

# REPORT CARD CHUGACH SCHOOL DISTRICT

**Name:**

**Personal/Social/Health**  
Graduation = Level VII

**Key:** \* Advanced + Proficient  
Developing — Emerging

**Level I:**

**Personal:**

- PS 1.1 Understands what it means to be a good student.
- PS 1.2 Lists positive/healthy free-time activities.

**Social:**

- PS 1.3 Identifies ways to make friends and keep them (don't lie, hit, or steal; share; smile; talk).
- PS 1.4 Practices using good manners (uses "please", "thank you", "excuse me", etc.).
- PS 1.5 Participates in a class play or other similar project that fosters attendance, cooperation, sharing, self-control, responsibility and listening.

**Health:**

- PS 1.6 Recites fire, earthquake, and water safety principles and who to call in an emergency.
- PS 1.7 Lists traits of good personal hygiene and nutrition.
- PS 1.8 Names harmful substances.
- PS 1.9 Practices fine and gross motor skills.

**Remarks:**

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**Level II:**

**Personal:**

- PS 2.1 Defines and demonstrates honesty and responsibility (prepared for class, call if you will be late, clean up work area).
- PS 2.2 Defines and demonstrates respect for self, others, and property.
- PS 2.3 Understands the importance of setting goals.
- PS 2.4 Shows skills to stay on task and complete tasks on time.
- PS 2.5 Demonstrates responsible use of humor.
- PS 2.6 Chooses positive/healthy free-time activities.
- PS 2.7 Participates willingly and shows positive attitude.

**Social:**

- PS 2.8 Describes different kinds of relationships (family, social, professional, etc.).
- PS 2.9 Practices skills to interact with adults (takes turns speaking, respect, manners, eye contact).
- PS 2.10 Applies skills to make and keep friends.
- PS 2.11 Shares, in a class presentation, a personal involvement in a positive/healthy free-time activity.

**Health:**

- PS 2.12 Describes potential hazards at home, school and in the community and ways to avoid them (poisons, fire, earthquake).
- PS 2.13 Recognizes benefits of good personal hygiene traits, nutritious diet and exercise.
- PS 2.14 Explains how medications can be helpful and harmful, as well as problems incurred with excessive amount of any substance.
- PS 2.15 Identifies good/bad touches.

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**Level III:**

**Personal:**

- PS 3.1 Identifies personal strengths and weaknesses.
- PS 3.2 Demonstrates good study skills (organization, consistency, time management, responsibility, note taking, and assignment completion).
- PS 3.3 Exhibits pride in work, self-discipline, and concern for safety of self and others.
- PS 3.4 Practices decision-making, conflict resolution and problem-solving strategies.
- PS 3.5 Practices a goal-setting process to establish short-term and long-term goals.

**Social:**

- PS 3.6 Recognizes qualities for developing and maintaining relationships (empathy, compassion, positive attitude, dependability and loyalty).
- PS 3.7 Identifies strategies to deal effectively with peer pressure (“Just Say No”, dealing with bullies, knowing when to confront).
- PS 3.8 Communicates feelings in a positive/constructive manner.
- PS 3.9 Employs effective group interaction skills (taking turns, coming to consensus, sharing and accepting ideas).
- PS 3.10 Role-plays a variety of situations that demonstrate inclusion/exclusion.

**Health:**

- PS 3.11 Describes safety procedures for recreational activities (4-wheeling, boating, swimming, and hunting).
- PS 3.12 Demonstrates good personal hygiene traits.
- PS 3.13 Recognizes attributes of healthy/unhealthy people.
- PS 3.14 Demonstrates complex gross and fine motor skills (jump roping, cursive).
- PS 3.15 Identifies effects of drugs, alcohol and tobacco use on physical, emotional and social well being.
- PS 3.16 Identifies appropriate ways to express feelings, emotions and assertive responses to unsafe or unwanted touches.
- PS 3.17 States basic first aid principles (i.e., direct pressure to stop bleeding, hypothermia prevention, and wound treatment).

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**Level IV:**

**Personal:**

- PS 4.1 Understands why good attendance and being on time are important.
- PS 4.2 Understands personal bias or prejudice.
- PS 4.3 Exhibits appropriate manners, respect for authority and respect for diversity.
- PS 4.4 Exhibits strategies to deal with shyness, embarrassment, boredom and peer pressure (Skill Streaming).
- PS 4.5 Applies problem-solving skills and good study skills.
- PS 4.6 Revises goals and plans for goal accomplishment as needed.
- PS 4.7 Shares personal awareness of values and recognizes strengths and weaknesses.

