Essential Skills

• Resiliency

IT Intentionally Taught

O/F Opportunities (review/practice) or Fostered

Students will

O Students will													
Learning Target	K	1	2	3	4	5	6	7	8	9	10	11	12
 develop a criteria for making healthy choices (emotionally, mentally, spiritually, physically, socially) 	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT
develop a sense of self-efficacy and avoid victimization				IT	IT	O/F	O/F	O/F	IT	IT	IT	O/F	O/F
 develop a strong understanding of self: strengths, areas of growth, personal attributes, guiding principles, etc. 	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT
 develop ways to enhance their personal strengths and attend to areas of growth 	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	Η	IT	IT
 be able to align their life's passions to the work that they do on a daily basis, while working within their own personal strengths. 							IT	IT	IT	IT	IT	IT	IT
 develop a positive self-worth and engage in positive self-talk 	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT
identify what triggers personal stress				IT	IT	IT	IT	IT	IT	IT	IT	IT	IT
develop skills to cope with stress		IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT
be able to find hope in various situations			IT	IT	O/F	O/F	O/F	IT	IT	IT	Η	IT	IT
 use mistakes as learning opportunities (failing forward) 	IT	IT	IT	IT	IT	IT	IT	IT	IT	IT	I	I	IT
 identify the things that they have control over and understand how to positively impact these areas 					IT	IT	O/F	O/F	O/F	Η	IT	I	IT
advocate for themselves and seek help when they need it	IT	IT	IT	IT	IT	O/F	O/F	O/F	O/F	IT	IT	I	IT
evaluate when risk taking is beneficial					IT	IT	IT	IT	IT	IT	IT	IT	IT
 demonstrate that calculated risk-taking is essential to personal growth 					IT	IT	IT	IT	IT	IT	IT	IT	IT