

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

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

States: New Jersey Core Curriculum Content Standards

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

New Jersey Core Curriculum Content Standards

Social Studies

Grade 7 - Adopted 2009 / 2010 (Literacy)

CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
CONTENT STATEMENT	6-8.RH.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
CONTENT STATEMENT	6-8.RH.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
CONTENT STATEMENT	6-8.RH.7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT AREA	NJ.CC.6-	Reading Standards for Literacy in History/Social Studies

/ STANDARD	8.RH.	
STRAND		Range of Reading and Level of Text Complexity
CONTENT STATEMENT	6-8.RH.10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	6-8.WHST.1.	Write arguments focused on discipline-specific content.
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.1.c.	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.1.d.	Establish and maintain a formal style. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.1.e.	Provide a concluding statement or section that follows from and supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT	6-8.WHST.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.

STATEMENT		
CUMULATIVE PROGRESS INDICATOR	6- 8.WHST.2.b.	<p>Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	6- 8.WHST.2.c.	<p>Use appropriate and varied transitions to create cohesion and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	6- 8.WHST.2.d.	<p>Use precise language and domain-specific vocabulary to inform about or explain the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	6- 8.WHST.2.e.	<p>Establish and maintain a formal style and objective tone.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	6- 8.WHST.2.f.	<p>Provide a concluding statement or section that follows from and supports the information or explanation presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.6- 8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes

CONTENT STATEMENT	6-8.WHST.3.	(See note; not applicable as a separate requirement)
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
CONTENT STATEMENT	6-8.WHST.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
CONTENT STATEMENT	6-8.WHST.7.	Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STATEMENT	6-8.WHST.8.	Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

CONTENT STATEMENT	6-8.WHST.9.	Draw evidence from informational texts to support analysis reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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New Jersey Core Curriculum Content Standards

Social Studies

Grade 8 - Adopted 2009 / 2010 (Literacy)

CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
CONTENT STATEMENT	6-8.RH.3.	Identify key steps in a text's description of a process related to history/social studies (e.g., how a bill becomes law, how interest rates are raised or lowered). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
CONTENT STATEMENT	6-8.RH.5.	Describe how a text presents information (e.g., sequentially, comparatively, causally). Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
CONTENT STATEMENT	6-8.RH.7.	Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection

CONTENT AREA / STANDARD	NJ.CC.6-8.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
CONTENT STATEMENT	6-8.RH.10.	By the end of grade 8, read and comprehend history/social studies texts in the grades 6-8 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	6-8.WHST.1.	Write arguments focused on discipline-specific content.
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.1.c.	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.1.d.	Establish and maintain a formal style. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.1.e.	Provide a concluding statement or section that follows from and supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes

CONTENT STATEMENT	6-8.WHST.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.2.b.	Develop the topic with relevant, well-chosen facts, definitions, concrete details, quotations, or other information and examples. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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CUMULATIVE PROGRESS INDICATOR	6-8.WHST.2.f.	Provide a concluding statement or section that follows from and supports the information or explanation presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.6-8.WHST.	Writing Standards for Literacy in History/Social Studies

STRAND		Text Types and Purposes
CONTENT STATEMENT	6-8.WHST.3.	(See note; not applicable as a separate requirement)
CUMULATIVE PROGRESS INDICATOR	6-8.WHST.3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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CONTENT STATEMENT	6-8.WHST.8.	Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of

		School
CONTENT STATEMENT	6-8.WHST.9.	Draw evidence from informational texts to support analysis reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

New Jersey Core Curriculum Content Standards

Health and PE

Grade 7 - Adopted 2009

CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.A.	Personal Growth and Development
CONTENT STATEMENT		Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
CUMULATIVE PROGRESS INDICATOR	2.1.8.A.1.	Assess and apply health data to enhance each dimension of personal wellness. Multimedia Extensions Multimedia Extensions: Well-Being My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	2.1.8.A.3.	Relate advances in technology to maintaining and improving personal health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

