

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

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

States: Illinois Learning Standards

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

Illinois Learning Standards

Health and PE

Grade 7 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.3a.	Set realistic short-term and long-term goals for a health-related fitness component. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR	20.C.3c.	Apply the principles of training to the health-related fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.3a.	Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.3d.	Identify various careers involved in health promotion, health care and injury prevention. My Success Roadmap

		Unit 1: Destination Success - Lesson 03: Career Ideas
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.3a.	Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use and other drug use). 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.C.	Describe factors that affect growth and development.
PERFORMANCE DESCRIPTOR	23.C.3a.	Describe the relationships among physical, mental and social health factors during adolescence (e.g., the effects of stress on physical and mental performance, effects of nutrition on growth). Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.A.	Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.
PERFORMANCE DESCRIPTOR	24.A.3b.	Demonstrate methods for addressing interpersonal differences without harm (e.g., avoidance, compromise, cooperation). My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing 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>
PERFORMANCE DESCRIPTOR	24.A.3c.	<p>Explain how positive communication helps to build and maintain relationships at school, at home and in the workplace.</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>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.3.	<p>Apply a decision-making process to an individual health concern.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE DESCRIPTOR	1A.3a.	<p>Analyze factors that create stress or motivate successful performance.</p> <p>Multimedia Extensions</p>

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>
PERFORMANCE DESCRIPTOR	1A.3b.	<p>Apply strategies to manage stress and to motivate successful performance.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing 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>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.3a.	<p>Analyze how personal qualities influence choices and successes.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>
PERFORMANCE DESCRIPTOR	1B.3b.	<p>Analyze how making use of school and community supports and opportunities can contribute to school and life success.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.3a.	Set a short-term goal and make a plan for achieving it. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	1C.3b.	Analyze why one achieved or did not achieve a goal. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.

PERFORMANCE DESCRIPTOR	2C.3b.	<p>Demonstrate cooperation and teamwork to promote group effectiveness.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing 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>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.3b.	<p>Define unhealthy peer pressure and evaluate strategies for resisting it.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.3a.	<p>Analyze how decision-making skills improve study habits and academic performance.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.3a.	Evaluate one's participation in efforts to address an identified school need. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Illinois Learning Standards

Health and PE

Grade 8 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.3a.	Set realistic short-term and long-term goals for a health-related fitness component. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
PERFORMANCE DESCRIPTOR	20.C.3c.	Apply the principles of training to the health-related fitness goals. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.3a.	Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health

STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.3d.	Identify various careers involved in health promotion, health care and injury prevention. My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.3a.	Explain the effects of health-related actions upon body systems (e.g., fad diets, orthodontics, avoiding smoking, alcohol use and other drug use). 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.C.	Describe factors that affect growth and development.
PERFORMANCE DESCRIPTOR	23.C.3a.	Describe the relationships among physical, mental and social health factors during adolescence (e.g., the effects of stress on physical and mental performance, effects of nutrition on growth). Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being

STANDARD		through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.A.	Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.
PERFORMANCE DESCRIPTOR	24.A.3b.	Demonstrate methods for addressing interpersonal differences without harm (e.g., avoidance, compromise, cooperation). My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	24.A.3c.	Explain how positive communication helps to build and maintain relationships at school, at home and in the workplace. 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
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.3.	Apply a decision-making process to an individual health concern. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE DESCRIPTOR	1A.3a.	Analyze factors that create stress or motivate successful performance. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
PERFORMANCE DESCRIPTOR	1A.3b.	Apply strategies to manage stress and to motivate successful performance. Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.3a.	Analyze how personal qualities influence choices and successes. 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap

		Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress
PERFORMANCE DESCRIPTOR	1B.3b.	Analyze how making use of school and community supports and opportunities can contribute to school and life success. Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.3a.	Set a short-term goal and make a plan for achieving it. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	1C.3b.	Analyze why one achieved or did not achieve a goal. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

		Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.3b.	Demonstrate cooperation and teamwork to promote group effectiveness. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.3b.	Define unhealthy peer pressure and evaluate strategies for resisting it. My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.3a.	Analyze how decision-making skills improve study habits and academic performance. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.3a.	Evaluate one's participation in efforts to address an identified school need. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Illinois Learning Standards

Social Studies

Grade 7 - Adopted 1997

STATE GOAL / STRAND	IL.15.	Economics: Understand economic systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	15.A.	Understand how different economic systems operate in the exchange, production, distribution and consumption of goods and services.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	15.A.3b.	Explain the relationship between productivity and wages. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	15.A.3c.	Describe the relationship between consumer purchases and businesses paying for productive resources. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.3a.	Describe how historians use models for organizing historical interpretation (e.g., biographies, political events, issues and conflicts).

