

## Middle School (Grades 6-8)

### Content Area – Intrapersonal Effectiveness

Goal	Targets	Resources	Lessons	Character Trait
<b>I.A. Student Competency: Students have a positive self-concept</b>				
<b>I.A.i. Goal: Students will have accurate self-concepts</b>	Use self-appraisal skills	Body Image	p. 17 Activity 4 Your Reflection	Respect
	Describe how they manage school learning as an expression of self-concept	Self-Esteem	p. 52-56 Activity 14 Your Authentic Self	
<b>I.A.ii. Goal: Students will appreciate their uniqueness</b>	Acknowledge accept & appreciate uniqueness in themselves	Self-Esteem CBT Toolbox	p. 73-76 Activity 19 Discovering your likes p. 60	Honesty Courage
	Analyze what contributes to feelings of self-worth	Self-Esteem Body Image	p. 28-31 Activity 8 p. 32	
<b>I.A.iii. Goal: Students will develop self-regulation skill</b>	Analyze how they manage their feelings	Don't Let Your Emotions Run Your Life	p. 41-43 Chapter 2-3 Activity 13	Responsibility Courage
	Describe the benefits of expressing their feelings to an adult.	Anxiety Workbook	p. 76 Activity 20 Talking it Out	
<b>I.B. Student Competency: Students utilize effective executive functioning skills</b>				
<b>I.B.i. Goal: Students will develop effective decision-making skills</b>	Analyze how past decisions influence present decisions and project how present decisions will influence future decisions.	Executive Functioning Workbook for Teens	"Executive skills self-assessment" Pgs. 1-6	Responsibility
	Accept responsibility for the decisions they made and analyze the consequences.	Executive Functioning Workbook for Teens	"Emotion Control" Activities 11, 12, 13	
<b>I.B.ii. Goal: Students will be able to develop a plan of action</b>	Analyze the impact planning/lack of planning has had on their lives.	Executive Functioning Workbook for Teens	"Seeing Yourself." Activities 2, 3, 4	Responsibility
	Analyze their time mgt. skills and ways to improve them.	Executive Functioning Workbook for Teens	"Time Management Ability" Activities 8, 9, 10	

<b>I.B.iii. Goal: Students will be able to engage in goal setting</b>	Analyze the consequences of consistently setting realistic/unrealistic goals.	Executive Functioning Workbook for Teens	“Letter to Future Self” Activity 29	Responsibility
	Set personal short & long term goals	Executive Functioning Workbook for Teens	“Stick to it” Activity 30	
<b>I.B.iv. Goal: Students will be able to engage in effective problem solving</b>	Expand their capacity to generate alternatives for solving problems.	Don’t let your emotions run your life for teens.	Chapter Three	Problem Solving/Conflict Resolution Responsibility Courage Respect
	Analyze how they manage stress	Don’t let your emotions run your life for teens.	Chapter Two	
<b>I.C. Student Competency: Students behave appropriately to the situation and environment</b>				
<b>I.C.i. Goal: Students will behave in a responsible manner</b>	Demonstrate an understanding that the purpose of school rules is to guide their behavior and maintain order.	Executive Functioning Workbook for Teens	Activities 14, 15, 16	Responsibility Good Citizenship Respect
	Evaluate the ways they contribute to the educational environment.			
<b>I.C.ii. Goal: Students will take responsibility for their own behaviors</b>	Analyze how their behaviors affect others’ behaviors, emotions, and decisions.			Responsibility Caring Integrity Honesty Good Citizenship Fairness
	Identify how their beliefs affect their attitudes and behaviors.			
<b>I.C.iii. Goal: Students will develop self-management skills</b>	Analyze their behaviors that express recognition of human worth and dignity in relating to others.			Responsibility Courage Integrity Honesty Fairness Good Citizenship Caring
	Compare/Contrast the consequences that occur when they are/are not self-disciplined.			