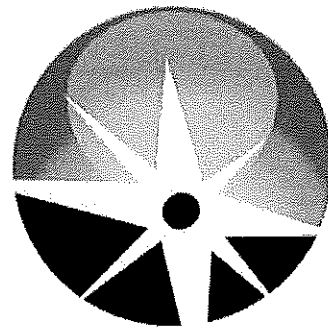


**BAYONNE BOARD OF EDUCATION**

**SCHOOL COUNSELING DEPARTMENT**

**GRADE 7 CURRICULUM**



**NAVIANCE**  
College & Career Planning

## GRADE 7

### 7.0 - Pre Assessment

#### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

##### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

##### 21st Century Skills and Theme

**X** Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

##### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

##### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

**X** CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

**X** CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Pre-Assessment	<b><u>Essential Questions:</u></b>  1. Which of the following best describes listening to yourself? 2. Following through on commitments is an example of? 3. What is an example of managing time to overcome an obstacle?
<b><u>Enduring Understandings:</u></b>  Students will test their knowledge of academic and time management skills.	<b><u>Content Knowledge and Skills:</u></b>  The assessment will expose students to the concepts and skills they will learn during future lessons.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b> 7.0 "Pre- Assessment" Naviance/Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☒ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement

- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☒ A:B2.3 Develop and implement annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☒ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work

- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to community member
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice

- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

## ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.

- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative point of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills/
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decision, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of rights of the individual.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.

- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.



## GRADE 7

### 7.1 Listening to Myself

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

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#### 21st Century Skills and Theme

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#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

**X** CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

☐ CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students discover the value of following their own voice when making decisions.	<b><u>Essential Questions:</u></b>  1. Why is it important to listen to yourself?
<b><u>Enduring Understandings:</u></b>  Students will think about and write a statement about a time when they did not listen to themselves but listened to others instead.	<b><u>Content Knowledge and Skills:</u></b>  Learning to listen to yourself will allow students to make decisions with confidence.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self -Reflection and Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  7.1- "Listening to Myself Activity" Naviance/Family Connections	<b>Resources:</b>  Naviance/Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

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- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process

**X A:A1.5** Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- X A:A3.5** Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
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- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- X A:B2.5** Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and

maintaining life goals.

- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to community member
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☒ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☒ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
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- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

**C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

**C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

**C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**PS:A1 Acquire Self-Knowledge**

- ☒ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☒ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.

- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills/
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☒ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individuals rights..
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☒ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.

☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.2 What Makes Me Unique?

#### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

##### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

##### 21st Century Skills and Theme

**X** Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

##### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

##### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

**X** CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.



DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students understand how their personality traits make them unique.	<b><u>Essential Questions:</u></b>  1. <i>What makes a person unique?</i> 2. <i>List three ways you are unique.</i> 3. <i>How can you use your uniqueness to help you succeed in school and /or in your community?</i>
<b><u>Enduring Understandings:</u></b>  Students will determine their unique characteristics and traits.	<b><u>Content Knowledge and Skills:</u></b>  Students discover everyone has unique traits. Once students identify their traits they can use them toward academic and personal success.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Lesson	
LEARNING PLAN	
<b>Learning Activities</b> 7.2 "What Makes me Unique" Naviance/Family Connections	<b>Resources:</b>  Naviance/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☒ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process

**X A:A1.5** Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- X A:A3.5** Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and

maintaining life goals.

- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to community member
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☒ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☒ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

**C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

**C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

**C:C2 Apply Skills to Achieve Career Goals.**

- ☒ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.

**X PS:A1.10** Identify personal strengths and assets.

☐ PS:A1.11 Identify and discuss changing personal and social roles.

☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

☐ PS:A2.1 Recognize that everyone has rights and responsibilities.

☐ PS:A2.2 Respect alternative points of view.

☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.

☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.

☐ PS:A2.5 Recognize and respect differences in various family configurations.

☐ PS:A2.6 Use effective communication skills/

☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.

☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

☐ PS:B1.1 Use a decision-making and problem-solving model.

☐ PS:B1.2 Understand consequences of decisions and choices.

☐ PS:B1.3 Identify alternative solutions to a problem.

☐ PS:B1.4 Develop effective coping skills for dealing with problems.

☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.

☐ PS:B1.6 Know how to apply conflict resolution skills.

☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.

☐ PS:B1.8 Know when peer pressure is influencing a decision.

☐ PS:B1.9 Identify long- and short-term goals.

☐ PS:B1.10 Identify alternative ways of achieving goals.

☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.

☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)

☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individuals rights.

☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.

☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.

☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.

☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.

☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.

☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.

☐ PS:C1.9 Learn how to cope with peer pressure.

☐ PS:C1.10 Learn techniques for managing stress and conflict.

☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.3 Overcoming Obstacles

#### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

**X** Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

**X** CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

**X** CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

☐ CRP10 Plan education and career paths aligned to personal goals.

**X** CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn techniques to overcome obstacles.	<b><u>Essential Questions:</u></b>  1. Is there someone you can talk to? 2. How can you manage your time? 3. How to prepare for work that is difficult?
<b><u>Enduring Understandings:</u></b>  Students will learn and brainstorm ways to overcome obstacles.	<b><u>Content Knowledge and Skills:</u></b>  Everyone faces obstacles at one time or another. Having the tools to overcome those obstacles helps makes it easier to persevere.
ASSESSMENT	
<b>Assessment / Performance Task:</b> <b>Student Self-Reflection, Educator Input, Naviance Activity</b>	
LEARNING PLAN	
<b>Learning Activities:</b>  7.3 "Overcoming Obstacles" Naviance/Family Connections	<b>Resources:</b>  Naviance Curriculum/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☒ A:A1.4 Accept mistakes as essential to the learning process



- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☒ A:A2.1 Apply time-management and task management skills
- ☒ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☒ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☒ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☒ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and

maintaining life goals.

- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☒ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☒ C:A1.6 Learn how to set goals
- ☒ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☒ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

**C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

**C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

**C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☒ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☒ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.

- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative point of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills/
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decision, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☒ PS:B1.1 Use a decision-making and problem-solving model.
- ☒ PS:B1.2 Understand consequences of decisions and choices.
- ☒ PS:B1.3 Identify alternative solutions to a problem.
- ☒ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☒ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.

X PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.4 How I Learn

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

**X** Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☐ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b> Students learn about various preferences and styles.	<b><u>Essential Questions:</u></b> 1.What are three ways you learn the best?
<b><u>Enduring Understandings:</u></b> Students will identify their learning style.	<b><u>Content Knowledge and Skills:</u></b> When students identify how they learn best, they are alert in class and successful with their homework. This lesson will cover various learning preferences to help students identify their style of learning.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b> 7.4 "How I learn" Naviance/Family Connections	<b>Resources:</b> Naviance Family Connections/ChromeBooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

#### **A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☒ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

#### **A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

#### **A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☒ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☒ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☒ A:B1.7 Become a self directed and independent learner.

#### **A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☒ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

#### **A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.



- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

**C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

**C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

## ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.

- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of the rights of an individual.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.5 Habits for Success

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X 9.2.8.B.1** Research careers within the 16 Career Clusters and determine attributes of career success.

- ☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
- ☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- ☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.
- ☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.
- ☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.
- ☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

- ☐ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)
- ☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)
- ☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy
- ☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

- ☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☐ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn strategies for succeeding academically in school and at home.	<b><u>Essential Questions:</u></b>  1.After examining the habits for success, which habits do you identify with as doing well? 2.How have these good habits helped you?
<b><u>Enduring Understandings:</u></b>  Students learn about positive habits they can incorporate in school and at home to help them be successful academically.	<b><u>Content Knowledge and Skills:</u></b>  <i>Having the skills to succeed in school is essential to success. Students learn how to make simple strategies into habits for academic success.</i>
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  7.5 "Habits for Success"/ Naviance Family Connections	<b>Resources:</b>  Naviance Family Connections / Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

**ASCA National Standards**

***ACADEMIC DEVELOPMENT***

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

**A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning

- ☐ A:A1.3 Take pride in work and achievement
- ☒ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

#### **A:A2 Acquire Skills for Improving Learning**

- ☒ A:A2.1 Apply time-management and task management skills
- ☒ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

#### **A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

#### **A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☒ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☒ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

#### **A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☒ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

#### **A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience

- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☒ C:A1.6 Learn how to set goals
- ☒ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified

- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

### ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☒ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.



- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☒ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.

- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.6 What are the Rules?

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

☐ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

**X** CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

☐ CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn basic social and academic tips for success.	<b><u>Essential Questions:</u></b>  1.Do you know what rules exist at school? 2.Do you know the rules at other places or settings?
<b><u>Enduring Understandings:</u></b> Students will identify the importance of social rules and school rules.	<b><u>Content Knowledge and Skills:</u></b>  In many situations,there are rules you must follow, not just because you might get in trouble but because you will be a better person.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  7.6 "What Are Rules" Naviance/Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
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#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement

- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☒ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work

☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.

☒ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.

☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process

- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

## ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.

- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
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- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
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- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
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## GRADE 7

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**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
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## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

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- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
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- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
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**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

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- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
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- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.

- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☒ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☒ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.

- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.



## GRADE 7

### 7.7 Teamwork

#### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

##### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

- ☐ 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.
- ☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
- ☒ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- ☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.
- ☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.
- ☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.
- ☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

##### 21st Century Skills and Theme

☒ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

- ☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)
- ☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy
- ☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

##### Interdisciplinary Connections

- ☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

##### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☐ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn skills to be productive members of a team.	<b><u>Essential Questions:</u></b>  1. Of the four tools for teamwork listed, which one are you best at? Why? 2. Think of a time that you have been a member of a team. How have you contributed to making that team effective?
<b><u>Enduring Understandings:</u></b>  Students will learn about the importance of teamwork and how to be a worthwhile contributor for a team.	<b><u>Content Knowledge and Skills:</u></b>  Students use teamwork in multiple areas of their lives-in class,doing homework,and extracurricular activities. Having the skills to be a productive member of a team helps all involved.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b> <b>7.7 “Teamwork” Naviance/Family Connections</b>	<b>Resources:</b>  Naviance/ Family Connections / Chromebooks
<b>Instructional Strategies:</b> <b>Naviance</b>	<b>Differentiation Strategies:</b> Extra time as needed

ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

**A:A1 Improve Academic Self-Concept**

☐ A:A1.1 Articulate feelings of competence and confidence as learners

- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life

- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## ***CAREER DEVELOPMENT***

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition

- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

### ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.

- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.

- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.8 My Definition of Success

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

**X** Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

**X** Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☐ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.



DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students determine what true success means to them.	<b><u>Essential Questions:</u></b>  <i>What is your definition of success?</i>
<b><u>Enduring Understandings:</u></b>  Students are encouraged to look at what makes them feel successful.	<b><u>Content Knowledge and Skills:</u></b>  Success can mean different things to different people. Students need to determine what is important to them and build their successes around their conclusions.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b> 7.8 My Definition of Success Naviance / Family Connections	<b>Resources:</b>  Naviance/Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☒ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process

**X A:A1.5** Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and

maintaining life goals.

☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.

☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## ***CAREER DEVELOPMENT***

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

☐ C:A1.1 Develop skills to locate, evaluate and interpret career information

☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations

☒ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations

☐ C:A1.4 Learn how to interact and work cooperatively in teams

☐ C:A1.5 Learn to make decisions

☐ C:A1.6 Learn how to set goals

☐ C:A1.7 Understand the importance of planning

☐ C:A1.8 Pursue and develop competency in areas of interest

☐ C:A1.9 Develop hobbies and vocational interests

☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills

☐ C:A2.2 Apply job readiness skills to seek employment opportunities

☐ C:A2.3 Demonstrate knowledge about changing workplace

☐ C:A2.4 Learn about the rights and responsibilities of employers and employees

☐ C:A2.5 Learn to respect individual uniqueness in the workplace

☐ C:A2.6 Learn how to write a resume

☐ C:A2.7 Develop a positive attitude toward work and learning

☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace

☐ C:A2.9 Utilize time and task management skills

## **Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition

☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice

☐ C:B1.3 Demonstrate knowledge of the career planning process

☐ C:B1.4 Know the various ways in which occupation can be classified

- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

## ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.

- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.

- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

<b>7.9 Understanding My Interests</b>
<b>9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION</b>
<b>STRAND B - CAREER EXPLORATION</b>
<p>New Jersey Student Learning Standards:</p> <p><b>X 9.2.8.B.1</b> Research careers within the 16 Career Clusters and determine attributes of career success.</p> <p><input type="checkbox"/> 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.</p> <p><input type="checkbox"/> 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.</p> <p><input type="checkbox"/> 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.</p> <p><input type="checkbox"/> 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.</p> <p><input type="checkbox"/> 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.</p> <p><input type="checkbox"/> 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.</p>
<p><b>21st Century Skills and Theme</b></p> <p><b>X</b> Learning and Innovation Skills (Creativity &amp; Innovation, Critical Thinking &amp; Problem Solving, Communication &amp; Collaboration)</p> <p><input type="checkbox"/> Information, Media &amp; Technology Skills (Info Literacy, Instructional Computer Tech Literacy)</p> <p><input type="checkbox"/> Life and Career Skills <input type="checkbox"/> Information Literacy <input type="checkbox"/> Global Awareness <input type="checkbox"/> Financial, economic, business and entrepreneurial literacy</p> <p><input type="checkbox"/> Civic Literacy <input type="checkbox"/> Health Literacy <input type="checkbox"/> Environmental Literacy</p>
<p><b>Interdisciplinary Connections</b></p> <p><input type="checkbox"/> Anthropology <input type="checkbox"/> Art <input type="checkbox"/> Business <input type="checkbox"/> Civics <input type="checkbox"/> History <input type="checkbox"/> Math Philosophy <input type="checkbox"/> Phys Ed <input type="checkbox"/> Psychology <input type="checkbox"/> Science <input type="checkbox"/> World L <input type="checkbox"/> LA</p>
<b>UNIT: WHAT DO YOU KNOW?</b>
<p><input type="checkbox"/> CRP1 Act as a responsible and contributing citizen and employee</p> <p><input type="checkbox"/> CRP2 Apply appropriate academic and technical skills</p> <p><input type="checkbox"/> CRP3 Attend to personal health and financial well-being</p> <p><input type="checkbox"/> CRP4 Communicate clearly and effectively and with reason</p> <p><input type="checkbox"/> CRP5 Consider the environmental, social and economic impacts of decisions.</p> <p><input type="checkbox"/> CRP6 Demonstrate creativity and innovation.</p> <p><input type="checkbox"/> CRP7 Employ valid and reliable research strategies</p> <p><input type="checkbox"/> CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p><input type="checkbox"/> CRP9 Model integrity, ethical leadership and effective management.</p> <p><input type="checkbox"/> CRP10 Plan education and career paths aligned to personal goals.</p> <p><input type="checkbox"/> CRP11 Use technology to enhance productivity.</p> <p><input type="checkbox"/> CRP12 Work productively in teams while using cultural global competence.</p>

DESIRED RESULTS	
<p><b><u>Established Goals:</u></b></p> <p>Students learn how they can enhance their interests by exploring them further.</p>	<p><b><u>Essential Questions:</u></b></p> <ol style="list-style-type: none"> <li>1. What inspires you?</li> <li>2. What makes you want to get involved?</li> </ol>
<p><b><u>Enduring Understandings:</u></b></p> <p>Students will explore their interests and what inspires them to get involved.</p>	<p><b><u>Content Knowledge and Skills:</u></b></p> <p>Students may have many interests, but often do not consider have they may connect to their future. When students take time to identify their interests and learn approaches to grow an interest, they can create an action plan to explore that interest further. This exploration will help them decide if it may be something of interest for future career plans.</p>
ASSESSMENT	
<p>Assessment / Performance Task:</p> <p>Student Self-Reflection, Educator Input, Naviance Activity</p>	
LEARNING PLAN	
<p><b>Learning Activities:</b></p> <p>7.9 "Understanding My Interests"</p> <p>Naviance/Family Connections</p>	<p><b>Resources:</b></p> <p>Naviance Family Connections/Chromebooks</p>
<p><b>Instructional Strategies:</b></p> <p>Naviance</p>	<p><b>Differentiation Strategies:</b></p> <p>Extra time as needed</p>

ASCA National Standards

### **ACADEMIC DEVELOPMENT**

Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and



across the lifespan.

**A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☒ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☒ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the**

## **community**

### **A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☒ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☒ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

**C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

**C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

**C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

**C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

**PERSONAL/SOCIAL DEVELOPMENT**

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.****PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.****PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.10 Career Scavenger Hunt

#### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

##### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

☒ 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

##### 21st Century Skills and Theme

☐ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☒ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

##### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

##### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

☐ CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students engage in a career “look-up” activity to find information about various facts about careers.	<b><u>Essential Questions:</u></b>  1.How much do you know about the careers you are interested in pursuing?
<b><u>Enduring Understandings:</u></b>  The lesson will navigate students to the Career Search section of Naviance Student.	<b><u>Content Knowledge and Skills:</u></b>  There are many aspects to careers that one may not know. Exploring them further helps students learn how careers connect to their interests realistically.
ASSESSMENT	
<b>Assessment / Performance Task:</b> <i>Student Self-Reflection, Educator In put, Naviance Activity</i>	
LEARNING PLAN	
<b>Learning Activities:</b>  7.10 Career Scavenger Hunt Naviance /Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b>  Naviance	<b>Differentiation Strategies:</b>  Extra time as needed

ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A:** Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners

- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☒ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life



- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## ***CAREER DEVELOPMENT***

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☒ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition

- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☒ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

### **Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

## ***PERSONAL/SOCIAL DEVELOPMENT***

### **Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.

- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.

- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.11 Getting Involved

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

☒ 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

☒ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☒ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

☐ CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn how getting involved can help them to succeed	<b><u>Essential Questions:</u></b>  1. <i>What do you do when you are not in school?</i> 2. <i>What would you like to learn more about?</i>
<b><u>Enduring Understandings:</u></b>  Students are encouraged to look into getting involved and learn how to build a resume with their activities (academic and social) and interests.	<b><u>Content Knowledge and Skills:</u></b>  Getting involved is not only fun, it also helps to develop skills. Students are encouraged to make a plan to join something new.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  7.11 "Getting Involved" Naviance/Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement

- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☒ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☒ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☒ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☒ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work

- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☒ C:A1.8 Pursue and develop competency in areas of interest
- ☒ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☒ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process



- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

## ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.

- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.

- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.12 My Future Plans

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

- ☐ 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.
- ☒ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
- ☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- ☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.
- ☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.
- ☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.
- ☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

- ☐ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)
- ☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)
- ☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy
- ☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

- ☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☐ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students plan for their future in and out of high school.	<b><u>Essential Questions:</u></b>  1.Do you know what you want to do after high school? 2.Is college in your future?
<b><u>Enduring Understandings:</u></b>  Students learn about different paths they can take in their future to achieve their goals	<b><u>Content Knowledge and Skills:</u></b>  Sometimes it is hard to think ahead. Being prepared and having your thoughts together makes the transition easier.
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-reflection, Educator Input,Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  Unit 7.12 “My Future Plans” Naviance/Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b>  Naviance	<b>Differentiation Strategies:</b>  Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement

- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☒ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☒ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work

- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☒ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process

- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

### ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.



- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.

- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.13 Exploring My Options

## 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

- ☐ 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.
- ☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
- ☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- ☒ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.
- ☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.
- ☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.
- ☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

- ☒ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)
- ☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)
- ☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy
- ☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

- ☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☒ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn to step outside their comfort zone and try something new.	<b><u>Essential Questions:</u></b>  1.When is it good to try something new? 2.What is the benefit of doing this?
<b><u>Enduring Understandings:</u></b>  Before students make important decisions they should step out of their comfort zone and explore new options.	<b><u>Content Knowledge and Skills:</u></b>  It is easy to get stuck in a place where you are comfortable. By exploring options and stepping out of your comfort zone, you can open a world of possibilities.
ASSESSMENT.	
<b>Assessment / Performance Task:</b> Student reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  7.13 "Exploring My Options" (Naviance/ Family Connections)	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A:** Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process

- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☒ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☒ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☒ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and

maintaining life goals.

☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.

☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified

- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

### ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.

- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.



- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.14 Getting Ready for College

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

**X** 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

☐ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

**X** CRP10 Plan education and career paths aligned to personal goals.

☐ CRP11 Use technology to enhance productivity.

☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students learn how preparing now can help them succeed in elementary school and high school and be prepared for life after graduation.	<b><u>Essential Questions:</u></b>  1.What study habits will you work on? 2.How will you work on this? 3.When will you begin?
<b><u>Enduring Understandings:</u></b>  Students will discuss and learn details such as studying, exploring subjects and careers that interest them to begin to plan for their future. In addition, they will be encouraged to discuss post-secondary plans and the anticipated cost with their families.	<b><u>Content Knowledge and Skills:</u></b>  Creating a plan at the elementary school level, helps keep students on track for success with their transition to high school and their post- secondary plans.
ASSESSMENT	
<b>Assessment / Performance Task:</b>  Student Self-Reflection, Educator Input , Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b> 7.14 "Getting Ready for College" Naviance/Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A:** Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.

**A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☒ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☒ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☒ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☒ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☒ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

**CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

**C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

**C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

**C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☒ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☒ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☒ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☒ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

### ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.

- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.

- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.



## GRADE 7

### 7.15 What College Costs

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X 9.2.8.B.1** Research careers within the 16 Career Clusters and determine attributes of career success.

- ☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
- ☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- ☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.
- ☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.
- ☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.
- ☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

**X Learning and Innovation Skills** (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

- ☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)
- ☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy
- ☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

- ☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

- ☐ CRP1 Act as a responsible and contributing citizen and employee
- ☐ CRP2 Apply appropriate academic and technical skills
- ☐ CRP3 Attend to personal health and financial well-being
- ☐ CRP4 Communicate clearly and effectively and with reason
- ☐ CRP5 Consider the environmental, social and economic impacts of decisions.
- ☐ CRP6 Demonstrate creativity and innovation.
- ☐ CRP7 Employ valid and reliable research strategies
- ☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.
- ☐ CRP9 Model integrity, ethical leadership and effective management.
- ☐ CRP10 Plan education and career paths aligned to personal goals.
- ☐ CRP11 Use technology to enhance productivity.
- ☐ CRP12 Work productively in teams while using cultural global competence.

