

Unit 3: Decision Making and Goal Setting

Content Area: **Unified Arts**
Course(s): **Health 4**
Time Period: **November**
Length: **3 Double Blocks**
Status: **Published**

Unit Summary

Students need to make decisions everyday. There is a process that students can use to help them make the decision that is right for them. Many health-related situations and decisions require a decision-making process. This decision-making process can also be used when setting health related goals. Goal setting is very important to a student's success.

Standards

HPE.2.2.4.B.1	Use the decision-making process when addressing health-related issues.
HPE.2.2.4.B.2	Differentiate between situations when a health-related should be made independently or with the help of others.
HPE.2.2.4.B.3	Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
HPE.2.2.4.B.4	Develop a personal health goal and track progress.
CAEP.9.2.4.A.1	Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals.
CAEP.9.2.4.A.2	Identify various life roles and civic and work - related activities in the school, home, and community.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.

Student Learning Objectives

Students will learn to:

- identify people who negatively or positively influence them.
- use the 6 steps in the decision making process during given scenarios.
- differentiate between long and short term goals.
- create a personal health-related goal.
- track the progress of a personal health-related goal.

Essential Questions

Why am I influenced?
How do I know if I made the right decision?
Why do I need goals?

Enduring Understandings

Students will understand that:

- they make many decisions everyday.
- some of decisions are small, but some can have a huge impact on their lives.
- using the decision-making process when confronted with health-related issues and decisions, is crucial to making a decision that is beneficial, safe, and healthy to the people involved.
- the decision-making process can help when setting short term and long term goals to help better themselves.

Application

Students will be able to independently use their learning to:

- make the easy and hard decisions that they are faced with throughout their lives.
- analyze tougher decisions using the decision making process, helping to ensure the decision is made appropriately.
- They will then be able to use the decision making process to create and track goals.

Skills

Students will be skilled at:

- Finding people/things that influence decisions.
- Reciting the decision making process. (Identify the Problem, Gather Information/Help, Possible Solutions/Consequences, Make a Choice, Write an Action Plan, Evaluate The Choice)
- Developing short and long term goals.