CUMULATIVE PROGRESS INDICATOR	2.1.8.A.4.	Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.C.	Diseases and Health Conditions
CONTENT STATEMENT		The prevention and control of diseases and health conditions are affected by many factors.
CUMULATIVE PROGRESS INDICATOR	2.1.8.C.3.	Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional 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
CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.E.	Social and Emotional Health
CONTENT STATEMENT		Social and emotional development impacts all components of wellness.
CUMULATIVE PROGRESS INDICATOR	2.1.8.E.1.	Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress

		<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 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.E.	Social and Emotional Health
CONTENT STATEMENT		Stress management skills impact an individual's ability to cope with different types of emotional situations.
CUMULATIVE PROGRESS INDICATOR	2.1.8.E.3.	<p>Explain how culture influences the ways families and groups cope with crisis and change.</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>
CUMULATIVE PROGRESS INDICATOR	2.1.8.E.4.	<p>Compare and contrast stress management strategies that are used to address various types of stress-induced situations.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>

CONTENT AREA / STANDARD	NJ.2.2.8.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.8.A.	Interpersonal Communication
CONTENT STATEMENT		Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
CUMULATIVE PROGRESS INDICATOR	2.2.8.A.1.	Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
CONTENT AREA / STANDARD	NJ.2.2.8.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.8.B.	Decision-Making and Goal Setting
CONTENT STATEMENT		Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.
CUMULATIVE PROGRESS INDICATOR	2.2.8.B.1.	Predict social situations that may require the use of decision-making skills. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	2.2.8.B.2.	Justify when individual or collaborative decision-making is appropriate. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	2.2.8.B.3.	Analyze factors that support or hinder the achievement of personal health goals during different life stages. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation 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 My Success Roadmap

		<p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.4.8.	Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
STRAND	2.4.8.A.	Relationships
CONTENT STATEMENT		The values acquired from family, culture, personal experiences, and friends impact all types of relationships.
CUMULATIVE PROGRESS INDICATOR	2.4.8.A.1.	<p>Predict how changes within a family can impact family members.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CUMULATIVE PROGRESS INDICATOR	2.4.8.A.2.	<p>Explain how the family unit impacts character development.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CUMULATIVE PROGRESS INDICATOR	2.4.8.A.3.	<p>Explain when the services of professionals are needed to intervene in relationships.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.5.8.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.8.B.	Strategy
CONTENT STATEMENT		Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
CUMULATIVE PROGRESS INDICATOR	2.5.8.B.2.	<p>Assess the effectiveness of specific mental strategies applied to improve performance.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>

		Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.5.8.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.8.C.	Sportsmanship, Rules, and Safety
CONTENT STATEMENT		Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
CUMULATIVE PROGRESS INDICATOR	2.5.8.C.1.	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA / STANDARD	NJ.2.6.8.	Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
STRAND	2.6.8.A.	Fitness and Physical Activity
CONTENT STATEMENT		Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.
CUMULATIVE PROGRESS INDICATOR	2.6.8.A.1.	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity. Multimedia Extensions Multimedia Extensions: Stress
CUMULATIVE PROGRESS INDICATOR	2.6.8.A.2.	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation

New Jersey Core Curriculum Content Standards

Health and PE

Grade 8 - Adopted 2009

CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.A.	Personal Growth and Development

CONTENT STATEMENT		Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
CUMULATIVE PROGRESS INDICATOR	2.1.8.A.1.	<p>Assess and apply health data to enhance each dimension of personal wellness.</p> <p>Multimedia Extensions 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</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	2.1.8.A.3.	<p>Relate advances in technology to maintaining and improving personal health.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CUMULATIVE PROGRESS INDICATOR	2.1.8.A.4.	<p>Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.C.	Diseases and Health Conditions
CONTENT STATEMENT		The prevention and control of diseases and health conditions are affected by many factors.
CUMULATIVE PROGRESS INDICATOR	2.1.8.C.3.	<p>Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.</p> <p>My Roadmap to the Future</p>

		<p>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</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.E.	Social and Emotional Health
CONTENT STATEMENT		Social and emotional development impacts all components of wellness.
CUMULATIVE PROGRESS INDICATOR	2.1.8.E.1.	<p>Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.</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 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>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 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.1.8.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.8.E.	Social and Emotional Health
CONTENT STATEMENT		Stress management skills impact an individual's ability to cope with different types of emotional situations.

