

Students will be able to...SOCIAL/EMOTIONAL

- Explore and implement techniques to appropriately manage feelings.
- Understand what is important to the self.
- Build self-confidence in academic, physical, social, and emotional ability.
- Identify the physical, emotional, and social changes related to adolescence and middle school.
- Understand how thoughts and feelings affect behavior.
- Identify bullying and cyber-bullying behaviors along with the consequences to the aggressor, victim, and bystanders.
- Understand and acknowledge that they are responsible for their own behavior.
- Access peer mediation services as needed.
- Identify warning signs of depression and suicide. *(Grade 7)*
- Know what to do if they are concerned about someone possibly suffering from depression or suicidal thoughts. *(Grade 7)*
- Know what to do if they are feeling down or depressed. *(Grade 7)*
- Identify resources of where to get help if needed during these times. *(Grade 7)*

Students will be able to...ACADEMIC

- Identify and evaluate personal study skills and address areas that need improvement.
- Learn how to organize and schedule time necessary for completion of assignments.
- Learn and apply test taking skills to different types of tests. *(essay, T/F, multiple choice, and problem-solving)*
- Learn how to help a friend or family member who has a substance abuse problem and where to go for help and support.
- Understand expectations of the high school and the transition process. *(Grade 8)*
- Understand the admission criteria to Project Contemporary Competitiveness (PCC) and voluntarily apply. *(Grade 8)*

Students will be able to...CAREER AND WORKPLACE READINESS

- Complete the Career Decision Maker inventory. *(Grade 7)*
- Begin to relate how interests and skills apply to the kinds of work they might want to do. *(Grade 7)*
- Explore the possibility of attending a vocational high school as well as understand the admission requirements. *(Grade 7)*
- Explore Naviance web-based program and complete interest survey to further develop ideas and interests related to choosing a career path. *(Grade 8)*
- Understand the admissions process to vocational high school, including how to successfully participate in a formal interview and complete an application. *(Grade 8)*