DESIRED RESULTS	
<b><u>Established Goals:</u></b>  Students understand the fees associated with attending a college/university.	<b><u>Essential Questions:</u></b>  1. You have probably heard that going to college is expensive. Yet many people attend college after high school. How do they make it work?
<b><u>Enduring Understandings:</u></b>  Students will explore the costs of college and ways to pay for college.	<b><u>Content Knowledge and Skills:</u></b>  Students will understand the fees associated with attending a college/university
ASSESSMENT	
<b>Assessment / Performance Task:</b> Student Self-Reflection, Educator Input, Naviance Activity	
LEARNING PLAN	
<b>Learning Activities:</b>  7.15 "What College Costs" Naviance /Family Connections	<b>Resources:</b>  Naviance Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

#### ASCA National Standards

### **ACADEMIC DEVELOPMENT**

**Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.**

#### **A:A1 Improve Academic Self-Concept**

- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process

- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

#### **A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

#### **A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

#### **A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

#### **A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☐ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

#### **A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☐ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and

maintaining life goals.

☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.

☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☒ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified

**X C:B1.5 Use research and information resources to obtain career information**

- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

**C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

**C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

**C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

**PERSONAL/SOCIAL DEVELOPMENT**

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

**PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.
- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.

- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.
- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.

- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.

## GRADE 7

### 7.16 Post Assessment - What have you learned?

### 9.2 CAREER AWARENESS, EXPLORATION, AND PREPARATION

#### STRAND B - CAREER EXPLORATION

New Jersey Student Learning Standards:

**X** 9.2.8.B.1 Research careers within the 16 Career Clusters and determine attributes of career success.

☐ 9.2.8.B.2 Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.

☐ 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and

extracurricular activities for use in a career.

☐ 9.2.8.B.4 Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.

☐ 9.2.8.B.5 Analyze labor market trends using state and federal labor market information and other resources available online.

☐ 9.2.8.B.6 Demonstrate understanding of the necessary preparation and legal requirements to enter the workforce.

☐ 9.2.8.B.7 Evaluate the impact of online activities and social media on employer decisions.

#### 21st Century Skills and Theme

☐ Learning and Innovation Skills (Creativity & Innovation, Critical Thinking & Problem Solving, Communication & Collaboration)

☐ Information, Media & Technology Skills (Info Literacy, Instructional Computer Tech Literacy)

☐ Life and Career Skills ☐ Information Literacy ☐ Global Awareness ☐ Financial, economic, business and entrepreneurial literacy

☐ Civic Literacy ☐ Health Literacy ☐ Environmental Literacy

#### Interdisciplinary Connections

☐ Anthropology ☐ Art ☐ Business ☐ Civics ☐ History ☐ Math Philosophy ☐ Phys Ed ☐ Psychology ☐ Science ☐ World L ☐ LA

#### UNIT: WHAT DO YOU KNOW?

☐ CRP1 Act as a responsible and contributing citizen and employee

☐ CRP2 Apply appropriate academic and technical skills

☐ CRP3 Attend to personal health and financial well-being

☐ CRP4 Communicate clearly and effectively and with reason

☐ CRP5 Consider the environmental, social and economic impacts of decisions.

☐ CRP6 Demonstrate creativity and innovation.

☐ CRP7 Employ valid and reliable research strategies

☐ CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

☐ CRP9 Model integrity, ethical leadership and effective management.

☐ CRP10 Plan education and career paths aligned to personal goals.



<input type="checkbox"/> CRP11 Use technology to enhance productivity. <input type="checkbox"/> CRP12 Work productively in teams while using cultural global competence.	
<b>DESIRED RESULTS</b>	
<b><u>Established Goals:</u></b>  Students take a post-test after completing the Grade 7 sequence.	<b><u>Essential Questions:</u></b>  1. What have you learned?
<b><u>Enduring Understandings:</u></b>  Students will recall information they learned from the seventh grade curriculum lessons.	<b><u>Content Knowledge and Skills:</u></b>  Inform students: The post-test will determine how much they have learned from the Naviance Seventh grade curriculum.
<b>ASSESSMENT</b>	
<b>Assessment / Performance Task:</b>  Post Assessment- What have you learned?	
<b>LEARNING PLAN</b>	
<b>Learning Activities:</b> 7.16- Post-Test Naviance /Family Connections	<b>Resources:</b>  Naviance / Family Connections/Chromebooks
<b>Instructional Strategies:</b> Naviance	<b>Differentiation Strategies:</b> Extra time as needed