CUMULATIVE PROGRESS INDICATOR	2.1.8.E.3.	<p>Explain how culture influences the ways families and groups cope with crisis and change.</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>
CUMULATIVE PROGRESS INDICATOR	2.1.8.E.4.	<p>Compare and contrast stress management strategies that are used to address various types of stress-induced situations.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 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>
CONTENT AREA / STANDARD	NJ.2.2.8.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.8.A.	Interpersonal Communication
CONTENT STATEMENT		Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
CUMULATIVE PROGRESS INDICATOR	2.2.8.A.1.	<p>Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
CONTENT AREA / STANDARD	NJ.2.2.8.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

STRAND	2.2.8.B.	Decision-Making and Goal Setting
CONTENT STATEMENT		Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.
CUMULATIVE PROGRESS INDICATOR	2.2.8.B.1.	Predict social situations that may require the use of decision-making skills. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	2.2.8.B.2.	Justify when individual or collaborative decision-making is appropriate. My Success Roadmap Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	2.2.8.B.3.	Analyze factors that support or hinder the achievement of personal health goals during different life stages. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation 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 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
CONTENT AREA / STANDARD	NJ.2.4.8.	Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
STRAND	2.4.8.A.	Relationships
CONTENT STATEMENT		The values acquired from family, culture, personal experiences, and friends impact all types of relationships.
CUMULATIVE PROGRESS	2.4.8.A.1.	Predict how changes within a family can impact family members.

INDICATOR		Multimedia Extensions Multimedia Extensions: Connections
CUMULATIVE PROGRESS INDICATOR	2.4.8.A.2.	Explain how the family unit impacts character development. Multimedia Extensions Multimedia Extensions: Connections
CUMULATIVE PROGRESS INDICATOR	2.4.8.A.3.	Explain when the services of professionals are needed to intervene in relationships. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA / STANDARD	NJ.2.5.8.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.8.B.	Strategy
CONTENT STATEMENT		Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
CUMULATIVE PROGRESS INDICATOR	2.5.8.B.2.	Assess the effectiveness of specific mental strategies applied to improve performance. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.5.8.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.8.C.	Sportsmanship, Rules, and Safety
CONTENT STATEMENT		Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
CUMULATIVE PROGRESS INDICATOR	2.5.8.C.1.	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA / STANDARD	NJ.2.6.8.	Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
STRAND	2.6.8.A.	Fitness and Physical Activity

CONTENT STATEMENT		Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.
CUMULATIVE PROGRESS INDICATOR	2.6.8.A.1.	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity. Multimedia Extensions Multimedia Extensions: Stress
CUMULATIVE PROGRESS INDICATOR	2.6.8.A.2.	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 6: Highway to Motivation - Lesson 13: Motivation

New Jersey Core Curriculum Content Standards

Social Studies

Grade 9 - Adopted 2009 / 2010 (Literacy)

CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.14.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Domestic Policies
INDICATOR	6.1.12.D.14.f.	Determine the influence of multicultural beliefs, products (i.e., art, food, music, and literature), and practices in shaping contemporary American culture. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.16.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Interconnected Global Society
INDICATOR	6.1.12.D.16.a.	Analyze the impact of American culture on other world cultures from multiple perspectives. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
CONTENT STATEMENT	9-10.RH.3.	Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
CONTENT	9-10.RH.5.	Analyze how a text uses structure to emphasize key points or advance an explanation or analysis

STATEMENT		<p>Multimedia Extensions Multimedia Extensions: Connections</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
CONTENT STATEMENT	9-10.RH.7.	<p>Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.</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 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
CONTENT STATEMENT	9-10.RH.10.	<p>By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	9-10.WHST.1.	Write arguments focused on discipline-specific content.
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.1.c.	<p>Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS	9-10.WHST.1.d.	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.

