

	<b>TOPIC</b>	<b>EARLY ELEMENTARY</b>	<b>LATE ELEMENTARY</b>	<b>MIDDLE SCHOOL</b>	<b>EARLY HIGH SCHOOL</b>	<b>LATE HIGH SCHOOL</b>
	<b>KNOW AND CONTROL YOUR EMOTIONS</b>	Can you identify emotions and how they may be connected to how people act?  Can you control impulsive behavior?	Can you describe a range of emotions?  Can you describe situations that can change someone's emotions?	Do you know what stresses you out or puts you in a bad mood?  Do you know how to calm yourself down?	Do you know how your thoughts and emotions affect how you act?  Can you turn your attitude around and be more positive?	Do you know how your negative emotions can affect others?  Do you know how expressing more positive attitudes can affect others?
	<b>RECOGNIZE PERSONAL QUALITIES AND YOUR SUPPORTS</b>	Do you know your likes, dislikes, needs, wants, strengths and challenges?  Do you know the strengths of your family, your friends, your school and community?	Do you know what personal skills you have and what interests that you want to develop?  Do you know who can support you in building these interests and to help develop responsible behavior?	Do you know how your personal experiences and qualities affect the choices you make?  Do you know what supports are available to you in school and the community, and how these supports can help you succeed?	Are you aware of areas in yourself that you need to improve?  Are you aware of adult role models that can help you succeed?	Can you set and carry out a plan to work on things that you need to improve or that addresses a life challenge?  Do you know how having interests and participating in school life supports success?
	<b>ACHIEVING PERSONAL AND ACADEMIC GOALS</b>	Describe why school is important in helping you achieve personal goals?  Can you know what your academic goals are?	Once you have a goal, can you set up a list of things that you need to do to accomplish it?  Can you monitor your progress on short term goals?	Set a short-term goal and make a plan for achieving it.  Can you figure out why you had success or failure?	Do you know what resources you can use to have success with your goals?  Apply strategies to overcome obstacles to have success in those goals	Can you set a long term goal with action steps, timeframes?  Can you monitor your progress on the long term goal?
	<b>KNOW HOW OTHERS ARE FEELING</b>	Do you understand that people might have different feelings about the same experience? (Something might make you happy but can make someone else sad)	Can you listen or watch someone and tell how they are feeling?  Can you explain how another person feels and why they might feel that	Can you guess how other people will feel/think in a variety of situations?  Can you determine how your behavior	Can you analyze similarities and differences between the way you think and the way someone else thinks/feels?  Can you have a	Can you show that you understand people who think differently than you do?  Can you show that

		Can you tell how someone else feels?	way?	affects others?	constructive conversation about the differences?	you understand others' thoughts and opinions?
	<b>RECOGNIZE INDIVIDUAL AND GROUP SIMILARITIES AND DIFFERENCES</b>	Can you describe the ways people are the same and different?  Can you describe positive qualities in others?	Can you work effectively with people from a different social or cultural group than you?	Can you determine what may cause someone to be bullied and do you come up with ways to stop it?  Do you know the effects of trying to stop someone from being bullied?	Do you know the origins and negative effects of stereotyping and prejudice?  Do you have respect for people who come from different social and cultural groups?	Can you come up with new ideas of how to be respectful to others and fight stereotyping and prejudice?  Do you know why being an advocate for others is good for everyone?
	<b>EFFECTIVE INTERPERSONAL SKILLS</b>	Can you explain ways to work with and play well with others?  Can you demonstrate appropriate social and classroom behavior?	Do you know how to make and keep friends?  Do you know how to act and work with a group of people?	Do you know how to establish positive relationships with others?  Can you be a team player?	Do you know why asking for help and helping others is a good or bad thing?  Do you know where you fit in on a team? Are you a group member or a leader?	Do you know how to communicate with people in different situations: in class, at home, downtown, etc.  Can you plan, implement and evaluate your participation in a group?
	<b>CAN YOU MANAGE/RESOLVE INTERPERSONAL CONFLICTS</b>	Can you identify problems and conflicts that are common among your peers?  Do you have ideas on how to fix them?	Do you know what causes conflicts and what might happen when you have one?  Can you come up with good ideas on how to fix problems?	Can you come up with strategies for helping to resolve problems among your peers?  Can you define unhealthy peer pressure and evaluate strategies for resisting it?	Do you know how listening and talking to others can help resolve (fix) conflicts?  Do you know how conflict-resolution skills can contribute to work within a group?	When there is a problem, can you work at a win-win solution?  Can you see ways to improve on your conflict-resolution skills?
	<b>ETHICS, SAFETY AND SOCIETY</b>	Do you know why randomly hurting someone either physically, or emotionally is wrong?	Do you respect the rights of others?  Do you act in a socially appropriate way in most cases? (this does not	Do you know how showing honesty, respect, fairness and compassion make it easier for you to think about others when making decisions?	Can you demonstrate personal responsibility in making good decisions?  Do you know how social norms and expectations	Can you apply ethical reasoning to evaluate societal practices?  Can you explain how the norms of different

			necessarily mean the “right way”)	Do you know/ understand the reasons for school and society rules?	of authority influence your decision-making?	groups of people can influence their decisions and behaviors?
	<b>GOOD DECISION-MAKING IN ACADEMICS</b>	Are you aware of the decisions you make at school everyday?  Are you able to make good choices when interacting with classmates?	Can you state the steps necessary to make good choices?  Are you able to think of different options for making positive choices at school?	Do you know how decision-making skills and study habits can help you in school?  Do you know what unsafe or unethical actives are, do you know how to resist them when there is peer-pressure?	Can you figure out different ways to approach a challenge? Can you determine what the consequence is going to be for the different approaches?  Can you make positive decisions to establish social and work relationships?	Do you understand how choices you make today can affect your college and career choices?  Can you explain how your decision-making can affect how you interact with peers and adults?
	<b>SCHOOL COMMUNITY</b>	Are you aware of your role in your classes?  Are you aware of your role in your family?	Are you aware of your role in your school?  Are you aware of your role in the larger community?	Can you determine your role in fixing a problem our school has?  Can you determine your role in fixing a problem your community has?	If there is not problem in your school, community, do you know what you can do to help improve it?	Can you work in a group to improve or fix your school or community?