PERFORMANCE DESCRIPTOR		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.3b.	<p>Make inferences about historical events and eras using historical maps and other historical sources.</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>
STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.3a.	<p>Analyze how individuals and groups interact with and within institutions (e.g., educational, military).</p> <p>Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Illinois Learning Standards

Social Studies

Grade 8 - Adopted 1997

STATE GOAL / STRAND	IL.15.	Economics: Understand economic systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	15.A.	Understand how different economic systems operate in the exchange, production, distribution and consumption of goods and services.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	15.A.3b.	<p>Explain the relationship between productivity and wages.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	15.A.3c.	<p>Describe the relationship between consumer purchases and businesses paying for productive resources.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.3a.	Describe how historians use models for organizing historical interpretation (e.g., biographies, political events, issues and conflicts). My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.3b.	Make inferences about historical events and eras using historical maps and other historical sources. 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
STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.3a.	Analyze how individuals and groups interact with and within institutions (e.g., educational, military). Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Illinois Learning Standards

Health and PE

Grade 9 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

PERFORMANCE DESCRIPTOR	20.C.4a.	Set realistic, short-term, health-related fitness goals based on individual profiles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.4a.	Compare and contrast communicable, chronic and degenerative illnesses (e.g., influenza, cancer, arthritis). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
PERFORMANCE DESCRIPTOR	22.A.4d.	Research and report about a career involved in health promotion, health care and injury prevention. My Success Roadmap 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 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.A.	Describe and explain the structure and functions of the human body systems and how they interrelate.
PERFORMANCE DESCRIPTOR	23.A.4a.	Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety). Multimedia Extensions Multimedia Extensions: Stress 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
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.4a.	Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health). My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.4a.	<p>Identify strategies to make use of resources and overcome obstacles to achieve goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR	1C.4b.	<p>Apply strategies to overcome obstacles to goal achievement.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning

STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2A.	Recognize the feelings and perspectives of others.
PERFORMANCE DESCRIPTOR	2A.4b.	Use conversation skills to understand others' feelings and perspectives. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.4a.	Evaluate the effects of requesting support from and providing support to others. Multimedia Extensions Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
PERFORMANCE DESCRIPTOR	2C.4b.	Evaluate one's contribution in groups as a member and leader. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.4b.	Analyze how conflict-resolution skills contribute to work within a group. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE DESCRIPTOR	3A.4a.	Demonstrate personal responsibility in making ethical decisions. My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.4a.	<p>Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR	3B.4b.	<p>Apply decision-making skills to establish responsible social and work relationships.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.4a.	<p>Plan, implement, and evaluate one's participation in activities and organizations that improve school climate.</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>

Illinois Learning Standards

Health and PE

Grade 10 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.4a.	Set realistic, short-term, health-related fitness goals based on individual profiles. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.4a.	Compare and contrast communicable, chronic and degenerative illnesses (e.g., influenza, cancer, arthritis). My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
PERFORMANCE DESCRIPTOR	22.A.4d.	Research and report about a career involved in health promotion, health care and injury prevention. My Success Roadmap 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 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.A.	Describe and explain the structure and functions of the human body systems and how they interrelate.
PERFORMANCE DESCRIPTOR	23.A.4a.	Explain how body system functions can be maintained and improved (e.g., exercise, nutrition, safety). Multimedia Extensions Multimedia Extensions: Stress 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

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.4a.	<p>Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional 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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.4.	<p>Explain how decision making affects the achievement of individual health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
PERFORMANCE DESCRIPTOR	24.C.4.	Formulate a plan to achieve individual health goals.

		<p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE DESCRIPTOR	1A.4b.	<p>Generate ways to develop more positive attitudes.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.4a.	<p>Set priorities in building on strengths and identifying areas for improvement.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
PERFORMANCE DESCRIPTOR	1B.4b.	<p>Analyze how positive adult role models and support systems contribute to school and life success.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.4a.	<p>Identify strategies to make use of resources and overcome obstacles to achieve goals.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR	1C.4b.	Apply strategies to overcome obstacles to goal achievement.

