

High School (Grades 9-12)

Content Area – Intrapersonal Effectiveness

Goal	Targets	Resources	Lessons	Character Trait
I.A. Student Competency: Students have a positive self-concept				
I.A.i. Goal: Students will have accurate self-concepts	Evaluate their strengths and limitations.	The Body Image Workbook for Teens	p. 23 Activity 5	Respect Gratitude Courage Responsibility
	Demonstrate acceptance of themselves, including strengths and limitations.	Mindfulness for Teen Anxiety	p. 26 Activity 11	
I.A.ii. Goal: Students will appreciate their uniqueness	Make decisions and plans based on understanding unique qualities.	Self-Esteem Workbook for Teens	p. 163 Activity 37	Respect Gratitude Courage Responsibility
	Evaluate when they take responsibility for themselves & when they don't.	Self-Esteem Workbook for Teens		
I.A.iii. Goal: Students will develop self-regulation skill	Evaluate how they manage their feelings.	Conquer Your Fears & Phobias for Teens	p. 123 Activity 15	Responsibility Integrity Courage Honesty Respect
	Explore different ways to manage feelings that will increase attainment of personal goals.	Don't Let Your Emotions Run Your Life		
I.B. Student Competency: Students utilize effective executive functioning skills				
I.B.i. Goal: Students will develop effective decision-making skills	Apply decision making process when making real life decisions.	The Social Success Workbook for Teens	p. 50 Activity 16	Responsibility Courage Good Citizenship Honesty Integrity
	Accept responsibility for the decisions they have made	The Social Success Workbook for Teens	p. 47 Activity 15	
I.B.ii. Goal: Students will be able to develop a plan of action	Evaluate how well they use a planning process in real life.	The Social Success Workbook for Teens	p. 50 Activity 16 p. 68 Activity 22	Responsibility Good Citizenship
	Evaluate their use of time management skills.	The Social Success Workbook for Teens	p. 50 Activity 16 p. 68 Activity 22	
I.B.iii. Goal: Students will be able to engage in goal setting				Responsibility

I.B.iv. Goal: Students will be able to engage in effective problem solving				Problem Solving/Conflict Resolution Responsibility Courage Respect
I.C. Student Competency: Students behave appropriately to the situation and environment				
I.C.i. Goal: Students will behave in a responsible manner				Responsibility Good Citizenship Respect
I.C.ii. Goal: Students will take responsibility for their own behaviors				Responsibility Caring Integrity Honesty Good Citizenship Fairness
I.C.iii. Goal: Students will develop self-management skills				Responsibility Courage Integrity Honesty Good Citizenship Caring