

K – 8 Guidance

Mastery Indicators

I. Personal/Social Development

A. Personal Growth	K	1	2	3	4	5	6	7	8
Describe how children are alike and how they are different	B	D	M	M	M	M	M	M	M
Explain that all human beings have basic needs including food, water, sleep, shelter, clothing, and love	B	D	M	M	M	M	M	M	M
Examine how personal assets,(e.g., self esteem, positive peer relationships) and protective factors (e.g. parental involvement) support healthy social and emotional development	B	D	M	M	M	M	M	M	M
Identify appropriate ways for children to show affection and caring	B	D	M	M	M	M	M	M	M
Recognize and build upon personal strengths	B	D	M	M	M	M	M	M	M
Recognize personal likes and dislikes	B	D	M	M	M	M	M	M	M
Explain and demonstrate ways to cope with rejection, loss, and separation	B	D	M	M	M	M	M	M	M
Discuss the physical, social, emotional, and intellectual dimensions of wellness				B	D	M	M	M	M
Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.				B	D	M	M	M	M

Analyze personal interests, abilities, and skills through various measures including self assessments.				B	D	M	M	M	M
Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.				B	D	M	M	M	M
Acquire the attitudes, knowledge and interpersonal skills to help them understand and respect self and others.							B	D	M
Make decisions, set goals and take necessary action to achieve goals.							B	D	M
Acquire decision making skills.							B	D	M
B. Feelings									
Recognize and list various emotions	B	D	M	M	M	M	M	M	M
Describe and demonstrate appropriate ways to express emotions, both verbally and non-verbally	B	D	M	M	M	M	M	M	M
Recognize symptoms of anger and identify appropriate ways to deal with them	B	D	M	M	M	M	M	M	M
Define and demonstrate sympathy and empathy	B	D	M	M	M	M	M	M	M
Recognize symptoms of anxiety and demonstrate healthy ways to handle them	B	D	M	M	M	M	M	M	M
Explain when and how to seek help when feeling sad or scared	B	D	M	M	M	M	M	M	M
Describe the physical and emotional signs of stress and the short-term and long-term impacts of stress				B	D	M	M	M	M

Discuss the causes of stress and demonstrate ways to deal with stressful situations				B	D	M	M	M	M
Identify types of loss and demonstrate ways to cope with loss and sadness				B	D	M	M	M	M
Expand their feelings vocabulary				B	D	M	M	M	M
Recognize how emotions effect behavior, and how behavior affects others				B	D	M	M	M	M
Describe and demonstrate appropriate ways to express emotions, both verbally and non-verbally				B	D	M	M	M	M
C. Friendship									
Describe how children are alike and different and recognize each person as unique and special	B	D	M	M	M	M	M	M	M
Define friendship and describe characteristics of a friend	B	D	M	M	M	M	M	M	M
Describe appropriate ways to show affection and caring	B	D	M	M	M	M	M	M	M
Develop positive social skills to interact with others	B	D	M	M	M	M	M	M	M
Differentiate between telling and tattling	B	D	M	M	M	M	M	M	M
Discuss how peer relationships may change during adolescence				B	D	M	M	M	M
Identify what they look for in a group, and why they belong to a group				B	D	M	M	M	M
Discuss how peers impact the way they communicate and express emotions				B	D	M	M	M	M
Recognize positive and negative peer pressure in relationships				B	D	M	M	M	M

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Discuss the effects of spreading rumors and gossiping				B	D	M	M	M	M
Acquire the attitudes, knowledge and interpersonal skills to help students understand self and others.							B	D	M
D. Character Education									
Demonstrate character traits that are important in day-to-day activities in the home, school, and community (ie: trust, responsibility, respect, fairness, caring, and citizenship)	B	D	M	M	M	M	M	M	M
Conduct a cooperative activity or project that addresses a character trait	B	D	M	M	M	M	M	M	M
Identify ethical behaviors in the home, school, and community	B	D	M	M	M	M	M	M	M
Demonstrate the appropriate use of courtesy words and understand their importance to relationships	B	D	M	M	M	M	M	M	M
Explain a person's responsibility to obey the laws and rules	B	D	M	M	M	M	M	M	M
Act as a leader and a follower	B	D	M	M	M	M	M	M	M
Participate in a class or school service activity and explain how volunteering enhances self-esteem	B	D	M	M	M	M	M	M	M
Explain that a person's character and values are reflected in the way the person thinks, feels, and acts	B	D	M	M	M	M	M	M	M
Explain that a responsibility means something you must do	B	D	M	M	M	M	M	M	M
Identify examples of responsible citizenship in the school setting and establish ground rules for sharing and creating a peaceful environment	B	D	M	M	M	M	M	M	M
Recognize real people and fictional characters that have demonstrated responsible leadership and citizenship and identify the characteristics that have made them good examples	B	D	M	M	M	M	M	M	M