INDICATOR		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.1.e.	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	9-10.WHST.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.a.	<p>Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.b.	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.c.	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	9- 10.WHST.2.d.	Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	9- 10.WHST.2.e.	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	9- 10.WHST.2.f.	Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.9- 10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	9-10.WHST.3.	(See note; not applicable as a separate requirement)
CUMULATIVE PROGRESS INDICATOR	9- 10.WHST.3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
CONTENT STATEMENT	9-10.WHST.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STATEMENT	9-10.WHST.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
CONTENT STATEMENT	9-10.WHST.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STATEMENT	9-10.WHST.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STATEMENT	9-10.WHST.9.	Draw evidence from informational texts to support analysis, reflection, and research.

		My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
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New Jersey Core Curriculum Content Standards

Social Studies

Grade 10 - Adopted 2009 / 2010 (Literacy)

CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.14.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Domestic Policies
INDICATOR	6.1.12.D.14.f.	Determine the influence of multicultural beliefs, products (i.e., art, food, music, and literature), and practices in shaping contemporary American culture. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.16.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Interconnected Global Society
INDICATOR	6.1.12.D.16.a.	Analyze the impact of American culture on other world cultures from multiple perspectives.

		<p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
CONTENT STATEMENT	9-10.RH.3.	<p>Analyze in detail a series of events described in a text; determine whether earlier events caused later ones or simply preceded them.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Craft and Structure
CONTENT STATEMENT	9-10.RH.5.	<p>Analyze how a text uses structure to emphasize key points or advance an explanation or analysis</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
CONTENT STATEMENT	9-10.RH.7.	<p>Integrate quantitative or technical analysis (e.g., charts, research data) with qualitative analysis in print or digital text.</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 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>

CONTENT AREA / STANDARD	NJ.CC.9-10.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
CONTENT STATEMENT	9-10.RH.10.	By the end of grade 10, read and comprehend history/social studies texts in the grades 9-10 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	9-10.WHST.1.	Write arguments focused on discipline-specific content.
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.1.c.	Use words, phrases, and clauses to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.1.d.	Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.1.e.	Provide a concluding statement or section that follows from or supports the argument presented. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies

STRAND		Text Types and Purposes
CONTENT STATEMENT	9-10.WHST.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.a.	<p>Introduce a topic and organize ideas, concepts, and information to make important connections and distinctions; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.b.	<p>Develop the topic with well-chosen, relevant, and sufficient facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.c.	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.d.	<p>Use precise language and domain-specific vocabulary to manage the complexity of the topic and convey a style appropriate to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.e.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.2.f.	Provide a concluding statement or section that follows from and supports the information or explanation presented (e.g., articulating implications or the significance of the topic). My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	9-10.WHST.3.	(See note; not applicable as a separate requirement)
CUMULATIVE PROGRESS INDICATOR	9-10.WHST.3.a.	Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
CONTENT STATEMENT	9-10.WHST.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STATEMENT	9-10.WHST.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.9-10.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
CONTENT STATEMENT	9-10.WHST.7.	<p>Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STATEMENT	9-10.WHST.8.	<p>Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
CONTENT STATEMENT	9-10.WHST.9.	<p>Draw evidence from informational texts to support analysis, reflection, and research.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>

New Jersey Core Curriculum Content Standards

Social Studies

Grade 11 - Adopted 2009 / 2010 (Literacy)

CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
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STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.14.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Domestic Policies
INDICATOR	6.1.12.D.14.f.	Determine the influence of multicultural beliefs, products (i.e., art, food, music, and literature), and practices in shaping contemporary American culture. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.16.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Interconnected Global Society
INDICATOR	6.1.12.D.16.a.	Analyze the impact of American culture on other world cultures from multiple perspectives. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA / STANDARD	NJ.CC.11-12.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
CONTENT STATEMENT	11-12.RH.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain. Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA	NJ.CC.11-	Reading Standards for Literacy in History/Social Studies

/ STANDARD	12.RH.	
STRAND		Integration of Knowledge and Ideas
CONTENT STATEMENT	11-12.RH.7.	<p>Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.</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 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
CONTENT STATEMENT	11-12.RH.10.	<p>By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	11-12.WHST.1.	Write arguments focused on discipline-specific content.
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.1.c.	<p>Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.1.d.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals</p>

		<p>Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.1.e.	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	11-12.WHST.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.a.	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.b.	<p>Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.c.	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap</p>

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.d.	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.e.	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	11-12.WHST.3.	(See note; not applicable as a separate requirement)
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.3.a.	<p>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies

STRAND		Production and Distribution of Writing
CONTENT STATEMENT	11-12.WHST.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STATEMENT	11-12.WHST.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
CONTENT STATEMENT	11-12.WHST.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STATEMENT	11-12.WHST.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STATEMENT	11-12.WHST.9.	Draw evidence from informational texts to support analysis, reflection, and research.

