

## Mind Matters

### Life Management

GRADES 9, 10, 11, 12

<b>CHILD DEVELOPMENT AND GUIDANCE CONTENT AREA STANDARDS</b>	
<b>ECDFS - A10.8: Explain positive guidance and discipline techniques that promote feelings of self-worth as they apply to the developmental stages of children.</b>	
STANDARD	LESSON
A10.8.5 - Describe factors and possible causes that contribute to child abuse and identify the characteristics of the abused and the abuser.	6
<b>CONSUMER AND EDUCATION CONTENT AREA STANDARDS</b>	
<b>ECDFS - A10.10: Describe the process of making consumer decisions, including the comparison of goods and services.</b>	
STANDARD	LESSON
A10.10.1 - Define values, goals, needs, and wants.	5, 10, 11
A10.10.2 - Define and apply personal values, short- and long-term goals, needs, and wants as they relate to consumer decisions.	10
A10.10.3 - Identify the key steps in decision-making models and apply the process to a variety of consumer situations.	10
A10.10.4 - Describe factors that influence personal values, goals, and consumer choices (e.g. self-concept, family members, and peers; mass media; society; and cultural and economic backgrounds).	5
<b>FAMILY AND HUMAN DEVELOPMENT CONTENT AREA STANDARDS</b>	
<b>ECDFS - A10.13: Recognize the function of the family as a basic unit of society and the contributions of the family unit to the development of individuals.</b>	
STANDARD	LESSON
A10.13.1 - Explain the function of the family in providing a nurturing environment for its members and its influence on self-esteem, values, and relationships.	5, 6

<b>ECDFS - A10.14: Analyze the factors that affect the development of individuals and how to build positive relationships.</b>	
A10.14.1 - Describe the factors that contribute to the development of character, personality, and self-worth.	5, 6
A10.14.2 - Identify personal values and goals and their effect on decisions.	10, 11
A10.14.3 - Analyze the characteristics and behaviors that contribute to the development of positive relationships.	4, 5
A10.14.5 - Demonstrate how effective verbal and nonverbal communication skills build positive relationships, enhance self-esteem, and increase respect for others	3, 4, 5
A10.14.6 - Describe communication strategies and resources that help individuals manage conflicts and crises in order to build successful relationships.	4
A10.14.7 - Identify the purposes and qualities of friendships.	4, 5
<b>ECDFS - A10.16: Apply strategies and resources for managing conflicts and crises.</b>	
A10.16.1 - Assess personal attributes and available resources for coping with conflicts and crises.	1, 4, 7, 8, 9, 12
A10.16.2 - Apply strategies for coping with personal, social, and work-related conflicts and crises.	1, 7, 8, 9, 12
A10.16.3 - Explain the effects of positive and negative stress factors on psychological and physiological well-being.	1, 6, 7, 12
<b>INDIVIDUAL AND FAMILY HEALTH CONTENT AREA STANDARDS</b>	
<b>ECDFS - A10.17: Summarize the importance of wellness and safety to individual and family health and well-being.</b>	
<b>STANDARD</b>	<b>LESSON</b>
A10.17.1 - Define health and identify the characteristics of a healthy person.	9
A10.17.2 - Explain the relationship of exercise, rest, and good nutrition to physical fitness, job performance, and health.	9
A10.17.7 - Define emotions and explain the relationship of managing emotions to maintaining physical and mental health.	2, 3, 4, 5, 9, 12
A10.17.8 - Evaluate the need for and use strategies to build self-esteem through the life cycle.	2, 5
A10.17.9 - Describe and compare how positive and negative attitudes and stress affect behavior and health.	2, 3, 4, 9, 12

A10.17.10 - Describe stress, stress reduction techniques, and stress management and determine ways to minimize stressful situations.	1, 2, 3, 7, 9, 12
A10.17.16 - Use the decision-making process to make responsible health choices.	10, 11
A10.17.18 - Explain types and symptoms of verbal, physical, and emotional abuse and their effects on physical and mental health.	6
A10.17.19 - Compare appropriate and inappropriate ways to express emotions.	2, 3, 6, 12
<b>TRANSFERABLE AND EMPLOYABILITY SKILLS CONTENT AREA STANDARDS</b>	
<b>ECDFS - A2.0, FID - A2.0, HTR - A2.0: Acquire, and use accurately industry sector terminology and protocols at the career and college readiness level for communicating effectively in oral, written and multimedia formats.</b>	
<b>STANDARD</b>	<b>LESSON</b>
A2.0.2 - Exhibit positive attitudes such as self-confidence, honesty, perseverance, initiative, and self-discipline.	1, 3
A2.0.5 - Assess and practice effective nonverbal, oral, and written communication skills appropriate for various relationships and situations.	3, 4
A2.0.6 - Design and evaluate a plan to strengthen personal and interpersonal skills, including understanding the distinguishing qualities of effective leaders.	4
<b>ECDFS - A10.18, FID - A10.13, HTR - A10.12: Assess the individual, family, and workplace factors that influence decisions at each stage of the human life cycle.</b>	
A10.12.1 - Explain how individual decisions may be affected by the different stages of the human life cycle.	9, 12
<b>ECDFS - A10.19, FID - A10.14, HTR - A10.13: Explain the strategies that enable persons to manage and balance personal, family, and work responsibilities to enhance productivity and attain a quality of life.</b>	
A10.19.5, A10.14.5, A10.13.5 - Apply and use the decision-making process to resolve situations with a potential for conflict and stress.	8
<b>HTR - A10.14: Demonstrate an understanding of how knowledge, skills, attitudes, and behaviors learned in consumer and family studies can be transferred to advanced training and education or careers.</b>	
HTR - 10.14.2 - Describe the need and capacity for lifelong learning.	12