## ENDS 46—Life Management and Personal Awareness

Students will live healthy, satisfying, and productive lives.

Students will:

- <u>46</u>.1 understand and apply principles of sound physical, <u>mental and emotional health</u>, nutrition, hygiene, and fitness;
- 4.2 understand and apply principles of sound mental and emotional health;
- 4.3 understand and develop their personal gifts and strengths, and identify personal passions;
- 4.4 be able to create and innovate in order to problem-solve;
- 6.2 identify challenging personal goals and develop, evaluate and implement plans to achieve them;
- <u>46.53</u> be resilient, take informed risks, deal constructively with failure, and be flexible and adaptable to change;
- <u>46.6</u> be able to cooperate and collaborate within a diverse group of people in order to attain desired outcomes;
- 46.72 identify challenging personal goals and develop, evaluate and implement plans to achieve them, ; including post-high school goals that extend their K-12 learning to attainable next levels of education or training;
- 6.4 understand the importance of adapting career, education and life goals to the demands of a rapidly changing world;
- 46.85 learn and apply principles of sound financial management in order to support self and family;
- 4.9 understand the opportunities and risks posed by digital technology, social media and the Internet.
- 6.6 cooperate and collaborate within a diverse group of people in order to attain desired outcomes;
- 6.7 establish post-high school goals that extend their K-12 learning to attainable next levels of education or training.

## **ENDS 5—Personal Awareness and Expression**

Students will understand and develop their personal gifts and strengths.

Students will:

- 5.1 identify personal passions and create a vision for life;
- 5.2 express themselves through personal development in one or more physical, intellectual, or artistic modes;
- 5.3 be able to create and innovate to develop higher-level thinking skills.