<b>ASCA National Standards</b> <b>ACADEMIC DEVELOPMENT</b> <b>Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan.</b> <b>A:A1 Improve Academic Self-Concept</b>
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- ☐ A:A1.1 Articulate feelings of competence and confidence as learners
- ☐ A:A1.2 Display a positive interest in learning
- ☐ A:A1.3 Take pride in work and achievement
- ☐ A:A1.4 Accept mistakes as essential to the learning process
- ☐ A:A1.5 Identify attitudes and behaviors that lead to successful learning

**A:A2 Acquire Skills for Improving Learning**

- ☐ A:A2.1 Apply time-management and task management skills
- ☐ A:A2.2 Demonstrate how effort and persistence positively affect learning
- ☐ A:A2.3 Use Communication skills to know when and how to ask for help when needed
- ☐ A:A2.4 Apply knowledge and learning styles to positively influence school performance

**A:A3 Achieve School Success**

- ☐ A:A3.1 Take responsibility for their actions
- ☐ A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
- ☐ A:A3.3 Develop a broad range of interests and abilities
- ☐ A:A3.4 Demonstrate dependability, productivity and initiative
- ☐ A:A3.5 Share knowledge

**Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.**

**A:B1 Improve Learning**

- ☐ A:B1.1 Demonstrate the motivation to achieve individual potential
- ☐ A:B1.2 Learn and apply critical-thinking skills
- ☐ A:B1.3 Apply study skills necessary for academic success at each level
- ☐ A:B1.4 Seek Information and support from faculty, staff, family and peers
- ☐ A:B1.5 Organize and apply academic information from a variety of sources
- ☐ A:B1.6 Use knowledge of learning styles to positively influence school performance
- ☐ A:B1.7 Become a self directed and independent learner.

**A:B2 Plan to Achieve Goals**

- ☐ A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school
- ☐ A:B2.2 Use assessment results in educational planning
- ☐ A:B2.3 Develop and implement an annual plan of study to maximize academic ability and achievement
- ☐ A:B2.4 Apply knowledge of aptitudes and interests to goal setting
- ☒ A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals
- ☐ A:B2.6 Understand the relationship between classroom performance and success in school
- ☐ A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities

**Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community**

**A:C1 Relate School to Life Experiences**

- ☐ A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
- ☒ A:C1.2 Seek co-curricular and community experiences to enhance the school experience
- ☐ A:C1.3 Understand the relationship between learning and work
- ☐ A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.
- ☐ A:C1.5 Understand that school success is the preparation to make the transition from student to a community member.
- ☐ A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities.

## **CAREER DEVELOPMENT**

**Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.**

### **C:A1 Develop Career Awareness**

- ☐ C:A1.1 Develop skills to locate, evaluate and interpret career information
- ☐ C:A1.2 Learn about the variety of traditional and nontraditional occupations
- ☐ C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations
- ☐ C:A1.4 Learn how to interact and work cooperatively in teams
- ☐ C:A1.5 Learn to make decisions
- ☐ C:A1.6 Learn how to set goals
- ☐ C:A1.7 Understand the importance of planning
- ☐ C:A1.8 Pursue and develop competency in areas of interest
- ☐ C:A1.9 Develop hobbies and vocational interests
- ☐ C:A1.10 Balance between work and leisure time.

### **C:A2 Develop Employment Readiness**

- ☐ C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills
- ☐ C:A2.2 Apply job readiness skills to seek employment opportunities
- ☐ C:A2.3 Demonstrate knowledge about changing workplace
- ☐ C:A2.4 Learn about the rights and responsibilities of employers and employees
- ☐ C:A2.5 Learn to respect individual uniqueness in the workplace
- ☐ C:A2.6 Learn how to write a resume
- ☐ C:A2.7 Develop a positive attitude toward work and learning
- ☐ C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- ☐ C:A2.9 Utilize time and task management skills

**Standard B: Students will understand safety and survival skills**

### **C:B1 Acquire Career Information**

- ☐ C:B1.1 Apply decision making skills to career planning, course selection and career transition
- ☐ C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice
- ☐ C:B1.3 Demonstrate knowledge of the career planning process
- ☐ C:B1.4 Know the various ways in which occupation can be classified
- ☐ C:B1.5 Use research and information resources to obtain career information
- ☐ C:B1.6 Learn to use the Internet to access career-planning information
- ☐ C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice
- ☐ C:B1.8 Understand how changing economic and societal needs influence employment trends and future training.