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Explain and demonstrate how character and behavior affects and influences the actions of others in the home, school, and community				B	D	M	M	M	M
Discuss how an individual's character positively impacts individual and group goals and success				B	D	M	M	M	M
Describe and demonstrate appropriate character traits, social skills, and positive attitudes needed for the home, school, community, and workplace				B	D	M	M	M	M
Describe how personal ethics influence decision making				B	D	M	M	M	M
Describe and demonstrate the characteristics of an effective leader				B	D	M	M	M	M
Compare various forms of leadership and implement appropriate leadership strategies when serving in a leadership role				B	D	M	M	M	M
Organize and participate in a school or community service activity and discuss how helping others impacts personal and community wellness				B	D	M	M	M	M
Discuss how individuals can make a difference by helping others, volunteering, and participating in activities through school or community-based health or service organizations				B	D	M	M	M	M
Discuss local and state laws that impact personal, family, and community wellness and formulate ways that individuals and groups work together to improve wellness				B	D	M	M	M	M
Explain that a citizen is a legally recognized member of the United States with rights and responsibilities				B	D	M	M	M	M
Describe the significant characteristics of an effective citizen				B	D	M	M	M	M
Discuss the rights and responsibilities of American citizens, including obeying laws, serving on juries, and voting in local, state, and national elections				B	D	M	M	M	M

E. Diversity									
Describe how children are alike and how they are different	B	D	M	M	M	M	M	M	M
Demonstrate respect for varying ideas and opinions	B	D	M	M	M	M	M	M	M
Identify different kinds of families and explain that families may differ for many reasons	B	D	M	M	M	M	M	M	M
Explain that all family members have certain rights and responsibilities that contribute to the successful functioning of the family	B	D	M	M	M	M	M	M	M
Explain that families experiencing a change or crisis can get help if they need it	B	D	M	M	M	M	M	M	M
Explore basic concepts of diversity, tolerance, fairness, and respect for others	B	D	M	M	M	M	M	M	M
Explain why it is important to understand diverse peoples, ideas, and cultures	B	D	M	M	M	M	M	M	M
Develop skills for accepting self and others through awareness of different cultures	B	D	M	M	M	M	M	M	M
Compare and contrast ways that individuals, families and communities cope with change, crisis, rejection, loss, and separation				B	D	M	M	M	M
Discuss ways that families adjust to changes in the nature or structure of the family				B	D	M	M	M	M
Discuss how culture and tradition influence personal and family development.				B	D	M	M	M	M
Compare and contrast the interconnected and cooperative roles of family members				B	D	M	M	M	M
Investigate ways that individuals and families enhance and support social and emotional health and meet basic human needs.				B	D	M	M	M	M
Describe the characteristics of a healthy relationship and discuss factors that support and sustain it				B	D	M	M	M	M

Examine common and diverse traits of other cultures and compare to their own culture				B	D	M	M	M	M
Discuss the impact of stereotyping on relationships, achievement, and life goals				B	D	M	M	M	M
Analyze how prejudice and discrimination may lead to acts of hatred and violence				B	D	M	M	M	M
Recognize bias, vested interest, stereotyping, and the manipulation and misuse of information.				B	D	M	M	M	M
F. Conflict Resolution									
Identify the possible causes of conflict and discuss appropriate ways to prevent and resolve conflicts	B	D	M	M	M	M	M	M	M
Describe and demonstrate strategies to prevent, reduce, or mediate conflict	B	D	M	M	M	M	M	M	M
Recognize and define a problem	B	D	M	M	M	M	M	M	M
Plan and follow steps to make choices and decisions	B	D	M	M	M	M	M	M	M
Demonstrate steps to deal with stress and conflict	B	D	M	M	M	M	M	M	M
Select and use language appropriate to the situation	B	D	M	M	M	M	M	M	M
Practice steps for effective conflict resolution	B	D	M	M	M	M	M	M	M
Choose and justify appropriate strategies to deal with conflict, violence, harassment, vandalism, and bullying				B	D	M	M	M	M
Describe home, school, and community efforts to prevent conflict, vandalism, bullying, harassment, and violence				B	D	M	M	M	M

