

	High School Ready Grade 9	Career Ready Grade 10	College Ready Grade 11	Life Ready Grade 12
	Academy Career Expo Pre-ACT	Week of Work Pre-ACT	College Visits ACT/SAT/ASVAB/PSAT	College Application
1	Healthy Relationships Students will learn about different types of relationships and setting personal boundaries.	Mental Health Literacy Students will differentiate between mental health and mental illness and learn the importance of getting help.	College and Career Assessments Discuss types of CCR assessments and which ones are best for different plans.	Life After High School Present a variety of options for post-secondary education and training.
2	Suicide Prevention & Understanding Emotions Students will learn how to help others struggling and about strong emotions and strategies to regulate them.	Test Taking/Anxiety Students will learn how to recognize and manage stress/anxiety.	Test Taking Success Strategies for success on CCR exams, including test-taking strategies, free resources, and ACT Method Test Prep.	Taking the Next Step Students will learn the steps needed to apply to a college or tech school. Post High Planning Day
3	Solving Problems/Bullying & Harrassment Students will learn about how to respectfully solve problems with others. (NH)	Workplace Skills & Attitudes (Xello) SD State Requirement Matchmaker Revisit the Matchmaker assessment while in Xello.	Time Management Students will learn time management strategies.	Funding Your Future Students will learn about scholarships, FAFSA, WUE, Reciprocity & other programs for funding education
4	Stress Management Students will explore ways to gauge and manage stress in themselves.	Work Values (Xello) Entrepreneurial Skills (Xello) *optional lesson	Problem Solving/Conflict Resolution Students will learn problem solving strategies and effective communication skills.	Problem Solving & Self Advocacy Students will review problem solving strategies and effective communication skills.
5	How K-12 Prepares You for the Future Students will learn about how their choices up to now and moving forward have a big impact on the future.	Earning College Credit in High School Students will learn about Dual Credit and Advanced Placement (AP) courses and Industry Certifications	What is College? Students will discuss RCAS definition and types of colleges Choosing a College (Xello) . *optional lesson	Goal Setting Students will learn about SMART goals and set 1, 5 and 10 year personal, educational and financial goals.
6	Graduation Requirements & Diplomas Students will learn about the SDDOE and RCAS graduation requirements as well as different diploma options -complete their 4-year plans.	Graduation Requirements & Diplomas Students will review SDDOE and RCAS graduation requirements as well as different diploma options – Review & edit their 4-year plans.	Graduation Requirements & Diplomas Students will review SDDOE and RCAS graduation requirements as well as different diploma options – Review & edit their 4-year plans.	Resilience Overcoming obstacles in school and in life. How to advocate for yourself at work and in college.
7	HS Planning/Course Selection Students will utilize their completed 4-year plans and register for courses for the following school year.	HS Planning/Course Selection Students will utilize their completed 4-year plans and register for courses for the following school year.	HS Planning/Course Selection Students will utilize their completed 4-year plans and register for courses for the following school year.	Finding a Balance With work, school, family, and friends, there is a lot to juggle. Discussion about how to prioritize & focus on goals.
8	Growth Mindset (Grit) Students will learn about neuroplasticity and the brain. They will learn the importance of trying and working hard when things get tough. (NH)	Career & Lifestyle Costs (Xello) Career Demands (Xello) *optional lesson	Paying for College Students will learn about various scholarships and financial aid available.	Next Step: Graduation Celebrate each students' plan after graduation and review graduation events/protocols. Senior Exit Survey

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