

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**