

# AA. Unit 1 Focus on You

Content Area: **21st Century Life and Careers**  
Course(s):  
Time Period: **Trimester 1**  
Length: **8-10 weeks**  
Status: **Published**

## Unit Overview

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This unit is about the factors that make us who we are. In this unit we will learn about:

- How personalities are developed
- Why grooming and personal care are important
- The structure and comfort that families provide
- The types of changes families might experience
- How to be a good friend
- How to recognize positive and negative peer pressure

## Essential Questions

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1. What traits do you look for in a role model?
2. What do you think others can tell about you?
3. What qualities make people unique individuals?
4. Why is it important to understand your emotions?
5. How can taking care of yourself now be important to your future?

## Content

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## Skills

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- Analyze why it is important to understand emotions
- Describe the importance of personal grooming
- Describe the physical changes that happen during adolescence
- Describe ways your emotions are affected during adolescence
- explain how personality is shown
- Explain the importance of first impressions
- list factors that influence who you are
- Name the qualities that make people unique individuals
- Name two examples of inherited traits
- Name two physical changes that can happen during adolescence

## **Assessments**

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1. Chapter 1 Review
2. Teacher Observation
3. Peer Interaction
4. Class Participation
5. Review Activities

## **Lessons/Learning Scenarios**

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Students will read chapter 1. Students will do a prewriting activity about their role model and identify a character that they can relate to. Students will work on identifying who they are and understanding they are all unique. Throughout the chapter, the students will work with peers on discovering family roles, culture, personality traits, building self-esteem, showing and learning responsibility, Emotional changes, and Personal grooming.

Hands On Lab:

- Take care of your nails.
- Develop a plan
- Implement your plan
- Evaluate the results

Wordle about Self

Focus on Personal Health and Hygiene

Real World Skills and Applications

## **Standards**

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CAEP.9.2.8.B.1	Research careers within the 16 Career Clusters <sup>®</sup> and determine attributes of career success.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
CAEP.9.2.8.B.4	Evaluate how traditional and nontraditional careers have evolved regionally, nationally, and globally.
WORK.5-8.9.1.8.1	Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.
WORK.5-8.9.1.8.1	Effective communication skills convey intended meaning to others and assist in preventing misunderstandings.
WORK.5-8.9.1.8.2	Ethical behaviors support human rights and dignity in all aspects of life.
WORK.5-8.9.1.8.C.1	Determine an individual's responsibility for personal actions and contributions to group activities.
WORK.5-8.9.1.8.D.3	Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.
WORK.5-8.9.1.8.D.4	Compare and contrast nuances in verbal and nonverbal communication in different cultures that may result in misinterpretation and misunderstanding.
WORK.5-8.9.1.8.D.5	Justify the need for greater cross-cultural understanding due to globalization.
WORK.5-8.9.1.8.F.2	Explain how rules, laws, and safety practices protect individual rights in the global workplace.
WORK.5-8.9.2.8.A.2	Differentiate among ways that workers can improve earning power through the acquisition of new knowledge and skills.

## Resources

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- Teacher created materials
- Safari Montage