
Coal City Unit District #1
Ninth Grade
SECA Curriculum

SECA.9:1 Students will identify and manage their emotions and behavior.

- SECA.9:1-1 Identify stress management skills that work best.
- SECA.9:1-2 Demonstrate an ability to reduce stress by reassessing a situation.
- SECA.9:1-3 Monitor transitions in their emotions over time and reflect on their causes.
- SECA.9:1-4 Demonstrate an ability to assess the level of stress based on physical and psychological factors.

SECA.9:2 Students will recognize personal qualities and external support.

- SECA.9:2-1 Analyze how others in their lives have helped them resist negative influences.
- SECA.9:2-2 Reflect on a time when they overcame an obstacle to accomplish something that was important to them.
- SECA.9:2-3 Analyze the role of extracurricular activities and feelings about school.
- SECA.9:2-4 Identify what they like about themselves, including things that might be considered atypical for their gender.
- SECA.9:2-5 Describe a situation in which help was needed and sought out.

SECA.9:3 Students will demonstrate skills related to achieving personal and academic goals.

- SECA.9:3-1 Describe behaviors that will improve or continue school success.
- SECA.9:3-2 Set an achievable goal related to an area of interest (e.g., a sport, hobby, musical instrument).
- SECA.9:3-3 Establish action steps and timeframes toward the achievement of the goal.
- SECA.9:3-4 Identify people who can help achieve the goal and ask for their help.
- SECA.9:3-5 Monitor progress on achieving the goal and make adjustments in the plan as needed.
- SECA.9:3-6 Evaluate your level of goal achievement, identifying factors that contribute or detract from it.

SECA.9:4 Students will recognize the feelings and perspectives of others.

- SECA.9:4-1 Recognize actions that hurt others.
- SECA.9:4-2 Analyze why both parties in a conflict feel as they do.
- SECA.9:4-3 Brainstorm different types of encouragement.
- SECA.9:4-4 Provide support to others who are experiencing problems.

SECA.9:5 Students will recognize individual and group similarities and differences.

- SECA.9:5-1 Analyze why students who are different may be teased or bullied.
- SECA.9:5-2 Describe and role play strategies for preventing or stopping bullying.
- SECA.9:5-3 Evaluate the effectiveness of strategies for preventing or stopping bullying.

SECA.9:6 Students will use communication and social skills to interact effectively with others.

- SECA.9:6-1 Identify indicators of possible problems in relationships. (Erin's Law)
- SECA.9:6-2 Differentiate among passive, assertive, and aggressive responses to peer pressure.
- SECA.9:6-3 Develop guidelines for effective communication: email, social media.
- SECA.9:6-4 Use self-reflection to determine how to stop the spread of gossip.
- SECA.9:6-5 Identify ways to be safe on the Internet.

SECA.9:7 Students will demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

- SECA.9:7-1 Evaluate the effectiveness of various strategies for dealing with negative peer pressure (e.g. ignoring it, changing the subject, calling attention to negative consequences, suggesting alternatives).
- SECA.9:7-2 Identify strategies to de-escalate a conflict to avoid a fight.
- SECA.9:7-3 Use a conflict analysis checklist to analyze and resolve a conflict situation.
- SECA.9:7-4 Explain the concept of a win-win resolution to conflict.
- SECA.9:7-5 Identify the relationship of school results and career paths.

SECA.9:8 Students will consider ethical, safety, and societal factors in making decisions.

- SECA.9:8-1 Identify the impact of unethical or destructive behavior on family, friends, or loved ones.
- SECA.9:8-2 Identify the legal issues related to the use of alcohol, tobacco, and other drugs by adolescents.

SECA.9:8-3 Practice replacing beliefs about peer group norms that support irresponsible behavior with beliefs that support responsible behavior.

SECA.9:9 Students will apply decision-making skills to deal responsibly with daily academic and social situations.

SECA.9:9-1 Recognize the influence of peers on academic and social success.

SECA.9:9-2 Define methods for addressing interpersonal differences in a positive manner.

SECA.9:9-3 Practice problem-solving skills

SECA.9:9-4 Demonstrate how work and social relationships are enhanced through consideration of others' as well as your own expectations.

SECA.9:10 Students will contribute to the well-being of one's school and community.

SECA.9:10-1 Explain how decisions and behaviors affect the well being of the school and community.

SECA.9:10-2 Identify primary community needs and service learning opportunities.

SECA.9:11 Students will demonstrate an understanding of the relationship between high school performance and postsecondary school opportunities.

SECA.9:11-1 Identify occupations related to individual interests using an Interest Profiler Assessment.

SECA.9:11-2 Research important components of several occupations related to individual interests.

SECA.9:11-3 Create a 4-year High School Plan using courses related to

individual interests and occupational interests with consideration of district/state graduation requirements.

SECA.9:11-4 Identify the relationship between grades and school involvement with postsecondary school success.

SECA.9:11-5 Describe behaviors that will improve or continue school success.

SECA.9:11-6 Describe career-relevant skills that can be developed during community service.

SECA.9:11-7 Identify learning styles through a Learning Style Inventory Assessment