		<p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p>
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New Jersey Core Curriculum Content Standards

Social Studies

Grade 12 - Adopted 2009 / 2010 (Literacy)

CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.14.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Domestic Policies
INDICATOR	6.1.12.D.14.f.	Determine the influence of multicultural beliefs, products (i.e., art, food, music, and literature), and practices in shaping contemporary American culture. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA / STANDARD	NJ.6.1.12.	U.S. History: America in the World. All students will acquire the knowledge and skills to think analytically about how past and present interactions of people, cultures, and the environment shape the American heritage. Such knowledge and skills enable students to make informed decisions that reflect fundamental rights and core democratic values as productive citizens in local, national, and global communities.
STRAND		Era: Contemporary United States (1970-Today)
CONTENT STATEMENT	6.1.12.D.16.	History, Culture, and Perspectives
CUMULATIVE PROGRESS INDICATOR		Contemporary United States: Interconnected Global Society
INDICATOR	6.1.12.D.16.a.	Analyze the impact of American culture on other world cultures from multiple perspectives.

		Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting
CONTENT AREA / STANDARD	NJ.CC.11-12.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Key Ideas and Details
CONTENT STATEMENT	11-12.RH.3.	Evaluate various explanations for actions or events and determine which explanation best accords with textual evidence, acknowledging where the text leaves matters uncertain. Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.11-12.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Integration of Knowledge and Ideas
CONTENT STATEMENT	11-12.RH.7.	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT AREA / STANDARD	NJ.CC.11-12.RH.	Reading Standards for Literacy in History/Social Studies
STRAND		Range of Reading and Level of Text Complexity
CONTENT STATEMENT	11-12.RH.10.	By the end of grade 12, read and comprehend history/social studies texts in the grades 11-12 text complexity band independently and proficiently. Multimedia Extensions Multimedia Extensions: Connections
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	11-12.WHST.1.	Write arguments focused on discipline-specific content.
CUMULATIVE PROGRESS	11-12.WHST.1.c.	Use words, phrases, and clauses as well as varied syntax to link the major sections of the text, create cohesion, and clarify the relationships between claim(s) and reasons, between reasons and evidence, and between

INDICATOR		<p>claim(s) and counterclaims.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.1.d.	<p>Establish and maintain a formal style and objective tone while attending to the norms and conventions of the discipline in which they are writing.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.1.e.	<p>Provide a concluding statement or section that follows from or supports the argument presented.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	11-12.WHST.2.	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.a.	<p>Introduce a topic and organize complex ideas, concepts, and information so that each new element builds on that which precedes it to create a unified whole; include formatting (e.g., headings), graphics (e.g., figures, tables), and multimedia when useful to aiding comprehension.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS	11-12.WHST.2.b.	<p>Develop the topic thoroughly by selecting the most significant and relevant facts, extended definitions, concrete details, quotations, or other information and examples appropriate to the audience's knowledge of the</p>

INDICATOR		<p>topic.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.c.	<p>Use varied transitions and sentence structures to link the major sections of the text, create cohesion, and clarify the relationships among complex ideas and concepts.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.d.	<p>Use precise language, domain-specific vocabulary and techniques such as metaphor, simile, and analogy to manage the complexity of the topic; convey a knowledgeable stance in a style that responds to the discipline and context as well as to the expertise of likely readers.</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	11-12.WHST.2.e.	<p>Provide a concluding statement or section that follows from and supports the information or explanation provided (e.g., articulating implications or the significance of the topic).</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Text Types and Purposes
CONTENT STATEMENT	11-12.WHST.3.	(See note; not applicable as a separate requirement)
CUMULATIVE	11-	Note: Students' narrative skills continue to grow in these grades. The