**Social:**

- PS 4.8 Recognizes factors that affect individuals and families (alcoholism, drug addictions, abuse, relocation, divorce, time together, sharing, birth, etc.).
- PS 4.9 Employs skills to be a team player (cooperation, acceptance of roles, sportsmanship).

**Health:**

- PS 4.10 Identifies proper first-aid principles when prompted in a simulated situation.
- PS 4.11 Demonstrates knowledge of basic nutritional guidelines and practices.
- PS 4.12 Tells ways to prevent the spread of communicable diseases and compare to non-communicable diseases.
- PS 4.13 Demonstrates knowledge of basic nutritional guidelines and practices.
- PS 4.14 Recognizes the negative impact of one’s substance abuse on friends, family, community, and employability including the legal ramifications involved.

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**Level V:**

**Personal:**

- PS 5.1 Demonstrates an understanding of diversity.
- PS 5.2 Applies conflict resolution and critical thinking skills to a variety of situations.
- PS 5.3 Demonstrates commitment to learning and personal development (ILP, LifeSkills portfolio).
- PS 5.4 Develops a strong personal ethic (punctuality, quality task completion, best effort, honesty, appropriate dress, etc.).
- PS 5.5 Demonstrates personal awareness through sharing of values, interests, strengths and weaknesses.
- PS 5.6 Performs basic life skills consistently (cleanliness, healthy leisure).

**Social:**

- PS 5.7 Identifies attributes of healthy/unhealthy communities.

**Health:**

- PS 5.8 Teaches home fire and earthquake safety techniques to others (including earthquake safety kit).
- PS 5.9 Explains strategies for stress management and for responding to a crisis (including suicide prevention).
- PS 5.10 Applies basic first aid principles in a simulated situation.
- PS 5.11 Develops a personal plan to confront social pressures related to drug and alcohol use.
- PS 5.12 Investigates interrelationships and disparities among physical, emotional, and social changes occurring with puberty.
- PS 5.13 Identifies the transmission, prevention, and effects of AIDS and STDs.

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**Level VI:**

**Personal:**

- PS 6.1 Identifies leadership qualities (communication, consensus building, respect, and teamwork).
- PS 6.2 Makes and meets deadlines.
- PS 6.3 Demonstrates flexibility, adaptability and resiliency (through perseverance, acceptance of change, patience, etc.).
- PS 6.4 Recognizes and formulates strategies for stress management and ways to cope with personal loss or crisis.
- PS 6.5 Displays personal responsibility for successful daily living (time management, scheduling, problem solving, budgeting, decisions making, etc.).

**Social:**

- PS 6.6 Understands the benefits of healthy relationships/environments.
- PS 6.7 Uses social etiquette (does not interrupt speaker, expresses opinions tactfully, etc.).
- PS 6.8 Assists others in need (participates in mentoring, volunteers in community, etc.).
- PS 6.9 Develops interpersonal relationships and takes on a specific role to accomplish a cooperative project.

**Health:**

- PS 6.10 Reflects on personal decisions/choices regarding health and nutrition issues.
- PS 6.11 Demonstrates the ability to alter behavior to promote personal safety.
- PS 6.12 Recognizes characteristics and dangers of eating disorders.
- PS 6.13 Identifies responsibilities associated with pregnancy, parenting, marriage and risks of early marriage.

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**Level VII:**

**Personal:**

- PS 7.1 Demonstrates ability to find community resources or continuing education resources (health clinics, city/tribal councils, employment services, trade school, college, etc.).
- PS 7.2 Displays appropriate positive behavior in a variety of situations.
- PS 7.3 Evaluates responsibility and consequences of one's choices and actions.

**Social:**

- PS 7.4 Applies transferable personal/social skills and appropriate, positive behavior in a variety of situations (uses tact, employs negotiating and leadership skills).
- PS 7.5 Employs strategies for dealing with peer pressure.
- PS 7.6 Employs techniques to foster positive personal relationships in a group setting.
- PS 7.7 Applies skills for creating and maintaining healthy social and professional relationships.

**Health:**

- PS 7.8 Analyzes personal and social changes and responsibilities associated with pregnancy and birth (including prevention of birth defects and effective family planning options).
- PS 7.9 Demonstrates all skills required for obtaining first aid certification.
- PS 7.10 Creates a personal health plan to maintain proper nutrition and exercise.

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**Level VIII:**

**Personal:**

- PS 8.1 Understands the concept of calculated risk taking.
- PS 8.2 Makes informed decisions after exploring options and weighing consequences.
- PS 8.3 Displays ethical behavior in a variety of settings.
- PS 8.4 Strives for personal growth through commitment to life-long learning.

**Social:**

- PS 8.5 Proposes strategies and support structures to assist in dealing with problems associated with family, school and work.

**Health:**

- PS 8.6 Implements basic nutrition and exercise plan.

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