Demonstrate and evaluate the effective use of communication skills, including refusal, negotiation, and assertiveness				B	D	M	M	M	M
Identify and access print and non-print resources that can be used to help solve problems				B	D	M	M	M	M
Demonstrate brainstorming skills				B	D	M	M	M	M
Describe how personal beliefs and attitudes affect decision-making				B	D	M	M	M	M
G. Anti-Bullying									
Recognize various emotions and demonstrate sympathy and empathy	B	D	M	M	M	M	M	M	M
Describe and demonstrate appropriate ways to express wants, needs, and emotions, both verbally and non-verbally	B	D	M	M	M	M	M	M	M
Identify the possible causes of conflict and discuss appropriate ways to prevent and resolve conflicts	B	D	M	M	M	M	M	M	M
Explain and demonstrate when and how to seek help when feeling scared, sad, lonely, or bullied	B	D	M	M	M	M	M	M	M
Select and use language appropriate to the situation, including learning and practicing using positive self talk.	B	D	M	M	M	M	M	M	M
Discuss and understand that singling someone out for deliberate and repeated harassment is bullying	B	D	M	M	M	M	M	M	M
Understand the various forms of bullying: Verbal (name calling, teasing, threatening), Physical (hitting, taking or damaging possessions, making someone do things they don't want to do, pushing and shoving), and Social/ Emotional (spreading rumors, ignoring or excluding others, making someone uncomfortable or scared)	B	D	M	M	M	M	M	M	M

Recognize in a bullying situation there are three roles: the aggressor (bully), the target, and the bystander	B	D	M	M	M	M	M	M	M
Understand the important role of the bystander in addressing bullying	B	D	M	M	M	M	M	M	M
Practice steps for effective conflict resolution and strategies for preventing bullying in the school	B	D	M	M	M	M	M	M	M
Recognize and practice responsible social and ethical behaviors when using technology, and understand the rewards and risks of the internet	B	D	M	M	M	M	M	M	M
Practice appropriate internet etiquette	B	D	M	M	M	M	M	M	M
Discuss and understand gang awareness and the importance of when and how to use refusal skills in safety situations	B	D	M	M	M	M	M	M	M
Distinguish among conflict, violence, vandalism, harassment, and bullying and discuss factors that contribute to each				B	D	M	M	M	M
Describe and demonstrate strategies to prevent, reduce, or deal with conflict and bullying				B	D	M	M	M	M
Describe home, school, and community efforts to prevent conflict, vandalism, bullying, harassment, and violence				B	D	M	M	M	M
Identify and describe skills necessary to help others in need				B	D	M	M	M	M
Discuss the causes of stress and demonstrate ways to deal with stressful situations				B	D	M	M	M	M
Describe the physical and emotional signs of stress and the short- and long-term impacts of stress to the human body				B	D	M	M	M	M
Develop positive social skills to interact with others				B	D	M	M	M	M

Demonstrate respect and flexibility in interpersonal and group situations				B	D	M	M	M	M
Select and use language appropriate to the situation, including learning and practicing using positive self talk				B	D	M	M	M	M
Work cooperatively with others to solve a problem				B	D	M	M	M	M
Practice the skills necessary to avoid physical and verbal confrontation in individual and group settings				B	D	M	M	M	M
Understand that singling someone out for deliberate and repeated harassment is bullying				B	D	M	M	M	M
Describe and understand relational aggression and develop positive social skills to interact with others				B	D	M	M	M	M
Exhibit legal and ethical behaviors when using information and technology, and discuss rewards and risks of the internet				B	D	M	M	M	M
Describe and practice safe internet usage, including an understanding on how to utilize appropriate resources if confronted with online bully				B	D	M	M	M	M
Discuss and understand gang awareness and the importance of effective use of communication skills, including refusal, negotiation, and assertiveness				B	D	M	M	M	M
H. Personal Safety									
Distinguish among “good/safe touch”, “bad/unsafe touch”, and “confusing touch” and explain what to do if touching causes uncomfortable feelings	B	D	M	M	M	M	M	M	M
Identify safe and appropriate behavior when interacting with strangers, acquaintances, and trusted adults	B	D	M	M	M	M	M	M	M
Use a three part safety plan if they are in danger: 1) say no, 2) get away, 3) tell an adult	B	D	M	M	M	M	M	M	M

Explain circumstances when they do not have to obey an adult	B	D	M	M	M	M	M	M	M
Name trustworthy people with whom they feel safe	B	D	M	M	M	M	M	M	M
Explain that it is not appropriate for adults to appeal to children for help (ie: asking for directions, looking for a pet)	B	D	M	M	M	M	M	M	M
Differentiate between needs and wants and explain their rights to food, clothing, and shelter	B	D	M	M	M	M	M	M	M
Recognize that personal safety supersedes obligation toward others	B	D	M	M	M	M	M	M	M
Explain that abuse can take several forms, including verbal, emotional, sexual, and physical				B	D	M	M	M	M
Discuss the physical, social, and emotional impacts of all forms of abuse				B	D	M	M	M	M
Discuss what to do if any form of abuse is suspected or occurs				B	D	M	M	M	M
Recognize that touch can elicit pleasant and unpleasant feelings				B	D	M	M	M	M
Discuss the rewards and risks of the Internet, e-mail, and wireless devices (ie: games, cell phones)				B	D	M	M	M	M
Describe the characteristics of strangers, acquaintances, and trusted adults and demonstrate safe and appropriate ways to deal with each				B	D	M	M	M	M
Understand safety and survival skills.							B	D	M
Acquire personal safety skills.							B	D	M

