





SELF-MANAGEMENT ALIGNMENT

Utah's Portrait of a Graduate

Portrait of a Graduate Competencies	7-9 Self-Management	10-12 Self-Management
 <p>WELLNESS</p> <p>Develop self-awareness, self-advocacy skills, and the knowledge to maintain healthy lifestyles that provide balance in life and improve physical, mental, social, and emotional well-being.</p>	<p>Learning Activity</p> <p>Introduce and model calming strategies (e.g. brain breaks, positive self-talk, calm-space, classroom routines, etc.) to build self-confidence and focus.</p>	
 <p>COMMUNICATION</p> <p>Communicate effectively through reading, writing, speaking, and listening to understand information in a variety of contexts, media, and languages.</p>	<p>Learning Activity</p> <p>Teach students to use the cognitive “brake” using the acronym SOLD (Stop what you are doing. Observe how you are doing. Look at whether your feeling matches what is going on. Decide how you will behave.) Use literary characters to discuss SOLD strategies the characters used or didn’t use to handle their stressors.</p>	<p>Learning Activity</p> <p>Apply the SOLD (Stop what you are doing. Observe how you are doing. Look at whether your feeling matches what is going on. Decide how you will behave.) strategy in role play situations in which students demonstrate how to manage and communicate emotions and behaviors constructively. For example, best friends apply to the same college and one is accepted and the other is not.</p>
 <p>LIFELONG LEARNING AND PERSONAL GROWTH</p> <p>Continue to seek knowledge and develop skills in all settings.</p>	<p>Learning Activity</p> <p>Encourage the use of school planners, technology planners, calendaring apps and phone reminders, or other strategies to stay organized.</p>	<p>Learning Activity</p> <p>Ask students to choose a personal or a career interest and interview people they feel could help them set and achieve future goals. Write an analysis of their findings.</p>
 <p>HARD WORK AND RESILIENCE</p> <p>Set personal goals, apply best efforts to achieve them and persevere when faced with challenges and setbacks. Have a well-grounded sense of confidence, optimism and self-efficacy.</p>	<p>Learning Activity</p> <p>Learn to Set SMART Goals</p> <p>Have students set daily or weekly short- and long-term social and/or academic goal(s), using the SMART goal strategy of specific, measurable, attainable, realistic, and timely.</p>	<p>Learning Activity</p> <p>Use SMART Goals</p> <p>Have students set short-term and long-term personal, academic, and collage and career goals with specific timelines. Use the SMART goal strategy of specific, measurable, attainable, realistic, and timely.</p>