PROGRESS INDICATOR	12.WHST.3.a.	Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Production and Distribution of Writing
CONTENT STATEMENT	11-12.WHST.4.	Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STATEMENT	11-12.WHST.5.	Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach, focusing on addressing what is most significant for a specific purpose and audience. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.CC.11-12.WHST.	Writing Standards for Literacy in History/Social Studies
STRAND		Research to Build and Present Knowledge
CONTENT STATEMENT	11-12.WHST.7.	Conduct short as well as more sustained research projects to answer a question (including a self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of

		School
CONTENT STATEMENT	11-12.WHST.8.	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the specific task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School
CONTENT STATEMENT	11-12.WHST.9.	Draw evidence from informational texts to support analysis, reflection, and research. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School

New Jersey Core Curriculum Content Standards

Health and PE

Grade 9 - Adopted 2009

CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.A.	Personal Growth and Development
CONTENT STATEMENT		Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
CUMULATIVE PROGRESS INDICATOR	2.1.12.A.1.	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness. My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.D.	Safety
CONTENT STATEMENT		Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
CUMULATIVE PROGRESS INDICATOR	2.1.12.D.2.	Explain ways to protect against abuse and all forms of assault and what to do if assaulted.

		<p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.E.	Social and Emotional Health
CONTENT STATEMENT		Stress management skills impact an individual's ability to cope with different types of emotional situations.
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.3.	<p>Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.4.	<p>Develop a personal stress management plan to improve/maintain wellness.</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>
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.

CUMULATIVE PROGRESS INDICATOR	2.2.12.A.1.	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others. 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 AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.2.	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts. 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 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
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Technology increases the capacity of individuals to communicate in multiple and diverse ways.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.3.	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

STRAND	2.2.12.B.	Decision-Making and Goal Setting
CONTENT STATEMENT		Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.1.	<p>Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.2.	<p>Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.

CUMULATIVE PROGRESS INDICATOR	2.2.12.C.1.	Analyze the impact of competition on personal character development. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Core ethical values impact behaviors that influence the health and safety of people everywhere.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.2.	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.B.	Alcohol, Tobacco, and Other Drugs
CONTENT STATEMENT		There are immediate and long-term consequences of risky behavior associated with substance abuse.
CUMULATIVE PROGRESS INDICATOR	2.3.12.B.1.	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.C.	Dependency/Addiction and Treatment
CONTENT		Substance abuse impacts individuals from all cultural and socioeconomic

STATEMENT		backgrounds.
CUMULATIVE PROGRESS INDICATOR	2.3.12.C.3.	Predict the societal impact of substance abuse on the individual, family, and community. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA / STANDARD	NJ.2.4.12.	Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
STRAND	2.4.12.A.	Relationships
CONTENT STATEMENT		Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.1.	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide. Multimedia Extensions Multimedia Extensions: Connections
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.3.	Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.2.5.12.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.12.B.	Strategy
CONTENT STATEMENT		Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.2.	Apply a variety of mental strategies to improve performance. Multimedia Extensions Multimedia Extensions: Confidence

		Multimedia Extensions: Motivation
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.3.	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.6.12.	Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
STRAND	2.6.12.A.	Fitness and Physical Activity
CONTENT STATEMENT		Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.
CUMULATIVE PROGRESS INDICATOR	2.6.12.A.1.	Compare the short- and long-term impact on wellness associated with physical inactivity. Multimedia Extensions Multimedia Extensions: Stress

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Health and PE

Grade 10 - Adopted 2009

CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.A.	Personal Growth and Development
CONTENT STATEMENT		Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
CUMULATIVE PROGRESS INDICATOR	2.1.12.A.1.	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness. My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.D.	Safety
CONTENT STATEMENT		Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.

