary sources, including sources located on the Internet, to support or reject hypotheses My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA	CO.1.	History
STANDARD	1.2.	The key concepts of continuity and change, cause and effect, complexity, unity and diversity over time. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West including modern world history):
EVIDENCE OUTCOMES	1.2.b.	Investigate causes and effects of significant events in world history Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA	CO.1.	History
STANDARD	1.3.	The significance of ideas as powerful forces throughout history. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West; to include but not be limited to modern world history):
EVIDENCE OUTCOMES	1.3.f.	Describe and analyze the historical development and impact of the arts and literature on the culture of the United States Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA	CO.3.	Economics
STANDARD	3.4.	Design, analyze, and apply a financial plan based on short- and long-term

		financial goals (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.a.	Develop a financial plan including a budget based on short- and long- term goals Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.c.	Describe factors affecting take-home pay My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.d.	Identify sources of personal income and likely deductions and expenditures as a basis for a financial plan Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA	CO.3.	Economics
STANDARD	3.5.	Analyze strategic spending, saving, and investment options to achieve the objectives of diversification, liquidity, income, and growth (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.5.c.	Explain how economic cycles affect personal financial decisions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.1.	Prepared graduates in social studies:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.1.1.	Use the tools, thinking, and practices of history, geography, economics, and civics to:
EVIDENCE OUTCOMES	5.1.1.b.	Read, write, and communicate ideas Multimedia Extensions Multimedia Extensions: Connections My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.4.	Prepared graduates in economics:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.4.2.	Acquire the knowledge and economic reasoning skills to make sound financial decisions (PFL) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Colorado K-12 Academic Standards

Social Studies

Grade 12 - Adopted 2009

CONTENT AREA	CO.1.	History
STANDARD	1.1.	Use the historical method of inquiry to ask questions, evaluate primary and secondary sources, critically analyze and interpret data, and develop interpretations defended by evidence. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	1.1.b.	Gather and analyze historical information, including contradictory data, from a variety of primary and secondary sources, including sources located on the Internet, to support or reject hypotheses My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA	CO.1.	History
STANDARD	1.2.	The key concepts of continuity and change, cause and effect, complexity, unity and diversity over time. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West including modern world history):
EVIDENCE OUTCOMES	1.2.b.	Investigate causes and effects of significant events in world history Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future

		<p>Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA	CO.1.	History
STANDARD	1.3.	The significance of ideas as powerful forces throughout history. Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES		World history (both East and West; to include but not be limited to modern world history):
EVIDENCE OUTCOMES	1.3.f.	<p>Describe and analyze the historical development and impact of the arts and literature on the culture of the United States</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p>
CONTENT AREA	CO.3.	Economics
STANDARD	3.4.	Design, analyze, and apply a financial plan based on short- and long-term financial goals (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.a.	<p>Develop a financial plan including a budget based on short- and long- term goals</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.c.	<p>Describe factors affecting take-home pay</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.4.d.	<p>Identify sources of personal income and likely deductions and expenditures as a basis for a financial plan</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

CONTENT AREA	CO.3.	Economics
STANDARD	3.5.	Analyze strategic spending, saving, and investment options to achieve the objectives of diversification, liquidity, income, and growth (PFL). Students can:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	3.5.c.	Explain how economic cycles affect personal financial decisions Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.1.	Prepared graduates in social studies:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.1.1.	Use the tools, thinking, and practices of history, geography, economics, and civics to:
EVIDENCE OUTCOMES	5.1.1.b.	Read, write, and communicate ideas Multimedia Extensions Multimedia Extensions: Connections My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA	CO.5.	Prepared Graduate Competencies in Social Studies: The prepared graduate competencies are the preschool through twelfth-grade concepts and skills that all students who complete the Colorado education system must master to ensure their success in a postsecondary and workforce setting.
STANDARD	5.4.	Prepared graduates in economics:
CONCEPTS AND SKILLS / EVIDENCE OUTCOMES	5.4.2.	Acquire the knowledge and economic reasoning skills to make sound financial decisions (PFL) Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting