

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

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

States: Montana Content Standards

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

Montana Content Standards

Health and PE

Grade 7 - Adopted 1999

CONTENT STANDARD / DOMAIN	MT.1.	Health Enhancement: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
BENCHMARK / STANDARD	1.3.	<p>Students will analyze how peers, family, heredity, and environment influence personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	1.4.	<p>Students will explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/AIDS prevention, and stress management.</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>

BENCHMARK / STANDARD	1.5.	<p>Students will explain how appropriate health care can prevent premature death and disability.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
CONTENT STANDARD / DOMAIN	MT.4.	<p>Health Enhancement: Students achieve and maintain a challenging level of health-related physical fitness.</p>
BENCHMARK / STANDARD	4.2.	<p>Students will understand and apply basic principles of training to improve health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.3.	<p>Students will identify personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.4.	<p>Students will demonstrate individual progress toward each component of health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MT.5.	<p>Health Enhancement: Students demonstrate the ability to use critical thinking and decision making to enhance health.</p>
BENCHMARK / STANDARD	5.1.	<p>Students will individually and collaboratively apply problem-solving processes to health issues.</p>

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / STANDARD	5.2.	<p>Students will analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / STANDARD	5.3.	<p>Students will predict how decisions specific to health behavior have consequences for self and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	5.4.	<p>Students will describe personal factors that influence an individual's health goals.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / STANDARD	5.5.	<p>Students will explain a personal health plan that addresses needs, strengths, and risks.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / STANDARD	5.6.	<p>Students will identify the validity of health information and how culture, media, and technology influence choices.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</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>
CONTENT STANDARD / DOMAIN	MT.6.	Health Enhancement: Students demonstrate interpersonal communication skills to enhance health.
BENCHMARK / STANDARD	6.1.	<p>Students will describe how the behavior of family and peers affects interpersonal communication.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 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 Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	6.2.	<p>Students will demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress
BENCHMARK / STANDARD	6.3.	Students will demonstrate healthy ways to express needs, wants, and feelings. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT STANDARD / DOMAIN	MT.7.	Health Enhancement: Students demonstrate health-enhancing behaviors.
BENCHMARK / STANDARD	7.2.	Students will recognize the social benefits of physical activity. Multimedia Extensions Multimedia Extensions: Stress
BENCHMARK / STANDARD	7.3.	Students will participate in health-enhancing physical activity outside of school. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / STANDARD	7.5.	Students will demonstrate strategies to improve or maintain personal and family health. 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

Montana Content Standards

Health and PE

Grade 8 - Adopted 1999

CONTENT STANDARD / DOMAIN	MT.1.	Health Enhancement: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
BENCHMARK / STANDARD	1.3.	Students will analyze how peers, family, heredity, and environment influence personal health. Multimedia Extensions Multimedia Extensions: Connections

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	1.4.	<p>Students will explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/AIDS prevention, and stress management.</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>
BENCHMARK / STANDARD	1.5.	<p>Students will explain how appropriate health care can prevent premature death and disability.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>
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BENCHMARK / STANDARD	4.2.	<p>Students will understand and apply basic principles of training to improve health-related physical fitness.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.3.	<p>Students will identify personal fitness goals.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
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BENCHMARK / STANDARD	5.1.	<p>Students will individually and collaboratively apply problem-solving processes to health issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
BENCHMARK / STANDARD	5.2.	<p>Students will analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

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BENCHMARK / STANDARD	5.4.	<p>Students will describe personal factors that influence an individual's health goals.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
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CONTENT STANDARD / DOMAIN	MT.6.	Health Enhancement: Students demonstrate interpersonal communication skills to enhance health.
BENCHMARK / STANDARD	6.1.	Students will describe how the behavior of family and peers affects interpersonal communication.