CUMULATIVE PROGRESS INDICATOR	2.1.12.D.2.	<p>Explain ways to protect against abuse and all forms of assault and what to do if assaulted.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.E.	Social and Emotional Health
CONTENT STATEMENT		Stress management skills impact an individual's ability to cope with different types of emotional situations.
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.3.	<p>Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.4.	<p>Develop a personal stress management plan to improve/maintain wellness.</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>
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT		Effective interpersonal communication encompasses respect and acceptance for

STATEMENT		individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.1.	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others. 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 AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.2.	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts. 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 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
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Technology increases the capacity of individuals to communicate in multiple and diverse ways.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.3.	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation

CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.B.	Decision-Making and Goal Setting
CONTENT STATEMENT		Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.1.	<p>Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.2.	<p>Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 04: Analyzing the Importance of School Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development

CONTENT STATEMENT		Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.1.	Analyze the impact of competition on personal character development. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Core ethical values impact behaviors that influence the health and safety of people everywhere.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.2.	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.B.	Alcohol, Tobacco, and Other Drugs
CONTENT STATEMENT		There are immediate and long-term consequences of risky behavior associated with substance abuse.
CUMULATIVE PROGRESS INDICATOR	2.3.12.B.1.	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

STRAND	2.3.12.C.	Dependency/Addiction and Treatment
CONTENT STATEMENT		Substance abuse impacts individuals from all cultural and socioeconomic backgrounds.
CUMULATIVE PROGRESS INDICATOR	2.3.12.C.3.	Predict the societal impact of substance abuse on the individual, family, and community. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
CONTENT AREA / STANDARD	NJ.2.4.12.	Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
STRAND	2.4.12.A.	Relationships
CONTENT STATEMENT		Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.1.	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide. Multimedia Extensions Multimedia Extensions: Connections
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.2.	Compare and contrast the current and historical role of life commitments, such as marriage. Multimedia Extensions Multimedia Extensions: Connections
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.3.	Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood. My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.2.5.12.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.12.B.	Strategy
CONTENT		Individual and team execution in games, sports, and other activity situations is based

STATEMENT		on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.2.	Apply a variety of mental strategies to improve performance. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.3.	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.6.12.	Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
STRAND	2.6.12.A.	Fitness and Physical Activity
CONTENT STATEMENT		Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.
CUMULATIVE PROGRESS INDICATOR	2.6.12.A.1.	Compare the short- and long-term impact on wellness associated with physical inactivity. Multimedia Extensions Multimedia Extensions: Stress

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Health and PE

Grade 11 - Adopted 2009

CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.A.	Personal Growth and Development
CONTENT STATEMENT		Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
CUMULATIVE PROGRESS INDICATOR	2.1.12.A.1.	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness. My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.D.	Safety
CONTENT STATEMENT		Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
CUMULATIVE PROGRESS INDICATOR	2.1.12.D.2.	<p>Explain ways to protect against abuse and all forms of assault and what to do if assaulted.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.E.	Social and Emotional Health
CONTENT STATEMENT		Stress management skills impact an individual's ability to cope with different types of emotional situations.
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.3.	<p>Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.4.	<p>Develop a personal stress management plan to improve/maintain wellness.</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</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.1.	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others. 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 AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.2.	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts. 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 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
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Technology increases the capacity of individuals to communicate in multiple and diverse ways.

CUMULATIVE PROGRESS INDICATOR	2.2.12.A.3.	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.B.	Decision-Making and Goal Setting
CONTENT STATEMENT		Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.1.	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others. My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.2.	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 04: Analyzing the Importance of School 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
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.1.	Analyze the impact of competition on personal character development. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Core ethical values impact behaviors that influence the health and safety of people everywhere.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.2.	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.B.	Alcohol, Tobacco, and Other Drugs
CONTENT STATEMENT		There are immediate and long-term consequences of risky behavior associated with substance abuse.
CUMULATIVE PROGRESS INDICATOR	2.3.12.B.1.	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.C.	Dependency/Addiction and Treatment
CONTENT STATEMENT		Substance abuse impacts individuals from all cultural and socioeconomic backgrounds.
CUMULATIVE PROGRESS INDICATOR	2.3.12.C.3.	<p>Predict the societal impact of substance abuse on the individual, family, and community.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA / STANDARD	NJ.2.4.12.	Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
STRAND	2.4.12.A.	Relationships
CONTENT STATEMENT		Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.1.	<p>Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.3.	<p>Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.5.12.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.12.B.	Strategy