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2A.	Recognize the feelings and perspectives of others.
PERFORMANCE DESCRIPTOR	2A.4b.	<p>Use conversation skills to understand others' feelings and perspectives.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.4a.	<p>Evaluate the effects of requesting support from and providing support to others.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
PERFORMANCE DESCRIPTOR	2C.4b.	<p>Evaluate one's contribution in groups as a member and leader.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p>

		<p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2D.	Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.
PERFORMANCE DESCRIPTOR	2D.4b.	<p>Analyze how conflict-resolution skills contribute to work within a group.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE DESCRIPTOR	3A.4a.	Demonstrate personal responsibility in making ethical decisions. My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.4a.	Evaluate personal abilities to gather information, generate alternatives, and anticipate the consequences of decisions. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	3B.4b.	Apply decision-making skills to establish responsible social and work relationships.

		My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.4a.	Plan, implement, and evaluate one's participation in activities and organizations that improve school climate. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Illinois Learning Standards

Health and PE

Grade 11 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.B.	Assess individual fitness levels.
PERFORMANCE DESCRIPTOR	20.B.5b.	Evaluate the effects of fitness choices and heredity on wellness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.5a.	Set realistic, long-term, health-related fitness goals based on an individual profile. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health

STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.5.	Demonstrate individual responsibility through use of various team-building strategies in physical activity settings (e.g., etiquette, fair play, self-officiating, coaching, organizing a group activity). My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.
PERFORMANCE DESCRIPTOR	22.A.5c.	Explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite safety management). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.B.	Describe and explain the factors that influence health among individuals, groups and communities.
PERFORMANCE DESCRIPTOR	22.B.5.	Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations). Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.5.	Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).

		<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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.5.	<p>Explain immediate and long-term impacts of health decisions to the individual, family and community.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
PERFORMANCE DESCRIPTOR	24.C.5.	<p>Evaluate progress toward the attainment of a health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.
PERFORMANCE DESCRIPTOR	1A.5a.	<p>Evaluate how expressing one's emotions in different situations affects others.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.5a.	<p>Implement a plan to build on a strength, meet a need, or address a challenge.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
PERFORMANCE DESCRIPTOR	1B.5b.	<p>Evaluate how developing interests and filling useful roles support school and life success.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.5a.	Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement. <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR	1C.5b.	Monitor progress toward achieving a goal, and evaluate one's performance against criteria. <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain

STANDARD		positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.5a.	<p>Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.</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>
PERFORMANCE DESCRIPTOR	2C.5b.	<p>Plan, implement, and evaluate participation in a group project.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE DESCRIPTOR	3A.5b.	<p>Examine how the norms of different societies and cultures influence their members' decisions and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future</p>

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.5a.	<p>Analyze how present decision making affects college and career choices.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR	3B.5b.	<p>Evaluate how responsible decision making affects interpersonal and group relationships.</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.5a.	<p>Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need.</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>

Illinois Learning Standards

Health and PE

Grade 12 - Adopted 1997

STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.B.	Assess individual fitness levels.
PERFORMANCE DESCRIPTOR	20.B.5b.	Evaluate the effects of fitness choices and heredity on wellness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	20	Physical Fitness: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	20.C.	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.
PERFORMANCE DESCRIPTOR	20.C.5a.	Set realistic, long-term, health-related fitness goals based on an individual profile. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	21	Team Building: Develop team-building skills by working with others through physical activity.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	21.A.	Demonstrate individual responsibility during group physical activities.
PERFORMANCE DESCRIPTOR	21.A.5.	Demonstrate individual responsibility through use of various team-building strategies in physical activity settings (e.g., etiquette, fair play, self-officiating, coaching, organizing a group activity). My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.A.	Explain the basic principles of health promotion, illness prevention and safety.

PERFORMANCE DESCRIPTOR	22.A.5c.	<p>Explain how health and safety problems have been altered by technology, media and medicine (e.g., product testing; control of polio; advanced surgical techniques; improved treatments for cancer, diabetes and heart disease; worksite safety management).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	22	Health Promotion, Prevention and Treatment: Understand principles of health promotion and the prevention and treatment of illness and injury.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	22.B.	Describe and explain the factors that influence health among individuals, groups and communities.
PERFORMANCE DESCRIPTOR	22.B.5.	<p>Analyze how public health policies, laws and the media function to prevent and control illness (e.g., product and food labeling, food safety and handling, school immunizations).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	23	Human Body Systems: Understand human body systems and factors that influence growth and development.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	23.B.	Explain the effects of health-related actions on the body systems.
PERFORMANCE DESCRIPTOR	23.B.5.	<p>Understand the effects of healthy living on individuals and their future generations (e.g., not using alcohol, tobacco, and other drugs during pregnancy).</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 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.B.	Apply decision-making skills related to the protection and promotion of individual health.
PERFORMANCE DESCRIPTOR	24.B.5.	<p>Explain immediate and long-term impacts of health decisions to the individual, family and community.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.PDH.	Physical Development and Health
STATE GOAL / LEARNING STANDARD	24	Communications and Decision-Making: Promote and enhance health and well-being through the use of effective communication and decision-making skills.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	24.C.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
PERFORMANCE DESCRIPTOR	24.C.5.	<p>Evaluate progress toward the attainment of a health goal.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1A.	Identify and manage one's emotions and behavior.