STANDARD		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 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 Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	6.2.	<p>Students will demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
BENCHMARK / STANDARD	6.3.	<p>Students will demonstrate healthy ways to express needs, wants, and feelings.</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>
CONTENT STANDARD / DOMAIN	MT.7.	<p>Health Enhancement: Students demonstrate health-enhancing behaviors.</p>
BENCHMARK / STANDARD	7.3.	<p>Students will participate in health-enhancing physical activity outside of school.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / STANDARD	7.5.	Students will demonstrate strategies to improve or maintain personal and family health. 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

Montana Content Standards

Social Studies

Grade 7 - Adopted 2000

CONTENT STANDARD / DOMAIN	MT.1.	Students access, synthesize, and evaluate information to communicate and apply social studies knowledge to real world situations.
BENCHMARK / STANDARD	1.1.	Students will apply the steps of an inquiry process (i.e., identify question or problem, locate and evaluate potential resources, gather and synthesize information, create a new product, and evaluate product and process). My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
BENCHMARK / STANDARD	1.3.	Students will interpret and apply information to support conclusions and use group decision-making strategies to solve problems in real world situations (e.g., school elections, community projects, conflict resolution, role playing scenarios). Multimedia Extensions Multimedia Extensions: Confidence 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 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD /	MT.4.	Students demonstrate an understanding of the effects of time, continuity, and change on historical and future perspectives and relationships.

DOMAIN		
BENCHMARK / STANDARD	4.1.	<p>Students will interpret the past using a variety of sources (e.g., biographies, documents, diaries, eyewitnesses, interviews, internet, primary source material) and evaluate the credibility of sources used.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
BENCHMARK / STANDARD	4.2.	<p>Students will describe how history can be organized and analyzed using various criteria to group people and events (e.g., chronology, geography, cause and effect, change, conflict, issues).</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>
BENCHMARK / STANDARD	4.3.	<p>Students will use historical facts and concepts and apply methods of inquiry (e.g., primary documents, interviews, comparative accounts, research) to make informed decisions as responsible citizens.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MT.6.	Students demonstrate an understanding of the impact of human interaction and cultural diversity on societies.
BENCHMARK / STANDARD	6.1.	Students will compare and illustrate the ways various groups (e.g., cliques, clubs, ethnic communities, American Indian tribes) meet human needs and concerns (e.g., self esteem, friendship, heritage) and contribute to personal identity.

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
BENCHMARK / STANDARD	6.3.	<p>Students will identify and differentiate ways regional, ethnic and national cultures influence individual's daily lives and personal choices.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

Montana Content Standards

Social Studies

Grade 8 - Adopted 2000

CONTENT STANDARD / DOMAIN	MT.1.	Students access, synthesize, and evaluate information to communicate and apply social studies knowledge to real world situations.
BENCHMARK / STANDARD	1.1.	<p>Students will apply the steps of an inquiry process (i.e., identify question or problem, locate and evaluate potential resources, gather and synthesize information, create a new product, and evaluate product and process).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
BENCHMARK / STANDARD	1.3.	<p>Students will interpret and apply information to support conclusions and use group decision-making strategies to solve problems in real world situations (e.g., school elections, community projects, conflict resolution, role playing scenarios).</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MT.4.	Students demonstrate an understanding of the effects of time, continuity, and change on historical and future perspectives and relationships.
BENCHMARK / STANDARD	4.1.	<p>Students will interpret the past using a variety of sources (e.g., biographies, documents, diaries, eyewitnesses, interviews, internet, primary source material) and evaluate the credibility of sources used.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>
BENCHMARK / STANDARD	4.2.	<p>Students will describe how history can be organized and analyzed using various criteria to group people and events (e.g., chronology, geography, cause and effect, change, conflict, issues).</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>
BENCHMARK / STANDARD	4.3.	<p>Students will use historical facts and concepts and apply methods of inquiry (e.g., primary documents, interviews, comparative accounts, research) to make informed decisions as responsible citizens.</p> <p>My Roadmap to the Future</p>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MT.6.	Students demonstrate an understanding of the impact of human interaction and cultural diversity on societies.
BENCHMARK / STANDARD	6.1.	<p>Students will compare and illustrate the ways various groups (e.g., cliques, clubs, ethnic communities, American Indian tribes) meet human needs and concerns (e.g., self esteem, friendship, heritage) and contribute to personal identity.</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap 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 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
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Montana Content Standards

