

Course Title: Personal Development and Career Planning
Course Number: 8500430
Course Credit: Semester

Course Description:

The content includes but is not limited to development of self-esteem, a personal value system and self-discipline by developing positive coping skills to deal with physical, emotional, intellectual and social changes in self and others.

CTE Standards and Benchmarks

01.0 Demonstrate leadership, study, and organizational skills–The student will be able to:

01.01 Identify purposes and functions of professional and community service organizations.

01.02 Identify roles and responsibilities of members of professional and community service organizations, including career and technical student organizations.

01.03 Work cooperatively as a group member to achieve organizational goals.

01.04 Demonstrate confidence in leadership roles and organizational responsibilities.

01.05 Demonstrate personal responsibility.

01.06 Practice time management techniques.

01.07 Identify methods used for studying.

01.08 List ways to use study time wisely.

01.09 Create a plan to manage your time.

01.10 List ways technology can add balance your life.

01.11 Develop a personal growth project.

01.12 Identify ways to create organization in your personal space.

02.0 Recognize factors that affect personality development–The student will be able to:

02.01 Review Robert Havighurst's developmental tasks of pre-adolescence and adolescence.

02.02 Identify Maslow's basic human needs.

02.03 Define self-esteem and self-concept.

02.04 Explain how heredity and environment affect the development of personality.

CTE Standards and Benchmarks

02.05 Identify factors that affect self-concept and achievement.

02.06 State how a positive self-concept builds good relationships with friends, peers, parents, and family members.

02.07 Identify characteristics of individuals with high/low self-esteem.

02.08 Inventory personal traits, attitudes, abilities, talents and values that can be used as resources in personal development.

02.09 Analyze personality strengths and weaknesses.

02.10 Identify how values and standards affect character and actions.

02.11 Determine how to make ethical decisions.

03.0 Identify and apply skills needed for positive interpersonal relationships–The student will be able to:

03.01 Identify social skills that contribute to good relationships with others, including diverse multi-cultural groups.

03.02 Identify appropriate topics of conversation when establishing relationships with acquaintances.

03.03 List forms of verbal and non-verbal communication.

03.04 Practice positive communication skills.

03.05 Demonstrate appropriate manners and etiquette for a variety of social situations.

04.0 Identify positive coping skills for adjusting to stress and conflict–The student will be able to:

04.01 Identify positive and negative stress.

04.02 Identify changes that affect families.

04.03 Describe ways of coping with personal and family stress and crises.

04.04 Recognize signs of peer pressure and bullying.

04.05 Demonstrate refusal skills.

04.06 Identify causes of conflict.

04.07 List the steps in the conflict resolution process.

04.08 Compare ways of dealing with and preventing conflict with friends and family members.

05.0 Identify relationships that influence personality development–The student will be able to:

CTE Standards and Benchmarks

05.01	Identify types of relationships.
05.02	Describe qualities of a friend
05.03	Recognize healthy and unhealthy relationships.
05.04	List the functions of families.
05.05	List types of family structures.
05.06	Describe the family life cycle.
05.07	Identify ways to blend work and family.
05.08	Discuss the benefits and challenges of current technology and the impact on the family.
05.09	Identify factors in caring for children and the elderly.
05.10	Discuss the joys and challenges of being a parent.
05.11	Discuss the joys and challenges of being a parent
06.0	Assess the importance of good health and wellness–The student will be able to:
06.01	Describe wellness.
06.02	Explain the importance of good nutrition.
06.03	Classify foods according to the Food Guide Pyramid.
06.04	List the essential nutrients and describe their functions and sources.
06.05	List good health practices that contribute to looking your best.
06.06	Identify the health risks associated with the use of alcohol, tobacco, and other drugs.
06.07	List resources and organizations that assist individuals who abuse alcohol, tobacco, and other drugs.
06.08	Develop an exercise and nutrition plan that incorporates the components of wellness.
06.09	Identify careers related to health and wellness.
07.0	Develop a plan for managing your resources–The student will be able to:
07.01	Define needs and wants.

CTE Standards and Benchmarks

07.02 Identify major and minor decisions and the factors that affect decisions.

07.03 Identify the steps of the decision-making process.

07.04 Develop a self-improvement plan using the decision-making process to set goals and priorities.

07.05 Apply the decision-making process to personal, social, and family activities.

07.06 Identify factors that affect consumer choices.

07.07 Identify ways to manage your resources for personal needs and wants.

07.08 Develop a spending and savings plan for your money.

07.09 Discuss reasons for working.

07.10 Explain the relationship between income and lifestyle.

07.11 Identify the personal skills needed for employment.

07.12 Discuss careers related to resource management.

Listed below are the standards that must be met to satisfy the requirements of Section 1003.4156, Florida Statutes--The student will be able to:

08.0 Describe the influences that societal, economic, and technological changes have on employment trends and future training.

09.0 Develop skills to locate, evaluate, and interpret career information.

10.0 Identify and demonstrate processes for making short and long term goals.

11.0 Demonstrate employability skills such as working in a group, problem-solving and organizational skills, and the importance of entrepreneurship.

12.0 Understand the relationship between educational achievement and career choices/postsecondary options.

13.0 Identify a career cluster and related pathways that match career and education goals.

14.0 Develop a career and education plan that includes short and long-term goals, high school program of study, and postsecondary/career goals.

15.0 Demonstrate knowledge of technology and its application in career fields/clusters.