

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

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

States: Virginia Standards of Learning

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

Virginia Standards of Learning

Health and PE

Grade 7 - Adopted 2008

STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	7.1.	The student will use knowledge of health concepts to make decisions related to personal safety and wellness. Key concepts/skills include
INDICATOR	7.1.c)	<p>the benefits of stress management and stress-reduction techniques;</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 Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	7.1.d)	<p>development of strategies for coping with disappointment;</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	7.1.e)	<p>factors that affect school success;</p> <p>Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p>

		<p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 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 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	7.1.f)	<p>the impact of difficult family situations;</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	7.1.g)	<p>development of healthy interpersonal relationships.</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>
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	7.2.	The student will describe and exhibit the behaviors associated with a physically active and healthy lifestyles. Key concepts/skills include
INDICATOR	7.2.d)	<p>the health benefits of regular physical activity and fitness;</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	7.2.e)	the impact of sleep and rest on physical and mental performance.

		<p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Information Access and Use
INDICATOR / STANDARD	7.3.	The student will investigate and analyze the various factors that guide an individual's decisions about health and wellness. Key concepts/skills include
INDICATOR	7.3.a)	<p>the types of advertising techniques used to influence adolescents' decisions;</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	7.3.c)	<p>family practices and customs.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Community Health and Wellness
INDICATOR / STANDARD	7.4.	The student will describe how family and community priorities influence an individual's ability to reduce diseases and other health problems. Key concepts/skills include
INDICATOR	7.4.e)	<p>the community's support of recreational and leisure activities.</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Community Health and Wellness
INDICATOR / STANDARD	7.5.	The student will work cooperatively with others to support and promote healthy schools, families, and communities. Key concepts/skills include
INDICATOR	7.5.a)	implementation of safe and healthy practices and behaviors; Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Personal Fitness
INDICATOR / STANDARD	7.3.	The student will apply concepts and principles of training to improve physical fitness.
INDICATOR	7.3.b)	Develop a comprehensive personal fitness plan, including goals, strategies, and timeline, for improving at least three self-selected components of health-related fitness. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	7.3.c)	Use a variety of resources, including available technology, to monitor fitness improvement. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Responsible Behaviors
INDICATOR / STANDARD	7.4.	The student will work independently and with others in cooperative and competitive physical activity settings.

INDICATOR	7.4.b)	<p>Solve problems, accept appropriate challenges, and resolve conflicts in a responsible manner.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence</p>
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Physically Active Lifestyle
INDICATOR / STANDARD	7.5.	The student will select and participate in physical activity to produce health-related benefits.
INDICATOR	7.5.a)	<p>Select and set goals, and participate at school and outside of school in activities that help improve flexibility, muscle strength and endurance, cardiovascular endurance, and body composition.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	7.5.b)	<p>Analyze the relationship between physical activity and stress management, and investigate ways to use physical activity to lessen the impact of stress.</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p>

		Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
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Virginia Standards of Learning

Health and PE

Grade 8 - Adopted 2008

STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	8.1.	The student will analyze and evaluate the relationship between health-risk behaviors and the onset of health problems that can impact health and wellness during the adolescent years. Key concepts/skills include
INDICATOR	8.1.g)	the health risks of a sedentary lifestyle; Multimedia Extensions Multimedia Extensions: Stress
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	8.2.	The student will apply health concepts and skills to the management of personal and family health. Key concepts/skills include
INDICATOR	8.2.d)	the benefits of developing and implementing short- and long-term health and fitness goals that are achievable and purposeful. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Community Health and Wellness
INDICATOR / STANDARD	8.5.	The student will investigate and evaluate ways in which peers, families, and other community groups can work together to build a safe and healthy community. Key concepts/skills include
INDICATOR	8.5.b)	the health risks associated with yielding to negative peer pressure; My Roadmap to the Future Unit 5: Well-Being - Lesson 09: Finding Balance My Success Roadmap

		Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Responsible Behaviors
INDICATOR / STANDARD	8.5.	The student will work independently and with others in cooperative and competitive physical activity settings.
INDICATOR	8.5.a)	Exhibit fair play and act responsibly in physical activity settings. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
INDICATOR	8.5.b)	Identify positive and negative effects of peer influence. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Physically Active Lifestyle
INDICATOR / STANDARD	8.6.	The student will demonstrate a physically active lifestyle, including activity within and outside of the physical education setting.
INDICATOR	8.6.a)	Participate regularly in health-enhancing and personally rewarding physical activities during unscheduled times. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Virginia Standards of Learning

Mathematics

Grade 7 - Adopted 2009

STRAND / TOPIC	VA.7.	Computation and Estimation
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STANDARD / STRAND		Focus: Integer Operations and Proportional Reasoning
INDICATOR / STANDARD	7.4.	The student will solve single-step and multistep practical problems, using proportional reasoning. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals
STRAND / TOPIC	VA.7.	Probability and Statistics
STANDARD / STRAND		Focus: Applications of Statistics and Probability
INDICATOR / STANDARD	7.11.	The student, given data for a practical situation, will
INDICATOR	7.11.a)	construct and analyze histograms. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation

Virginia Standards of Learning

Mathematics

Grade 8 - Adopted 2009

STRAND / TOPIC	VA.8.	Probability and Statistics
STANDARD / STRAND		Focus: Statistical Analysis of Graphs and Problem Situations
INDICATOR / STANDARD	8.13.	The student will
INDICATOR	8.13.a)	make comparisons, predictions, and inferences, using information displayed in graphs. My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being

		Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation
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Virginia Standards of Learning

Social Studies

Grade 7 - Adopted 2008

STRAND / TOPIC	VA.CE.	Civics and Economics
STANDARD / STRAND	CE.14.	The student will demonstrate knowledge of personal finance and career opportunities by
INDICATOR / STANDARD	CE.14.a)	identifying talents, interests, and aspirations that influence career choice. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
INDICATOR / STANDARD	CE.14.b)	identifying attitudes and behaviors that strengthen the individual work ethic and promote career success. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
INDICATOR / STANDARD	CE.14.c)	identifying abilities, skills, and education and the changing supply and demand for them in the economy. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
INDICATOR / STANDARD	CE.14.e)	describing the importance of education to lifelong personal finances. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Virginia Standards of Learning

Language Arts

Grade 7 - Adopted 2010

STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	7.1.	The student will participate in and contribute to conversations, group discussions, and oral presentations.
INDICATOR	7.1.b)	<p>Ask probing questions to seek elaboration and clarification of ideas.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Streets - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
INDICATOR	7.1.e)	<p>Use a variety of strategies to listen actively.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	7.2.	The student will identify and demonstrate the relationship between a speaker's verbal and nonverbal messages.

INDICATOR	7.2.b)	<p>Use nonverbal communication skills, such as eye contact, posture, and gestures to enhance verbal communication skills.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
INDICATOR	7.2.c)	<p>Compare/contrast a speaker's verbal and nonverbal messages.</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	7.4.	The student will read to determine the meanings and pronunciations of unfamiliar words and phrases within authentic texts.
INDICATOR	7.4.f)	<p>Extend general and specialized vocabulary through speaking, listening, reading, and writing.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	7.5.	The student will read and demonstrate comprehension of a variety of fictional texts, narrative nonfiction, and poetry.
INDICATOR	7.5.a)	Describe the elements of narrative structure including setting, character development, plot structure, theme, and conflict. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

Virginia Standards of Learning

Language Arts

Grade 8 - Adopted 2010

STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	8.1.	The student will use interviewing techniques to gain information.
INDICATOR	8.1.a)	Prepare and ask relevant questions for the interview. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	8.1.c)	Compile, accurately report, and publish responses. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress

		Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	8.1.d)	Evaluate the effectiveness of the interview. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	8.2.	The student will develop and deliver oral presentations in groups and individually.
INDICATOR	8.2.c)	Use appropriate verbal and nonverbal presentation skills. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
INDICATOR	8.2.d)	Respond to audience questions and comments. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future

		<p>Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>8.2.h)</p>	<p>Use a variety of strategies to listen actively.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

		Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	8.4.	The student will apply knowledge of word origins, analogies, and figurative language to extend vocabulary development within authentic texts.
INDICATOR	8.4.f)	<p>Extend general and specialized vocabulary through speaking, listening, reading, and writing.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	8.5.	The student will read and analyze a variety of fictional texts, narrative nonfiction, and poetry.

INDICATOR	8.5.c)	<p>Explain how authors use characters, conflict, point of view, voice, and tone to create meaning.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
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Virginia Standards of Learning

Health and PE

Grade 9 - Adopted 2008

STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	9.1.	The student will apply health knowledge and skills to the development and analysis of personal goals to achieve and maintain long-term health and wellness. Key concepts/skills include
INDICATOR	9.1.d)	<p>maintenance of health habits that promote personal wellness;</p> <p>Multimedia Extensions Multimedia Extensions: Stress</p> <p>My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	9.1.e)	<p>implementation of a fitness and lifelong physical activity plan;</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation</p>
INDICATOR	9.1.f)	<p>establishment of personal parameters for appropriate and inappropriate health behaviors;</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>

INDICATOR	9.1.g)	<p>utilization of a personal system for coping with distress and stress;</p> <p>Multimedia Extensions Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	9.1.h)	<p>management of deadlines;</p> <p>My Roadmap to the Future Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	9.2.	The student will analyze and evaluate the relationships among healthy behaviors, disease prevention and control, and comprehensive wellness. Key concepts/skills include
INDICATOR	9.2.c)	<p>recognition of the value of proper nutrition, rest, and regular activity.</p> <p>Multimedia Extensions Multimedia Extensions: Well-Being</p> <p>My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Community Health and Wellness
INDICATOR / STANDARD	9.5.	The student will evaluate the benefits of collaboration in relation to community health and wellness initiatives. Key concepts/skills include
INDICATOR	9.5.c)	<p>development of school and community health programs for citizens of all ages;</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>

STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Personal Fitness
INDICATOR / STANDARD	9.3.	The student will demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
INDICATOR	9.3.a)	Demonstrate program-planning skills by setting goals, devising strategies, and making timelines for a personal physical activity plan. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Physically Active Lifestyle
INDICATOR / STANDARD	9.5.	The student will participate in school and community physical activities that are challenging and health-enhancing and that provide opportunities for social interaction.
INDICATOR	9.5.b)	Develop and evaluate progress toward personal physical activity goals within and outside of physical education class. My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence

Virginia Standards of Learning

Health and PE

Grade 10 - Adopted 2008

STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	10.1.	The student will demonstrate an understanding of health concepts, behaviors, and skills that reduce health risks and enhance the health and wellness of self and others throughout life. Key concepts/skills include
INDICATOR	10.1.b)	the effects of active and sedentary lifestyles; Multimedia Extensions Multimedia Extensions: Stress

STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Knowledge and Skills
INDICATOR / STANDARD	10.2.	The student will analyze, synthesize, and evaluate the protective factors related to achieving and maintaining a sound mind and healthy body throughout life. Key concepts/skills include
INDICATOR	10.2.d)	<p>the merits of goal setting;</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	10.2.e)	<p>the influence of emotions and peer approval on personal decision-making;</p> <p>My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress 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>
INDICATOR	10.2.f)	<p>the influence of the environment on the individual;</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</p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
INDICATOR	10.2.g)	family health habits and behaviors as they relate to promotion of health and wellness; My Success Roadmap Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being
INDICATOR	10.2.h)	the importance of support and encouragement from positive role models. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Information Access and Use
INDICATOR / STANDARD	10.4.	The student will synthesize and evaluate available health information, products, and services for the value and potential impact on his/her health and wellness throughout life. Key concepts/skills include
INDICATOR	10.4.a)	marketing and advertising techniques to promote health and wellness; Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	10.4.b)	the use of current technological tools to analyze health products and services; Multimedia Extensions

		Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	10.4.d)	the impact of technology on the health status of individuals, families, communities, and the world; Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Motivation
INDICATOR	10.4.e)	employment opportunities in health-related careers and professions. My Success Roadmap Unit 1: Destination Success - Lesson 03: Career Ideas
STRAND / TOPIC	VA.HE.	Health Education
STANDARD / STRAND		Community Health and Wellness
INDICATOR / STANDARD	10.5.	The student will evaluate how different types of behaviors impact the family and community. Key concepts/skills include
INDICATOR	10.5.f)	the value of positive role models; Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections My Roadmap to the Future Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being My Success Roadmap Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / TOPIC	VA.PE.	Physical Education
STANDARD / STRAND		Responsible Behaviors

INDICATOR / STANDARD	10.4.	The student will demonstrate appropriate behavior in all physical activity settings.
INDICATOR	10.4.a)	Initiate and maintain appropriate personal behaviors in physical activity settings. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Virginia Standards of Learning

Health and PE

Grade 11 - Adopted 2008

STRAND / TOPIC	VA.PE.	Physical Education (Elective)
STANDARD / STRAND		Personal Fitness
INDICATOR / STANDARD	11/12.3.	The student will achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	11/12.3.a)	Participate independently in health-enhancing physical fitness activities. Multimedia Extensions Multimedia Extensions: Stress My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation

Virginia Standards of Learning

Health and PE

Grade 12 - Adopted 2008

STRAND / TOPIC	VA.PE.	Physical Education (Elective)
STANDARD / STRAND		Personal Fitness
INDICATOR / STANDARD	11/12.3.	The student will achieve and maintain a health-enhancing level of physical fitness.
INDICATOR	11/12.3.a)	Participate independently in health-enhancing physical fitness activities. Multimedia Extensions Multimedia Extensions: Stress

		My Success Roadmap Unit 6: Highway to Motivation - Lesson 13: Motivation
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Virginia Standards of Learning

Mathematics

Grade 9 - Adopted 2009

STRAND / TOPIC	VA.A.	Algebra I
STANDARD / STRAND		Statistics
INDICATOR / STANDARD	A.11.	<p>The student will collect and analyze data, determine the equation of the curve of best fit in order to make predictions, and solve real-world problems, using mathematical models. Mathematical models will include linear and quadratic functions.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / TOPIC	VA.AFDA.	Algebra, Functions, and Data Analysis
STANDARD / STRAND		Data Analysis
INDICATOR / STANDARD	AFDA.8.	The student will design and conduct an experiment/survey. Key concepts include
INDICATOR	AFDA.8.a)	<p>sample size.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	AFDA.8.d)	<p>data collection.</p> <p>My Success Roadmap</p>

		Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	AFDA.8.e)	data analysis and reporting. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress
STRAND / TOPIC	VA.PS.	Probability and Statistics
STANDARD / STRAND	PS.1.	The student will analyze graphical displays of univariate data, including dotplots, stemplots, and histograms, to identify and describe patterns and departures from patterns, using central tendency, spread, clusters, gaps, and outliers. Appropriate technology will be used to create graphical displays. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	PS.3.	The student will compare distributions of two or more univariate data sets, analyzing center and spread (within group and between group variations), clusters and gaps, shapes, outliers, or other unusual features. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	PS.8.	The student will describe the methods of data collection in a census, sample survey, experiment, and observational study and identify an appropriate method of solution for a given problem setting. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress
STANDARD / STRAND	PS.9.	The student will plan and conduct a survey. The plan will address sampling techniques (e.g., simple random, stratified) and methods to reduce bias. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress

Virginia Standards of Learning

Mathematics

Grade 10 - Adopted 2009

STRAND / TOPIC	VA.A.	Algebra I
STANDARD / STRAND		Statistics
INDICATOR / STANDARD	A.11.	<p>The student will collect and analyze data, determine the equation of the curve of best fit in order to make predictions, and solve real-world problems, using mathematical models. Mathematical models will include linear and quadratic functions.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STRAND / TOPIC	VA.AFDA.	Algebra, Functions, and Data Analysis
STANDARD / STRAND		Data Analysis
INDICATOR / STANDARD	AFDA.8.	The student will design and conduct an experiment/survey. Key concepts include
INDICATOR	AFDA.8.a)	<p>sample size.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
INDICATOR	AFDA.8.d)	<p>data collection.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
INDICATOR	AFDA.8.e)	<p>data analysis and reporting.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
STRAND / TOPIC	VA.PS.	Probability and Statistics
STANDARD / STRAND	PS.1.	<p>The student will analyze graphical displays of univariate data, including dotplots, stemplots, and histograms, to identify and describe patterns and departures from patterns, using central tendency, spread, clusters, gaps, and outliers. Appropriate technology will be used to create graphical displays.</p>

		<p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	PS.3.	<p>The student will compare distributions of two or more univariate data sets, analyzing center and spread (within group and between group variations), clusters and gaps, shapes, outliers, or other unusual features.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
STANDARD / STRAND	PS.8.	<p>The student will describe the methods of data collection in a census, sample survey, experiment, and observational study and identify an appropriate method of solution for a given problem setting.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>
STANDARD / STRAND	PS.9.	<p>The student will plan and conduct a survey. The plan will address sampling techniques (e.g., simple random, stratified) and methods to reduce bias.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>

Virginia Standards of Learning

Mathematics

Grade 11 - Adopted 2009

STRAND / TOPIC	VA.A.	Algebra I
STANDARD / STRAND		Statistics
INDICATOR / STANDARD	A.11.	<p>The student will collect and analyze data, determine the equation of the curve of best fit in order to make predictions, and solve real-world problems, using mathematical models. Mathematical models will include linear and quadratic functions.</p> <p>My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

STRAND / TOPIC	VA.AFDA.	Algebra, Functions, and Data Analysis
STANDARD / STRAND		Data Analysis
INDICATOR / STANDARD	AFDA.8.	The student will design and conduct an experiment/survey. Key concepts include
INDICATOR	AFDA.8.a)	sample size. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress
INDICATOR	AFDA.8.d)	data collection. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	AFDA.8.e)	data analysis and reporting. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress
STRAND / TOPIC	VA.PS.	Probability and Statistics
STANDARD / STRAND	PS.1.	The student will analyze graphical displays of univariate data, including dotplots, stemplots, and histograms, to identify and describe patterns and departures from patterns, using central tendency, spread, clusters, gaps, and outliers. Appropriate technology will be used to create graphical displays. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	PS.3.	The student will compare distributions of two or more univariate data sets, analyzing center and spread (within group and between group variations), clusters and gaps, shapes, outliers, or other unusual features. My Success Roadmap Unit 4: Highway Roadblocks-Managing Streets - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	PS.8.	The student will describe the methods of data collection in a census, sample survey, experiment, and observational study and identify an appropriate method

		of solution for a given problem setting. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
STANDARD / STRAND	PS.9.	The student will plan and conduct a survey. The plan will address sampling techniques (e.g., simple random, stratified) and methods to reduce bias. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress

Virginia Standards of Learning

Mathematics

Grade 12 - Adopted 2009

STRAND / TOPIC	VA.A.	Algebra I
STANDARD / STRAND		Statistics
INDICATOR / STANDARD	A.11.	The student will collect and analyze data, determine the equation of the curve of best fit in order to make predictions, and solve real-world problems, using mathematical models. Mathematical models will include linear and quadratic functions. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STRAND / TOPIC	VA.AFDA.	Algebra, Functions, and Data Analysis
STANDARD / STRAND		Data Analysis
INDICATOR / STANDARD	AFDA.8.	The student will design and conduct an experiment/survey. Key concepts include
INDICATOR	AFDA.8.a)	sample size. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
INDICATOR	AFDA.8.d)	data collection. My Success Roadmap

		Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
INDICATOR	AFDA.8.e)	data analysis and reporting. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
STRAND / TOPIC	VA.PS.	Probability and Statistics
STANDARD / STRAND	PS.1.	The student will analyze graphical displays of univariate data, including dotplots, stemplots, and histograms, to identify and describe patterns and departures from patterns, using central tendency, spread, clusters, gaps, and outliers. Appropriate technology will be used to create graphical displays. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	PS.3.	The student will compare distributions of two or more univariate data sets, analyzing center and spread (within group and between group variations), clusters and gaps, shapes, outliers, or other unusual features. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation
STANDARD / STRAND	PS.8.	The student will describe the methods of data collection in a census, sample survey, experiment, and observational study and identify an appropriate method of solution for a given problem setting. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress
STANDARD / STRAND	PS.9.	The student will plan and conduct a survey. The plan will address sampling techniques (e.g., simple random, stratified) and methods to reduce bias. My Success Roadmap Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress

Virginia Standards of Learning

Social Studies

Grade 12 - Adopted 2008

STRAND / TOPIC	VA.GOV.	Virginia and United States Government
STANDARD / STRAND	GOVT.18.	The student will understand that thoughtful and effective participation in civic life is characterized by
INDICATOR / STANDARD	GOVT.18.g)	practicing personal and fiscal responsibility. Multimedia Extensions Multimedia Extensions: Importance of School / Goal-Setting

Virginia Standards of Learning

Language Arts

Grade 9 - Adopted 2010

STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	9.1.	The student will make planned oral presentations independently and in small groups.
INDICATOR	9.1.e)	Use verbal and nonverbal techniques for presentation. My Roadmap to the Future Unit 3: Connections - Lesson 06: Analyzing Support
INDICATOR	9.1.h)	Give impromptu responses to questions about presentation. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress

		<p>Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	9.1.i)	<p>Give and follow spoken directions to perform specific tasks, answer questions, or solve problems.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p>

		<p>Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p>INDICATOR</p>	<p>9.1.j)</p>	<p>Use a variety of strategies to listen actively.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p>

		<p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR	9.1.k)	<p>Summarize and evaluate information presented orally by others.</p> <p>My Roadmap to the Future</p> <p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p> <p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	9.2.	The student will produce, analyze, and evaluate auditory, visual, and written media messages.
INDICATOR	9.2.c)	<p>Describe possible cause and effect relationships between mass media coverage and public opinion trends.</p> <p>Multimedia Extensions</p> <p>Multimedia Extensions: Confidence</p>

		<p>Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
INDICATOR	9.2.e)	<p>Monitor, analyze, and use multiple streams of simultaneous information.</p> <p>Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	9.3.	The student will apply knowledge of word origins, derivations, and figurative language to extend vocabulary development in authentic texts.
INDICATOR	9.3.f)	<p>Extend general and specialized vocabulary through speaking, reading, and writing.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	9.4.	The student will read, comprehend, and analyze a variety of literary texts including narratives, narrative nonfiction, poetry, and drama.
INDICATOR	9.4.e)	Explain the relationships between and among elements of literature: characters, plot, setting, tone, point of view, and theme. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support

Virginia Standards of Learning

Language Arts

Grade 10 - Adopted 2010

STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	10.1.	The student will participate in, collaborate in, and report on small-group learning activities.
INDICATOR	10.1.i)	Use a variety of strategies to listen actively. Multimedia Extensions Multimedia Extensions: Confidence Multimedia Extensions: Connections Multimedia Extensions: Importance of School / Goal-Setting Multimedia Extensions: Motivation Multimedia Extensions: Stress Multimedia Extensions: Well-Being My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance

