

Grades 6, 7, 8 (1997)

Adopted 1997

Develop self-awareness and self-management skills to achieve school and life success.

Identify and manage one's emotions and behavior.

3a. Analyze factors that create stress or motivate successful performance. 1A.3A

3b. Apply strategies to manage stress and to motivate successful performance. 1A.3B

Recognize personal qualities and external supports.

3a. Analyze how personal qualities influence choices and successes. 1B.3A

3b. Analyze how making use of school and community supports and opportunities can contribute to school and life success. 1B.3B

Demonstrate skills related to achieving personal and academic goals.

3a. Set a short-term goal and make a plan for achieving it. 1C.3A

3b. Analyze why one achieved or did not achieve a goal. 1C.3B

Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Recognize the feelings and perspectives of others.

3a. Predict others' feelings and perspectives in a variety of situations. 2A.3A

3b. Analyze how one's behavior may affect others. 2A.3B

Recognize individual and group similarities and differences.

3a. Explain how individual, social, and cultural differences may increase vulnerability to bullying and identify ways to address it. 2B.3A

3b. Analyze the effects of taking action to oppose bullying based on individual and group differences. 2B.3B

Use communication and social skills to interact effectively with others.

3a. Analyze ways to establish positive relationships with others. 2C.3A

3b. Demonstrate cooperation and teamwork to promote group effectiveness. 2C.3B

Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

3a. Evaluate strategies for preventing and resolving interpersonal problems. 2D.3A

3b. Define unhealthy peer pressure and evaluate strategies for resisting it. 2D.3B

Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

Consider ethical, safety, and societal factors in making decisions.

- 3a. Evaluate how honesty, respect, fairness, and compassion enable one to take the needs of others into account when making decisions. 3A.3A
 - 3b. Analyze the reasons for school and societal rules. 3A.3B
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Apply decision-making skills to deal responsibly with daily academic and social situations.

- 3a. Analyze how decision-making skills improve study habits and academic performance. 3B.3A
 - 3b. Evaluate strategies for resisting pressures to engage in unsafe or unethical activities. 3B.3B
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Contribute to the well-being of one's school and community.

- 3a. Evaluate one's participation in efforts to address an identified school need. 3C.3A
- 3b. Evaluate one's participation in efforts to address an identified need in one's local community. 3C.3B