Health and PE

Grade 9 - Adopted 1999

CONTENT STANDARD / DOMAIN	MT.1.	Health Enhancement: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
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BENCHMARK / STANDARD	1.1.	<p>Students will analyze how attitudes and behaviors can impact health maintenance, disease prevention, and injury.</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>
BENCHMARK / STANDARD	1.4.	<p>Students will develop personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activities, injury/disease prevention, including HIV/AIDS prevention, and stress management.</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>
BENCHMARK / STANDARD	1.5.	<p>Students will advocate for personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MT.4.	<p>Health Enhancement: Students achieve and maintain a challenging level of health-related physical fitness.</p>
BENCHMARK / STANDARD	4.2.	<p>Students will demonstrate the knowledge, skills, and desire to monitor and adjust levels to meet personal fitness needs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.4.	<p>Students will demonstrate individual progress toward each component of health-related physical fitness.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MT.5.	Health Enhancement: Students demonstrate the ability to use critical thinking and decision making to enhance health.
BENCHMARK / STANDARD	5.1.	<p>Students will utilize various problem-solving strategies when making health decisions related to needs and risks of young adults.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / STANDARD	5.2.	<p>Students will predict immediate and long-term impacts of health decisions on the individual, family and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	5.3.	<p>Students will implement a plan for achieving personal 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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / STANDARD	5.4.	<p>Students will evaluate progress toward attaining personal 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 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>
BENCHMARK / STANDARD	5.5.	<p>Students will formulate an effective plan for lifelong 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>
CONTENT STANDARD / DOMAIN	MT.6.	Health Enhancement: Students demonstrate interpersonal communication skills to enhance health.
BENCHMARK / STANDARD	6.1.	<p>Students will demonstrate the skills for communicating effectively with family, peers, and others.</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>
BENCHMARK / STANDARD	6.2.	<p>Students will demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
BENCHMARK / STANDARD	6.3.	<p>Students will demonstrate healthy way to express needs, wants, and feelings.</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>
BENCHMARK / STANDARD	6.5.	<p>Students will analyze how interpersonal communication affects relationships.</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>
BENCHMARK / STANDARD	6.6.	<p>Students will analyze the possible causes of conflict and demonstrate strategies to manage conflict.</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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD /	MT.7.	<p>Health Enhancement: Students demonstrate health-enhancing behaviors.</p>

DOMAIN		
BENCHMARK / STANDARD	7.1.	<p>Students will regularly participate in health-enhancing physical fitness activities to promote personal well-being on a voluntary basis.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	7.2.	<p>Students will experience enjoyment from physical activity and a healthy lifestyle.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	7.4.	<p>Students will initiate independent and responsible health-enhancing personal behavior.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	7.5.	<p>Students will demonstrate strategies to improve or maintain personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Montana Content Standards