		<p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	10.3.	The student will apply knowledge of word origins, derivations, and figurative language to extend vocabulary development in authentic texts.
INDICATOR	10.3.f)	<p>Extend general and specialized vocabulary through speaking, reading, and writing.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence</p>

		<p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	10.4.	The student will read, comprehend, and analyze literary texts of different cultures and eras.
INDICATOR	10.4.I)	<p>Compare and contrast character development in a play to characterization in other literary forms.</p> <p>My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Writing
INDICATOR / STANDARD	10.7.	The student will self- and peer-edit writing for correct grammar, capitalization, punctuation, spelling, sentence structure, and paragraphing.
INDICATOR	10.7.f)	<p>Describe how the author accomplishes the intended purpose of a piece of writing.</p> <p>My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals</p>

		Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
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Virginia Standards of Learning

Language Arts

Grade 11 - Adopted 2010

STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Communication: Speaking, Listening, Media Literacy
INDICATOR / STANDARD	11.1.	The student will make informative and persuasive presentations.
INDICATOR	11.1.f)	Monitor listening and use a variety of active listening strategies to make evaluations. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing

		<p>Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	11.3.	The student will apply knowledge of word origins, derivations, and figurative language to extend vocabulary development in authentic texts.
INDICATOR	11.3.f)	<p>Extend general and specialized vocabulary through speaking, reading, and writing.</p> <p>My Roadmap to the Future</p> <p>Unit 1: Success, Education, & Work - Lesson 01: Defining Success</p> <p>Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs</p> <p>Unit 2: Confidence - Lesson 03: Facing Challenges</p> <p>Unit 2: Confidence - Lesson 04: Analyzing Confidence</p>

		<p>Unit 3: Connections - Lesson 05: Making Connections</p> <p>Unit 3: Connections - Lesson 06: Analyzing Support</p> <p>Unit 4: Stress - Lesson 07: Handling Pressure</p> <p>Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p>My Success Roadmap</p> <p>Unit 1: Destination Success - Lesson 01: Your Future</p> <p>Unit 1: Destination Success - Lesson 02: Your Goals</p> <p>Unit 1: Destination Success - Lesson 03: Career Ideas</p> <p>Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School</p> <p>Unit 2: Highway to Confidence - Lesson 05: Confidence</p> <p>Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being</p> <p>Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	11.4.	The student will read, comprehend, and analyze relationships among American literature, history, and culture.

INDICATOR	11.4.c)	Discuss American literature as it reflects traditional and contemporary themes, motifs, universal characters, and genres. My Success Roadmap Unit 3: Highway Connections - Lesson 07: Social Support
STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Writing
INDICATOR / STANDARD	11.6.	The student will write in a variety of forms, with an emphasis on persuasion.
INDICATOR	11.6.h)	Write and revise correspondence to a standard acceptable both in the workplace and in postsecondary education. My Success Roadmap Unit 1: Destination Success - Lesson 02: Your Goals Unit 3: Highway Connections - Lesson 07: Social Support

Virginia Standards of Learning

Language Arts

Grade 12 - Adopted 2010

STRAND / TOPIC	VA.ESOL.	Virginia 2010 English Standards of Learning
STANDARD / STRAND		Reading
INDICATOR / STANDARD	12.3.	The student will apply knowledge of word origins, derivations, and figurative language to extend vocabulary development in authentic texts.
INDICATOR	12.3.e)	Expand general and specialized vocabulary through speaking, reading, and writing. My Roadmap to the Future Unit 1: Success, Education, & Work - Lesson 01: Defining Success Unit 1: Success, Education, & Work - Lesson 02: Analyzing Jobs Unit 2: Confidence - Lesson 03: Facing Challenges Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 3: Connections - Lesson 05: Making Connections Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure

		<p>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</p> <p>Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 1: Destination Success - Lesson 03: Career Ideas Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 05: Confidence Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection Unit 4: Highway Roadblocks-Managing Strees - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Strees - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
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