II. Academic Development

A. Study Skills	K	1	2	3	4	5	6	7	8
Demonstrate effective communication and listening skills	B	D	M	M	M	M	M	M	M
Identify ways to improve listening skills (make eye contact, focus and concentrate, do not interrupt, remove distractions, repeat directions, ask questions to clarify)	B	D	M	M	M	M	M	M	M
Identify how work habits impact the quality of one's work	B	D	M	M	M	M	M	M	M
Identify positive work habits and attitudes necessary for home, community, and school	B	D	M	M	M	M	M	M	M
Describe and demonstrate active and reflective listening				B	D	M	M	M	M
Discuss the importance of communication, punctuality, time management, organization, decision making, and goal setting as they relate to school				B	D	M	M	M	M
Compare and contrast learning styles (visual, auditory, kinesthetic, etc.) and identify personal learning styles				B	D	M	M	M	M
Students will acquire attitudes, knowledge, and skills that contribute to effective learning and across the life span by improving academic self-concept and acquiring skills for improving learning.							B	D	M
Acquire the attitudes, knowledge and skills that contribute to effective learning across the life span.							B	D	M
B. Goal Setting									
Plan and follow steps to make choices and decisions	B	D	M	M	M	M	M	M	M
Develop group goals	B	D	M	M	M	M	M	M	M

Analyze personal interests, abilities, and skills through various measures including self-assessment				B	D	M	M	M	M
Identify and assess problems that interfere with attaining goals				B	D	M	M	M	M
Describe how personal beliefs and attitudes affect decision- making				B	D	M	M	M	M
Develop and implement a personal growth plan that includes short- and long-term goals to enhance development				B	D	M	M	M	M
Practice goal-setting and decision-making in areas relative to life skills							B	D	M
Students will complete academic preparation to choose from a wide range of substantial post-secondary options including college by achieving school success and improving learning.							B	D	M
Students will understand the relationship of academics of the world of work and to life at home and in the community by planning for goal achievement and relating school to life experience.							B	D	M
Complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college.							B	D	M

III. Career Development

A. Decision Making	K	1	2	3	4	5	6	7	8
Recognize and define a problem	B	D	M	M	M	M	M	M	M
Be introduced to the decision making process. Plan and follow steps to make choices and decisions a) What is the problem? b) What have you tried? And what happened after that? c) What else could you do and what would happen? d) What is your next step?	B	D	M	M	M	M	M	M	M
Identify and access print and non-print resources that can be used to help solve problems	B	D	M	M	M	M	M	M	M
Demonstrate brainstorming skills	B	D	M	M	M	M	M	M	M
Discuss how parents, peers, and the media influence decisions	B	D	M	M	M	M	M	M	M
Communicate, analyze data, apply technology, and problem solve				B	D	M	M	M	M
Describe how personal beliefs and attitudes affect decision-making				B	D	M	M	M	M
Work cooperatively with others to solve a problem				B	D	M	M	M	M
List problems and their causes, effects, and solutions that are faced in the home, school, and/or community				B	D	M	M	M	M
Describe how personal ethics influence decision making				B	D	M	M	M	M
Assess the importance of taking responsibility for their choices and actions				B	D	M	M	M	M

Analyze the influence of family, peers, and the media on decisions and investigate how conflicting interests may influence decisions and choices				B	D	M	M	M	M
Understand the relationship of academics to the world of work, and to life at home and in the community.							B	D	M
B. Career Awareness									
Describe various life roles and work-related activities in the home, community, and school	B	D	M	M	M	M	M	M	M
Identify reasons people work and how work habits impact the quality of one's work	B	D	M	M	M	M	M	M	M
Define the terms and identify various jobs, occupations, and careers				B	D	M	M	M	M
Apply research skills to career exploration				B	D	M	M	M	M
Analyze personal interests, abilities, and skills through various measures including self assessments				B	D	M	M	M	M
Acquire skills to investigate the world of work in relation to knowledge of self to make informed career decisions by developing career awareness and employment readiness.							B	D	M
Employ strategies to achieve future career success and satisfaction by acquiring career information and identifying career goals.							B	D	M
Understand the relationship between personal qualities, education, and training, and the world of work by acquiring knowledge to achieve career goals and by applying skills to achieve career goals.							B	D	M