

## 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, and learn to recognize signs of unsound emotional health;

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4.39 understand the opportunities and risks posed by digital technology, and social media, including social-emotional risks and safety impacts, and the Internet.

4.43 understand and develop their personal gifts and strengths, and identify personal passions;

4.54 be able to create and innovate in order to problem-solve develop higher-level thinking skills;

4.65 be resilient, take informed risks, deal constructively with failure, and be flexible and adaptable to change;

4.76 be able to cooperate and collaborate within a diverse group of people in order to attain desired outcomes;

4.87 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;

4.98 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.~~