CONTENT STATEMENT		Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.2.	Apply a variety of mental strategies to improve performance. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.3.	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.6.12.	Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
STRAND	2.6.12.A.	Fitness and Physical Activity
CONTENT STATEMENT		Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.
CUMULATIVE PROGRESS INDICATOR	2.6.12.A.1.	Compare the short- and long-term impact on wellness associated with physical inactivity. Multimedia Extensions Multimedia Extensions: Stress

New Jersey Core Curriculum Content Standards

Health and PE

Grade 12 - Adopted 2009

CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.A.	Personal Growth and Development
CONTENT STATEMENT		Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
CUMULATIVE PROGRESS INDICATOR	2.1.12.A.1.	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness. My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.D.	Safety
CONTENT STATEMENT		Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
CUMULATIVE PROGRESS INDICATOR	2.1.12.D.2.	<p>Explain ways to protect against abuse and all forms of assault and what to do if assaulted.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.1.12.	Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
STRAND	2.1.12.E.	Social and Emotional Health
CONTENT STATEMENT		Stress management skills impact an individual's ability to cope with different types of emotional situations.
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.3.	<p>Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future</p>
CUMULATIVE PROGRESS INDICATOR	2.1.12.E.4.	<p>Develop a personal stress management plan to improve/maintain wellness.</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</p>

		Unit 6: Highway to Motivation - Lesson 13: Motivation
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.1.	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others. 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 AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
CUMULATIVE PROGRESS INDICATOR	2.2.12.A.2.	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts. 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 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
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.A.	Interpersonal Communication
CONTENT STATEMENT		Technology increases the capacity of individuals to communicate in multiple and diverse ways.

CUMULATIVE PROGRESS INDICATOR	2.2.12.A.3.	<p>Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.B.	Decision-Making and Goal Setting
CONTENT STATEMENT		Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.1.	<p>Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CUMULATIVE PROGRESS INDICATOR	2.2.12.B.2.	<p>Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 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 04: Analyzing the Importance of School 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</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.1.	Analyze the impact of competition on personal character development. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
CONTENT AREA / STANDARD	NJ.2.2.12.	Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
STRAND	2.2.12.C.	Character Development
CONTENT STATEMENT		Core ethical values impact behaviors that influence the health and safety of people everywhere.
CUMULATIVE PROGRESS INDICATOR	2.2.12.C.2.	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community. Multimedia Extensions Multimedia Extensions: Confidence My Roadmap to the Future Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.B.	Alcohol, Tobacco, and Other Drugs
CONTENT STATEMENT		There are immediate and long-term consequences of risky behavior associated with substance abuse.
CUMULATIVE PROGRESS INDICATOR	2.3.12.B.1.	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.

		<p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA / STANDARD	NJ.2.3.12.	Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
STRAND	2.3.12.C.	Dependency/Addiction and Treatment
CONTENT STATEMENT		Substance abuse impacts individuals from all cultural and socioeconomic backgrounds.
CUMULATIVE PROGRESS INDICATOR	2.3.12.C.3.	<p>Predict the societal impact of substance abuse on the individual, family, and community.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
CONTENT AREA / STANDARD	NJ.2.4.12.	Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
STRAND	2.4.12.A.	Relationships
CONTENT STATEMENT		Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.1.	<p>Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.</p> <p>Multimedia Extensions Multimedia Extensions: Connections</p>
CUMULATIVE PROGRESS INDICATOR	2.4.12.A.3.	<p>Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT AREA / STANDARD	NJ.2.5.12.	Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
STRAND	2.5.12.B.	Strategy

CONTENT STATEMENT		Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.2.	Apply a variety of mental strategies to improve performance. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CUMULATIVE PROGRESS INDICATOR	2.5.12.B.3.	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
CONTENT AREA / STANDARD	NJ.2.6.12.	Fitness: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
STRAND	2.6.12.A.	Fitness and Physical Activity
CONTENT STATEMENT		Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.
CUMULATIVE PROGRESS INDICATOR	2.6.12.A.1.	Compare the short- and long-term impact on wellness associated with physical inactivity. Multimedia Extensions Multimedia Extensions: Stress