Health and PE

Grade 10 - Adopted 1999

CONTENT STANDARD / DOMAIN	MT.1.	Health Enhancement: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
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BENCHMARK / STANDARD	1.1.	<p>Students will analyze how attitudes and behaviors can impact health maintenance, disease prevention, and injury.</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>
BENCHMARK / STANDARD	1.4.	<p>Students will develop personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activities, injury/disease prevention, including HIV/AIDS prevention, and stress management.</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>
BENCHMARK / STANDARD	1.5.	<p>Students will advocate for personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MT.4.	<p>Health Enhancement: Students achieve and maintain a challenging level of health-related physical fitness.</p>
BENCHMARK / STANDARD	4.2.	<p>Students will demonstrate the knowledge, skills, and desire to monitor and adjust levels to meet personal fitness needs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.4.	<p>Students will demonstrate individual progress toward each component of health-related physical fitness.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MT.5.	Health Enhancement: Students demonstrate the ability to use critical thinking and decision making to enhance health.
BENCHMARK / STANDARD	5.1.	<p>Students will utilize various problem-solving strategies when making health decisions related to needs and risks of young adults.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / STANDARD	5.2.	<p>Students will predict immediate and long-term impacts of health decisions on the individual, family and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	5.3.	<p>Students will implement a plan for achieving personal 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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / STANDARD	5.4.	<p>Students will evaluate progress toward attaining personal 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 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>
BENCHMARK / STANDARD	5.5.	<p>Students will formulate an effective plan for lifelong 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>
CONTENT STANDARD / DOMAIN	MT.6.	Health Enhancement: Students demonstrate interpersonal communication skills to enhance health.
BENCHMARK / STANDARD	6.1.	<p>Students will demonstrate the skills for communicating effectively with family, peers, and others.</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>
BENCHMARK / STANDARD	6.2.	<p>Students will demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
BENCHMARK / STANDARD	6.3.	<p>Students will demonstrate healthy way to express needs, wants, and feelings.</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>
BENCHMARK / STANDARD	6.5.	<p>Students will analyze how interpersonal communication affects relationships.</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>
BENCHMARK / STANDARD	6.6.	<p>Students will analyze the possible causes of conflict and demonstrate strategies to manage conflict.</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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD /	MT.7.	<p>Health Enhancement: Students demonstrate health-enhancing behaviors.</p>

DOMAIN		
BENCHMARK / STANDARD	7.1.	<p>Students will regularly participate in health-enhancing physical fitness activities to promote personal well-being on a voluntary basis.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	7.2.	<p>Students will experience enjoyment from physical activity and a healthy lifestyle.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	7.4.	<p>Students will initiate independent and responsible health-enhancing personal behavior.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	7.5.	<p>Students will demonstrate strategies to improve or maintain personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Montana Content Standards

Health and PE

Grade 11 - Adopted 1999

CONTENT STANDARD / DOMAIN	MT.1.	Health Enhancement: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
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BENCHMARK / STANDARD	1.1.	<p>Students will analyze how attitudes and behaviors can impact health maintenance, disease prevention, and injury.</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>
BENCHMARK / STANDARD	1.4.	<p>Students will develop personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activities, injury/disease prevention, including HIV/AIDS prevention, and stress management.</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>
BENCHMARK / STANDARD	1.5.	<p>Students will advocate for personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MT.4.	<p>Health Enhancement: Students achieve and maintain a challenging level of health-related physical fitness.</p>
BENCHMARK / STANDARD	4.2.	<p>Students will demonstrate the knowledge, skills, and desire to monitor and adjust levels to meet personal fitness needs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.4.	<p>Students will demonstrate individual progress toward each component of health-related physical fitness.</p>

		<p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD / DOMAIN	MT.5.	Health Enhancement: Students demonstrate the ability to use critical thinking and decision making to enhance health.
BENCHMARK / STANDARD	5.1.	<p>Students will utilize various problem-solving strategies when making health decisions related to needs and risks of young adults.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / STANDARD	5.2.	<p>Students will predict immediate and long-term impacts of health decisions on the individual, family and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	5.3.	<p>Students will implement a plan for achieving personal 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 Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / STANDARD	5.4.	<p>Students will evaluate progress toward attaining personal 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 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>
BENCHMARK / STANDARD	5.5.	<p>Students will formulate an effective plan for lifelong 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>
CONTENT STANDARD / DOMAIN	MT.6.	Health Enhancement: Students demonstrate interpersonal communication skills to enhance health.
BENCHMARK / STANDARD	6.1.	<p>Students will demonstrate the skills for communicating effectively with family, peers, and others.</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>
BENCHMARK / STANDARD	6.2.	<p>Students will demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
BENCHMARK / STANDARD	6.3.	<p>Students will demonstrate healthy way to express needs, wants, and feelings.</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>
BENCHMARK / STANDARD	6.5.	<p>Students will analyze how interpersonal communication affects relationships.</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>
BENCHMARK / STANDARD	6.6.	<p>Students will analyze the possible causes of conflict and demonstrate strategies to manage conflict.</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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD /	MT.7.	<p>Health Enhancement: Students demonstrate health-enhancing behaviors.</p>

