

### 5 Expectations Power Standards

Must meet "proficiency" on the assessment for each of the 5 Expectations.

### 26 Total Distribution Requirements

Must earn 2 credits for each expectation for a total of 10 prior to graduation. 24 min. needed to graduate. See notes on back.

### Required Experiences

Must meet "proficiency" for all the items listed below.

#### Creating Healthy Life Choices

**Power Standard:** The decisions I make today influence the health of my body, society and the Earth.

**Assessment:** Using data from your life, research the impact of your choices on your body, society and the Earth. Present your findings, reflect on your health and predict the future health of one: you, society, the Earth.

#### 8 Creating Healthy Life Choices

|   |                           |            |       |
|---|---------------------------|------------|-------|
| 1 | Wilderness ER 74          | 2/18/2018  | ER 74 |
| 1 | Dragonfly Citizen Science | 6/15/2018  | ER 75 |
| 1 | Coaching                  | 10/23/2018 | ER 76 |
| 1 | Wilderness ER 77          | 2/14/2019  | ER 77 |
| 1 | Learn to Swim             | 10/22/2019 | ER 79 |
| 2 | Sports Conditioning       | 4/23/2020  | ER 80 |
| 1 | Human Sexuality           | 5/20/2021  | ER 83 |

#### Personal Growth

- Mid-Career Portfolio
- Graduate Portfolio
- Graduate PG Presentation

#### Human Sexuality

#### New Student Activity

#### Effective Communication

**Power Standard:** In order to share intended meaning, it is important to understand your audience, your purpose and the practices of your chosen medium of communication.

**Assessment:** Enhanced presentation / performance: Includes a detailed proposal, a performance or an exhibition and a feedback session. The audience must be pre-approved.

#### 3 Effective Communication

|   |                                 |           |       |
|---|---------------------------------|-----------|-------|
| 2 | RecreARTé                       | 6/17/2019 | ER 78 |
| 1 | Sounds Waves of Women's History | 2/15/2021 | ER 83 |

#### Presentations of Learning

#### Wilderness POL - ER

End of Trimester POLs (Must do a minimum of 6 POLs. Must do a packet and presentation every trimester)

|                                    |                                    |                                    |                                  |                                  |
|------------------------------------|------------------------------------|------------------------------------|----------------------------------|----------------------------------|
| ER <input type="text" value="74"/> | ER <input type="text" value="79"/> | ER <input type="text" value="83"/> | ER <input type="text" value=""/> | ER <input type="text" value=""/> |
| ER <input type="text" value="77"/> | ER <input type="text" value="81"/> | ER <input type="text" value=""/>   | ER <input type="text" value=""/> | ER <input type="text" value=""/> |
| ER <input type="text" value="78"/> | ER <input type="text" value="82"/> | ER <input type="text" value=""/>   | ER <input type="text" value=""/> | ER <input type="text" value=""/> |

#### Leadership For Justice

**Power Standard:** Leaders promote and model systems that support equity and empower others to take action.

**Assessment:** Portfolio of participation in and/or development of leadership systems at Eagle Rock School. Reflection on participation, personal goals and effect on others. Proposal for improving youth voice.

#### 2 Leadership for Justice

|   |                                       |            |       |
|---|---------------------------------------|------------|-------|
| 1 | March: Leadership in the Civil Rights | 10/23/2018 | ER 76 |
| 1 | Leadership For Intramurals            | 12/3/2019  | ER 79 |

#### Food Service

- Food Service Skills
- Crew Leader (2 Trimesters)
- Prospective Graduate Prepared Meal

#### Engaged Global Citizen

**Power Standard:** Many pressing global issues exist that need immediate attention and I can help address those issues.

**Assessment:** Global Action Project: Choosing a global issue; students will present, advocate for, conduct a service project, reflect on and present to the school and community audiences regarding this issue and how it relates to peace & justice.

#### 5 Engaged Global Citizen

|   |                            |            |       |
|---|----------------------------|------------|-------|
| 1 | Holocaust & Human Behavior | 4/3/2018   | ER 74 |
| 1 | Wilderness ER 77           | 2/14/2019  | ER 77 |
| 1 | Changing the Game          | 10/22/2019 | ER 79 |
| 2 | Music and Social Movements | 4/23/2020  | ER 80 |

#### Peer Mentor

#### Service Learning Portfolio

- Service Project and Reflection
- Philosophy of Service
- Legacy Project and Reflection
- Record of Service Activity
- Public Service Presentation

#### Expanding Knowledge Base

**Power Standard:** The process of research promotes clarity and accuracy when acquiring new knowledge.

**Assessment:** Major Research Project: Explore a topic you are passionate about, you know little about and communicate your new knowledge to a predetermined audience. Thesis driven, research paper of 10 pages minimum, double spaced with accompanying bibliography.

#### 3 Expanding Knowledge Base

|   |                     |           |       |
|---|---------------------|-----------|-------|
| 1 | Small Business Math | 12/3/2019 | ER 79 |
| 2 | Research Project    | 5/20/2021 | ER 83 |

#### Wilderness Experience

- New Student
- Graduate

#### Portfolio of Possibilities

#### Life Skills Portfolio