#### **C:B2 Identify Career Goals**

- ☐ C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals.
- ☐ C:B2.2 Assess and modify their educational plan to support career.
- ☐ C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and /or other work experience.
- ☐ C:B2.4 Select coursework that is related to career interests.
- ☐ C:B2.5 Maintain a career-planning portfolio..

**Standard C: Students will understand the relationship between personal qualities, education, training and the world of work.**

#### **C:C1 Acquire Knowledge to Achieve Career Goals.**

- ☐ C:C1.1 Understand the relationship between educational achievement and career success.
- ☐ C:C1.2 Explain how work can help to achieve personal success and satisfaction.
- ☐ C:C1.3 Identify personal preferences and interests influencing career choice and success.
- ☐ C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills.
- ☐ C:C1.5 Describe the effect of work on lifestyle.
- ☐ C:C1.6 Understand the importance of equity and access in career choice.
- ☐ C:C1.7 Understand that work is an important and satisfying means of personal expression.

#### **C:C2 Apply Skills to Achieve Career Goals.**

- ☐ C:C2.1 Demonstrate how interests, abilities and achievements relate to achieving personal, social, educational and career goals.
- ☐ C:C2.2 Learn how to use conflict management skills with peers and adults.
- ☐ C:C2.3 Learn to work cooperatively with others as a team member.
- ☐ C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences.

### ***PERSONAL/SOCIAL DEVELOPMENT***

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

#### **PS:A1 Acquire Self-Knowledge**

- ☐ PS:A1.1 Develop positive attitudes toward self as a unique and worthy person.

- ☐ PS:A1.2 Identify values, attitudes and beliefs.
- ☐ PS:A1.3 Learn the goal setting process.
- ☐ PS:A1.4 Understand change is a part of growth.
- ☐ PS:A1.5 Identify and express feelings.
- ☐ PS:A1.6 Distinguish between appropriate and inappropriate behavior.
- ☐ PS:A1.7 Recognize personal boundaries, rights and privacy needs.
- ☐ PS:A1.8 Understand the need for self-control and how to practice it.
- ☐ PS:A1.9 Demonstrate cooperative behavior in groups.
- ☐ PS:A1.10 Identify personal strengths and assets.
- ☐ PS:A1.11 Identify and discuss changing personal and social roles.
- ☐ PS:A1.12 Identify and recognize changing family roles.

**PS:A2 Acquire Interpersonal Skills**

- ☐ PS:A2.1 Recognize that everyone has rights and responsibilities.
- ☐ PS:A2.2 Respect alternative points of view.
- ☐ PS:A2.3 Recognize, accept, respect and appreciate individual differences.
- ☐ PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity.
- ☐ PS:A2.5 Recognize and respect differences in various family configurations.
- ☐ PS:A2.6 Use effective communication skills.
- ☐ PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.
- ☐ PS:A2.8 Learn how to make and keep friends.

**Standard B: Students will make decisions, set goals and take necessary action to achieve goals.**

**PS:B1 Self-Knowledge Application**

- ☐ PS:B1.1 Use a decision-making and problem-solving model.
- ☐ PS:B1.2 Understand consequences of decisions and choices.
- ☐ PS:B1.3 Identify alternative solutions to a problem.
- ☐ PS:B1.4 Develop effective coping skills for dealing with problems.
- ☐ PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions.
- ☐ PS:B1.6 Know how to apply conflict resolution skills.
- ☐ PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences.
- ☐ PS:B1.8 Know when peer pressure is influencing a decision.
- ☐ PS:B1.9 Identify long- and short-term goals.
- ☐ PS:B1.10 Identify alternative ways of achieving goals.
- ☐ PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills.
- ☐ PS:B1.12 Develop an action plan to set and achieve realistic goals.

**Standard C: Students will understand safety and survival skills.**

**PS:C1 Acquire Personal Safety Skills**

- ☐ PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
- ☐ PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of individual rights.

- ☐ PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact.
- ☐ PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy.
- ☐ PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help.
- ☐ PS:C1.6 Identify resource people in the school and community, and know how to seek their help.
- ☐ PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices.
- ☐ PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse.
- ☐ PS:C1.9 Learn how to cope with peer pressure.
- ☐ PS:C1.10 Learn techniques for managing stress and conflict.
- ☐ PS:C1.11 Learn coping skills and managing life events.