

**G L E N C O E**

**Correlation**

**Applying Life Skills**

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Florida  
Personal Development  
Grades 6 - 8

**CORRELATION  
FLORIDA DEPARTMENT OF EDUCATION  
COURSE DESCRIPTION**

**SUBJECT:** Family and Consumer Sciences  
**COURSE NAME:** Personal Development  
**SUBMISSION TITLE:** Applying Life Skills © 2007  
**PUBLISHER:** Glencoe/McGraw-Hill  
**GRADE(S):** 6-8

**COURSE CODE NUMBER:** 8500230

OUTCOME NUMBER	BENCHMARK NUMBER	INTENDED OUTCOME/BENCHMARK DESCRIPTION	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL	I/M*
<b>1</b>		<b>PRACTICE SOCIALLY ACCEPTABLE BEHAVIOR</b>		I
1.01		Review the developmental tasks of adolescence.	<b>SE:</b> 19-21, 34, 35, 228 <b>TWE:</b> 19-21, 32-33, 228	I
1.02		Demonstrate appropriate manners and etiquette for a variety of situations.	<b>SE:</b> 94, 130-131, 132, 134, 303, 407-411, 412-413, 414, 416, 417, 545 <b>TWE:</b> 94, 130, 245, 303, 404-417, 545	I
1.03		Describe socially embarrassing situations and possible ways of coping with them.	<b>SE:</b> 41, 127-128, 138, 146-147, 148-149, 152, 160-161, 162-163 <b>TWE:</b> 130, 133, 152, 161-161, 163, 228	I
<b>2</b>		<b>EXPLAIN SELF-ESTEEM AND RELATE IT TO SELF-IMAGE AND BEHAVIOR</b>		I
2.01		Define self-esteem.	<b>SE:</b> 21, 22-23, 34 <b>TWE:</b> 22, 24, 34	I
2.02		Identify basic human needs.	<b>SE:</b> 54, 184, 278-279, 596-597, 598-599, 608, 609 <b>TWE:</b> 54, 62, 596-597, 608-609	I
2.03		State how a positive self-concept builds good relationships with friends, peers, parents, and family members.	<b>SE:</b> 21, 22-23, 24, 189 <b>TWE:</b> 18, 24	I
2.04		Identify characteristics of individuals with high/low self esteem.	<b>SE:</b> 22, 148, 157, 158 <b>TWE:</b> 21-22, 25, 149, 205	I
2.05		Relate areas of past success to self-esteem.	<b>SE:</b> 22-23, 24 <b>TWE:</b> 24, 31	M
2.06		Inventory personal traits, attitudes, abilities, talents and values that can be used as resources in personal development.	<b>SE:</b> 35, 63, 68-70, 81, 99 <b>TWE:</b> 68, 318	I

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<b>3</b>		<b>ASSESS THE IMPORTANCE OF NUTRITION AND WELLNESS</b>		<b>I</b>
3.01		Describe wellness.	<b>SE:</b> 189, 308, 322-324 <b>TWE:</b> 189, 308, 309-310, 315-317, 323-325	I
3.02		Identify how nutrition affects wellness.	<b>SE:</b> 315, 319, 320, 323, 355, 356, 358-360, 361, 362, 364-365, 367, 368, 369, 371-372, 372-376, 378, 383, 386-387, 388-389 <b>TWE:</b> 52, 245, 384-385, 388-389, 471	I
3.03		Develop a self-improvement project incorporating the components of wellness.	<b>SE:</b> 29, 335, 364-365, 369, 383, 385-386, 389 <b>TWE:</b> 29, 315, 318-319, 323, 325, 389	I
<b>4</b>		<b>PLAN FOR SELF-IMPROVEMENT</b>		<b>I</b>
4.01		Identify factors that affect self-concept and achievement.	<b>SE:</b> 21-23, 26-29, 30-31, 34-35, 86-88, 89-94 <b>TWE:</b> 21, 22, 32, 35, 189	I
4.02		Identify the steps of the decision-making process.	<b>SE:</b> 56-57, 62 <b>TWE:</b> 55-58, 113	I
4.03		Develop a self-improvement plan using the decision-making process to set goals and priorities.	<b>SE:</b> 56-57, 63 <b>TWE:</b> 51, 57-58, 61	I
4.04		Apply the decision-making process to personal, social and family activities.	<b>SE:</b> 56-57, 63, 113 <b>TWE:</b> 53, 56, 57, 58, 61	I
<b>5</b>		<b>IDENTIFY AND APPLY SKILLS NEEDED FOR POSITIVE INTERPERSONAL RELATIONSHIPS</b>		<b>I</b>
5.01		Describe ways to establish social contacts.	<b>SE:</b> 45, 70-71, 74, 76, 81, 108-109, 129, 170-171 <b>TWE:</b> 45, 108-109, 128-129, 166, 170-171, 174, 182	I
5.02		Identify topics of conversations acceptable for establishing relationship with acquaintances.	<b>SE:</b> 99, 129, 170-171 <b>TWE:</b> 138-138, 170-171, 202	M
5.03		Identify social skills that contribute to good relationships with others, including diverse multi-cultural groups.	<b>SE:</b> 127-128, 133-137, 138, 139, 146, 153, 159-161, 162-163, 168-169, 170-171, 172-173, 181, 189-192, 194-195, 197 <b>TWE:</b> 133-139, 170-174, 184-185, 197, 202	I
5.04		Practice positive communication skills.	<b>SE:</b> 124-127, 128-132, 133-137, 139, 145, 146-147, 150-151, 153, 159-161, 165, 170, 175, 179, 181, 189-192, 193-194 <b>TWE:</b> 44, 46, 92, 139, 184-185, 188-189, 190, 193, 197, 202, 221, 254	I