DOMAIN		
BENCHMARK / STANDARD	7.1.	<p>Students will regularly participate in health-enhancing physical fitness activities to promote personal well-being on a voluntary basis.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	7.4.	<p>Students will initiate independent and responsible health-enhancing personal behavior.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	7.5.	<p>Students will demonstrate strategies to improve or maintain personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Montana Content Standards

Health and PE

Grade 12 - Adopted 1999

CONTENT STANDARD / DOMAIN	MT.1.	Health Enhancement: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
BENCHMARK / STANDARD	1.1.	<p>Students will analyze how attitudes and behaviors can impact health maintenance, disease prevention, and injury.</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</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
BENCHMARK / STANDARD	1.4.	<p>Students will develop personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activities, injury/disease prevention, including HIV/AIDS prevention, and stress management.</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>
BENCHMARK / STANDARD	1.5.	<p>Students will advocate for personal, family, and community health.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / DOMAIN	MT.4.	Health Enhancement: Students achieve and maintain a challenging level of health-related physical fitness.
BENCHMARK / STANDARD	4.2.	<p>Students will demonstrate the knowledge, skills, and desire to monitor and adjust levels to meet personal fitness needs.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
BENCHMARK / STANDARD	4.4.	<p>Students will demonstrate individual progress toward each component of health-related physical fitness.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD /	MT.5.	Health Enhancement: Students demonstrate the ability to use critical thinking and decision making to enhance health.

DOMAIN		
BENCHMARK / STANDARD	5.1.	<p>Students will utilize various problem-solving strategies when making health decisions related to needs and risks of young adults.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
BENCHMARK / STANDARD	5.2.	<p>Students will predict immediate and long-term impacts of health decisions on the individual, family and community.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	5.3.	<p>Students will implement a plan for achieving personal 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 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>
BENCHMARK / STANDARD	5.4.	<p>Students will evaluate progress toward attaining personal health goals.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future</p>

		<p>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 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>
BENCHMARK / STANDARD	5.5.	<p>Students will formulate an effective plan for lifelong 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>
CONTENT STANDARD / DOMAIN	MT.6.	<p>Health Enhancement: Students demonstrate interpersonal communication skills to enhance health.</p>
BENCHMARK / STANDARD	6.1.	<p>Students will demonstrate the skills for communicating effectively with family, peers, and others.</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>
BENCHMARK / STANDARD	6.2.	<p>Students will demonstrate ways to communicate care, consideration, and respect of self and others.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p>

		<p>Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p>
BENCHMARK / STANDARD	6.3.	<p>Students will demonstrate healthy way to express needs, wants, and feelings.</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>
BENCHMARK / STANDARD	6.5.	<p>Students will analyze how interpersonal communication affects relationships.</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>
BENCHMARK / STANDARD	6.6.	<p>Students will analyze the possible causes of conflict and demonstrate strategies to manage conflict.</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 Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</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 Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / DOMAIN	MT.7.	<p>Health Enhancement: Students demonstrate health-enhancing behaviors.</p>
BENCHMARK / STANDARD	7.1.	<p>Students will regularly participate in health-enhancing physical fitness activities to promote personal well-being on a voluntary basis.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
BENCHMARK / STANDARD	7.4.	<p>Students will initiate independent and responsible health-enhancing personal behavior.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
BENCHMARK / STANDARD	7.5.	<p>Students will demonstrate strategies to improve or maintain personal, family, and community health.</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Montana Content Standards

Social Studies

Grade 9 - Adopted 2000

CONTENT STANDARD / DOMAIN	MT.1.	Students access, synthesize, and evaluate information to communicate and apply social studies knowledge to real world situations.
BENCHMARK / STANDARD	1.1.	<p>Students will analyze and adapt an inquiry process (i.e., identify question or problem, locate and evaluate potential resources, gather and synthesize information, create a new product, and evaluate product and process).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
BENCHMARK / STANDARD	1.2.	<p>Students will apply criteria to evaluate information (e.g., origin, authority, accuracy, bias, and distortion of information and ideas).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD /	MT.4.	Students demonstrate an understanding of the effects of time, continuity, and

