

| | High School Ready Grade 9 | Career Ready Grade 10 | College Ready Grade 11 | Life Ready Grade 12 |
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| | Academy Career Expo Pre-ACT | Week of Work Pre-ACT/PSAT | College Visits ACT/SAT/ASVAB | College Application Day |
| 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 from others. | College and Career Assessments Discuss types of CCR assessments and which ones are best for different plans. | Senior Meetings Meet with seniors to complete the graduation readiness checklist, including credit checks. Post High Planning |
| 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. | FAFSA Jumpstart completion of the FAFSA in class and design a plan to pay for post-secondary goals. College Entrance Matchup |
| 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. | College Application Week Students will learn what to expect and how to prepare to apply. I Applied... Now what? |
| 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/Conflict Resolution 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 | One-Year Plan after Graduation |
| 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. Having a back-up plan. |
| 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, and feel good. |
| 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. | Celebrating Each Decision Take time to honor and celebrate each students' plan after graduation. Senior Exit Survey |