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<b>6</b>		<b>RECOGNIZE WAYS OF MANAGING PEER AND SOCIETAL PRESSURE AND CONFLICT</b>		<b>I</b>
6.01		Analyze personality strengths and weaknesses.	<b>SE:</b> 24, 35, 99 <b>TWE:</b> 22-24, 34-35, 143-144, 148	I
6.02		Identify areas of possible conflict with friends, peers and family members.	<b>SE:</b> 142-144, 152, 153, 158-159, 162, 165, 172, 177-179, 194-195, 197, 199-203, 204-207, 208-213, 214 <b>TWE:</b> 145, 152, 161-165, 190-191, 195	I
6.03		Compare ways of dealing with and preventing conflict with friends, peers and family members.	<b>SE:</b> 144-145, 147, 148-149, 150-151, 152, 159-161, 162-163, 165, 189-192, 193-194, 197, 214 <b>TWE:</b> 24, 142, 144, 146-147, 152-153, 162-165, 193, 213	I
<b>7</b>		<b>ANALYZE THE CAUSE AND EFFECT OF SUBSTANCE ABUSE</b>		<b>I</b>
7.01		Analyze reasons for substance use and abuse.	<b>SE:</b> 208, 217 <b>TWE:</b> 206, 208, 210, 323-333	I
7.02		Evaluate the effects substance use and abuse can have on personal and family life.	<b>SE:</b> 208, 210, 216, 217 <b>TWE:</b> 208-211, 212-214, 216-217, 332-333	I
7.03		Evaluate the legal ramifications of substance use and abuse.	<b>SE:</b> 208, 210-211, 214 <b>TWE:</b> 210, 211, 215-216	M
<b>8</b>		<b>IDENTIFY POSITIVE COPING SKILLS FOR ADJUSTING TO CHANGE</b>		<b>I</b>
8.01		Identify areas where change and adjustment may be necessary.	<b>SE:</b> 73, 81, 150-151, 177-179, 199-203, 204-207, 208-215, 216-217 <b>TWE:</b> 31, 73, 81, 178, 200, 201, 205, 207, 214	I
8.02		Describe the decision-making process as a way of coping with personal and family stress and crises.	<b>SE:</b> 21-22, 55, 56-57, 192-193, 216-217 <b>TWE:</b> 61, 192, 216-217	I
<b>9</b>		<b>DEMONSTRATE LEADERSHIP AND ORGANIZATIONAL SKILLS</b>		<b>I</b>
9.01		Identify professional and youth organizations.	<b>SE:</b> 60-61, 81, 323 <b>TWE:</b> 60-61, 646	I
9.02		Identify purposes and functions of professional and youth organizations.	<b>SE:</b> 60-61, 214-215 <b>TWE:</b> 25, 40, 61-61, 140, 154, 174, 215, 323, 646	I
9.03		Identify roles and responsibilities of members of professional and youth organizations.	<b>SE:</b> 60-61, 81 <b>TWE:</b> 60-61, 81	M
9.04		Work cooperatively as a group member to achieve organizational goals.	<b>SE:</b> 90, 91, 92, 99 <b>TWE:</b> 53, 90, 91, 98-99	I
9.05		Demonstrate confidence in leadership roles and organizational responsibilities.	<b>SE:</b> 58-60, 63, 90, 129, 139 <b>TWE:</b> 53, 59, 61-63, 98-99	I
9.06		Demonstrate commitment to achieve organizational goals.	<b>SE:</b> 32, 49, 139 <b>TWE:</b> 31-32, 60-63	M

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