DOMAIN		change on historical and future perspectives and relationships.
BENCHMARK / STANDARD	4.2.	<p>Students will interpret how selected cultures, historical events, periods, and patterns of change influence each other.</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>
BENCHMARK / STANDARD	4.3.	<p>Students will apply ideas, theories, and methods of inquiry to analyze historical and contemporary developments, and to formulate and defend reasoned decisions on public policy issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Montana Content Standards

Social Studies

Grade 10 - Adopted 2000

CONTENT STANDARD / DOMAIN	MT.1.	Students access, synthesize, and evaluate information to communicate and apply social studies knowledge to real world situations.
BENCHMARK / STANDARD	1.1.	<p>Students will analyze and adapt an inquiry process (i.e., identify question or problem, locate and evaluate potential resources, gather and synthesize information, create a new product, and evaluate product and process).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
BENCHMARK / STANDARD	1.2.	<p>Students will apply criteria to evaluate information (e.g., origin, authority, accuracy, bias, and distortion of information and ideas).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

CONTENT STANDARD / DOMAIN	MT.4.	Students demonstrate an understanding of the effects of time, continuity, and change on historical and future perspectives and relationships.
BENCHMARK / STANDARD	4.2.	<p>Students will interpret how selected cultures, historical events, periods, and patterns of change influence each other.</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>
BENCHMARK / STANDARD	4.3.	<p>Students will apply ideas, theories, and methods of inquiry to analyze historical and contemporary developments, and to formulate and defend reasoned decisions on public policy issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Montana Content Standards

Social Studies

Grade 11 - Adopted 2000

CONTENT STANDARD / DOMAIN	MT.1.	Students access, synthesize, and evaluate information to communicate and apply social studies knowledge to real world situations.
BENCHMARK / STANDARD	1.1.	<p>Students will analyze and adapt an inquiry process (i.e., identify question or problem, locate and evaluate potential resources, gather and synthesize information, create a new product, and evaluate product and process).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
BENCHMARK / STANDARD	1.2.	<p>Students will apply criteria to evaluate information (e.g., origin, authority, accuracy, bias, and distortion of information and ideas).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STANDARD / DOMAIN	MT.4.	Students demonstrate an understanding of the effects of time, continuity, and change on historical and future perspectives and relationships.
BENCHMARK / STANDARD	4.2.	<p>Students will interpret how selected cultures, historical events, periods, and patterns of change influence each other.</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>
BENCHMARK / STANDARD	4.3.	<p>Students will apply ideas, theories, and methods of inquiry to analyze historical and contemporary developments, and to formulate and defend reasoned decisions on public policy issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

Montana Content Standards

Social Studies

Grade 12 - Adopted 2000

CONTENT STANDARD / DOMAIN	MT.1.	Students access, synthesize, and evaluate information to communicate and apply social studies knowledge to real world situations.
BENCHMARK / STANDARD	1.1.	<p>Students will analyze and adapt an inquiry process (i.e., identify question or problem, locate and evaluate potential resources, gather and synthesize information, create a new product, and evaluate product and process).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
BENCHMARK / STANDARD	1.2.	Students will apply criteria to evaluate information (e.g., origin, authority, accuracy, bias, and distortion of information and ideas).

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STANDARD / DOMAIN	MT.4.	Students demonstrate an understanding of the effects of time, continuity, and change on historical and future perspectives and relationships.
BENCHMARK / STANDARD	4.2.	<p>Students will interpret how selected cultures, historical events, periods, and patterns of change influence each other.</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>
BENCHMARK / STANDARD	4.3.	<p>Students will apply ideas, theories, and methods of inquiry to analyze historical and contemporary developments, and to formulate and defend reasoned decisions on public policy issues.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>