

*Students will be able to...*

*SOCIAL/EMOTIONAL*

- Identify specific social skills and understand the contexts in which they are used.
- Develop and utilize pro-social techniques to manage uncomfortable feelings.
- Understand decision-making as a complex process.
- Understand the definitions of bullying and cyber-bullying, continue to explore the consequences for those involved, explore the roles of the “eggheads” and the “bystanders” and learn how to address these situations effectively.
- Understand and acknowledge that they are responsible for their own behavior.
- Know where to find information on community-based resources.
- Access peer mediation services as needed.
- Identify the warning signs of depression and suicide. *(Grade 10)*
- Know what to do if they are concerned about themselves, a friend, or family member related to depression and suicide. *(Grade 10)*
- Have a general understanding of treatment models for mental health difficulties. *(Grade 10)*
- Understand the concept of professional boundaries, know the difference between appropriate and inappropriate boundaries, and know what to do if and when a boundary is violated. *(Grade 10)*
- Learn about the cycle of domestic violence and the appropriate ways to support victims and seek professional help. *(Grade 11)*
- Identify possible uncomfortable emotions due to transition and strategies to cope with them effectively. *(Grade 12)*

*Students will be able to...*

*ACADEMIC*

- Select appropriate courses of study related to graduation requirements, post-secondary plans, ability, and interests.
- Recognize attitudes and feelings that either enhance or detract from good study habits.
- Understand their personal academic strengths and challenges.
- Learn successful note-taking strategies, study skills, organizational methods, various test-taking strategies, and effective time management skills.
- Interpret PSAT scores and results summary. *(Grade 10)*
- Understand the impact of standardized testing in regards to class schedule, graduation requirements, college entrance, and scholarship opportunities. *(Grade 10)*
- Interpret PSAT and SAT scores and results summary. *(Grade 11)*
- Interpret SAT scores and results summary. *(Grade 12)*

*Students will be able to...*

CAREER AND WORKPLACE READINESS

- Utilize Naviance in order to continue to explore careers and post-secondary options, document high school activities, and complete personality and career interest surveys.
- Access Naviance in order to begin to explore careers and post-secondary options and begin to document high school activities. *(Grade 9)*
- Know how to select a college, technical/vocational program, or other post secondary path. *(Grade 11)*
- Know how to develop a career path. *(Grade 11)*
- Learn about various colleges and what they have to offer. *(Grade 11)*
- Identify which majors would prepare them for specific careers, and know the future of those careers. *(Grade 11)*
- Know how to explore careers in a specific area in which they are interested. *(Grade 11)*
- Understand their interests and abilities and how these can help make a career choice. *(Grade 11)*
- Identify and obtain scholarship and financial aid information. *(Grade 11)*
- Voluntarily access the ASVAB exam to explore career skills. *(administered by armed forces, Grade 11-12)*
- Understand the requirements needed to participate in community-based internship opportunities for high school credit. *(Grade 11)*
- Plan for beyond graduation. *(job opportunities, training programs, college/vocational technical schools, financial aid, military, etc. - Grade 12)*
- If accepted, participate in community-based internship opportunities for high school credit. *(Grade 12)*