

ENDS: Life Management and Personal Awareness

Students will live healthy, satisfying, and productive lives.

Students will:

- 4.1 understand and apply principles of sound physical health, including nutrition, hygiene, and fitness;
- 4.2 understand and apply principles of sound mental and emotional health, and learn to identify signs of emotional health concerns in self and others, and when to seek supportive resources;
- 4.3 understand the opportunities and risks posed by digital technology and social media, including social-emotional risks and safety impacts;
- 4.4 identify, understand and develop their personal strengths and interests;
- 4.5 develop higher-level thinking skills in order to be able to create and innovate;
- 4.6 be resilient, take informed risks, deal constructively with failure, and be flexible and adaptable to change;
- 4.7 be able to cooperate and collaborate within a diverse group of people in order to attain desired outcomes;
- 4.8 identify challenging personal goals and develop, evaluate and implement plans to achieve them, including post-high school goals that extend their K-12 learning to attainable next levels of education, training or employment; and
- 4.9 learn and apply principles of sound financial management in order to support self and family.

Adopted: E-4 Technology April 26, 2006

Dissolved: E-4 Technology October 25, 2017 (*Technology now contained in E-2*)

Adopted: E-4 Life Management and Personal Awareness October 25, 2017 (*E-4 now incorporating former E-5 Personal Awareness & Expression and E-6 Life Management*)

Monitoring Frequency: Annually