PERFORMANCE DESCRIPTOR	1A.5a.	Evaluate how expressing one's emotions in different situations affects others. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1B.	Recognize personal qualities and external supports.
PERFORMANCE DESCRIPTOR	1B.5a.	Implement a plan to build on a strength, meet a need, or address a challenge. 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
PERFORMANCE DESCRIPTOR	1B.5b.	Evaluate how developing interests and filling useful roles support school and life success. 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 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	1	Social Emotional: Develop self-awareness and self-management skills to achieve school and life success.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	1C.	Demonstrate skills related to achieving personal and academic goals.
PERFORMANCE DESCRIPTOR	1C.5a.	Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

		<p>Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
PERFORMANCE DESCRIPTOR	1C.5b.	<p>Monitor progress toward achieving a goal, and evaluate one's performance against criteria.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	2	Social Emotional: Use social-awareness and interpersonal skills to establish and maintain positive relationships.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	2C.	Use communication and social skills to interact effectively with others.
PERFORMANCE DESCRIPTOR	2C.5a.	<p>Evaluate the application of communication and social skills in daily interactions with peers, teachers, and families.</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>
PERFORMANCE DESCRIPTOR	2C.5b.	<p>Plan, implement, and evaluate participation in a group project.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p>

		<p>Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3A.	Consider ethical, safety, and societal factors in making decisions.
PERFORMANCE DESCRIPTOR	3A.5b.	<p>Examine how the norms of different societies and cultures influence their members' decisions and behaviors.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3B.	Apply decision-making skills to deal responsibly with daily academic and social situations.
PERFORMANCE DESCRIPTOR	3B.5a.	<p>Analyze how present decision making affects college and career choices.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 6: Motivation - Lesson 11: Showing Motivation</p>

		Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
PERFORMANCE DESCRIPTOR	3B.5b.	Evaluate how responsible decision making affects interpersonal and group relationships. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STATE GOAL / STRAND	IL.SEL.	Social/Emotional Learning
STATE GOAL / LEARNING STANDARD	3	Social Emotional: Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	3C.	Contribute to the well-being of one's school and community.
PERFORMANCE DESCRIPTOR	3C.5a.	Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Illinois Learning Standards

Social Studies

Grade 9 - Adopted 1997

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.4a.	Analyze and report historical events to determine cause-and-effect relationships. 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

STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.4.	Analyze various forms of institutions (e.g., educational, military, charitable, governmental). Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Illinois Learning Standards

Social Studies

Grade 10 - Adopted 1997

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.4a.	Analyze and report historical events to determine cause-and-effect relationships. 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
STATE GOAL / STRAND	IL.18.	Social Systems: Understand social systems, with an emphasis on the United States.
STATE GOAL / LEARNING STANDARD	18.B.	Understand the roles and interactions of individuals and groups in society.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	18.B.4.	Analyze various forms of institutions (e.g., educational, military, charitable, governmental). Multimedia Extensions Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Illinois Learning Standards

Social Studies

Grade 11 - Adopted 1997

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.5a.	Analyze historical and contemporary developments using methods of historical inquiry (pose questions, collect and analyze data, make and support inferences with evidence, report findings). My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

Illinois Learning Standards

Social Studies

Grade 12 - Adopted 1997

STATE GOAL / STRAND	IL.16.	History: Understand events, trends, individuals and movements shaping the history of Illinois, the United States and other nations.
STATE GOAL / LEARNING STANDARD	16.A.	Apply the skills of historical analysis and interpretation.
LEARNING STANDARD / PERFORMANCE DESCRIPTOR	16.A.5a.	Analyze historical and contemporary developments using methods of historical inquiry (pose questions, collect and analyze data, make and support inferences with evidence, report findings). My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School