

ENDS 4—Life Management and Personal Awareness

Students will live healthy, satisfying, and productive lives.

Students will:

- 4.1 understand and apply principles of sound physical health, 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;
- 4.5 be resilient, take informed risks, deal constructively with failure, and be flexible and adaptable to change;
- 4.6 be able to cooperate and collaborate within a diverse group of people in order to attain desired outcomes;
- 4.7 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;
- 4.8 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.