

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.~~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.~~