Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **Personal Living Targets** | **Green** | **Yellow** | **Red** |
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|  |  |  |  |  |
|  | **Understanding Personal Development – I can…** |  |  |  |
| Target 1 | I can explain the concept of personal development. |  |  |  |
| Target 2 | I can identify the various influences on personality traits and characteristics. |  |  |  |
| Target 3 | I can explain and define the different theories related to personality development. |  |  |  |
| Target 4 | I can describe each stage of life in the lifespan cycle. |  |  |  |
| Target 5 | I can define the developmental tasks that occur in each stage of lifespan. |  |  |  |
|  |  |  |  |  |
|  | **Understanding Relationships with Others - I can…** |  |  |  |
| Target 1 | I can recognize why some people may choose to live single, and ways to live as a single person. |  |  |  |
| Target 2 | I can identify the stages of a relationship. |  |  |  |
| Target 3 | I can describe the patterns and signs of an unhealthy relationship. |  |  |  |
| Target 4 | I can compare and contrast present dating procedures versus past dating procedures by interviewing people of various generations. |  |  |  |
| Target 5 | I can understand the fundamentals of communicating effectively in all relationships. |  |  |  |
| Target 6 | I can identify the types of communication both verbal and nonverbal. |  |  |  |
| Target 7 | I can identify the various elements that make up the communication process, including the problems in communication and the positive approaches that promote healthy relationships. |  |  |  |
|  |  |  |  |  |
|  | **Career Planning – I can…** |  |  |  |
| Target 1 | I can analyze and identify my personal strengths. explore career possibilities, set goals, and plan for education and training in order to obtain a career |  |  |  |
| Target 2 | I can describe various career possibilities based on personal exploration and research. |  |  |  |
| Target 3 | I can give examples of short term and long term goals in order to reach my career of choice. |  |  |  |
| Target 4 | I can identify and explain different education and training options required for my career of choice. |  |  |  |
| Target 5 | I can create a personal resume for my future career. |  |  |  |

√ = Demonstrates Proficiency

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|  | **Personal Living Targets..continued** | **Green** | **Yellow** | **Red** |
|  | **Financial Planning – I can…** |  |  |  |
| Target 1 | I can differentiate between needs and wants |  |  |  |
| Target 2 | I can define what a budget is and what it does for me. |  |  |  |
| Target 3 | I can list and explain the five steps in budgeting. |  |  |  |
| Target 4 | I can identify the five financial tasks of young adults. |  |  |  |
| Target 5 | I can demonstrate by graphing the recommended percentages of my personal budget. |  |  |  |
| Target 6 | I can describe the advantages of keeping and maintaining a budget. |  |  |  |
| Target 7 | I understand the concept of debt. Knowing the difference between good and bad debt. |  |  |  |
| Target 8 | I can analyze the pros and cons of having and using a credit card. |  |  |  |
| Target 9 | I can explain the terms and conditions of a credit card contract. |  |  |  |
| Target 10 | I can properly gain information from reading a credit card statement. |  |  |  |
| Target 11 | I can describe the importance of using a bank account. (checking and savings) |  |  |  |
| Target 12 | I can describe the advantages of keeping and maintaining a checking and a savings account. |  |  |  |
| Target 13 | I can analyze the pros and cons of having and using a checking or savings account. |  |  |  |
| Target 14 | I can explain the terms and banking agreement associated with these accounts. |  |  |  |
| Target 15 | I can properly gain information from reading a bank statement. |  |  |  |
| Target 16 | I can properly write a check, as well as reconcile the balance of that check book. |  |  |  |
| Target 17 | I understand the difference between a debit card and a credit card. |  |  |  |
|  | **Consumer Awareness– I can…** |  |  |  |
| Target 1 | I can define and apply all 8 consumer rights and responsibilities to classroom discussions. |  |  |  |
| Target 2 | I can identify and apply the 4 steps to resolving a consumer problem. |  |  |  |
| Target 3 | I can describe and label the 2 main kinds of Identity Theft. |  |  |  |
| Target 4 | I can explain what to do if my identity is lost or stolen. |  |  |  |
| Target 5 | I can identify various forms of frauds being used today. |  |  |  |
| Target 6 | I can define the terms insurance and premium and explain what they do for us. |  |  |  |
| Target 7 | I can research and outline different kinds of insurance. |  |  |  |
|  | **Financial Resource Management (Transportation) – I can…** |  |  |  |
| Target 1 | I can differentiate between needs and wants when purchasing a car. |  |  |  |
| Target 2 | I can compare the costs of owning a car versus the cost of leasing a car. |  |  |  |
| Target 3 | I can explain what it means to lease a car. |  |  |  |
|  | I can explain the terms and conditions of a car loan or lease. |  |  |  |
| Target 4 | I can define what the lemon law is as well as the truth in lending act. |  |  |  |
| Target 5 | I can comparison shop between a new car, and a used car. |  |  |  |
| Target 6 | I can indicate what percentage of my budget should go towards monthly transportation expenses. |  |  |  |
|  | **Financial Resource Management (Housing) – I can….** |  |  |  |
| Target 1 | I can identify my needs and wants when it comes to choosing an apartment. |  |  |  |
| Target 2 | I can indicate what percentage of my budget should go towards monthly living expenses. |  |  |  |
| Target 3 | I can successfully choose an apartment that meets my needs as well as my budget. |  |  |  |
| Target 4 | I can explain the terms and conditions of an apartment lease agreement. |  |  |  |
| Target 5 | I can identify pros and cons of selecting and living with a roommate. |  |  |  |
| Target 6 | I can develop a roommate contract. |  |  |  |
| Target 7 | I can describe the costs associated with moving. |  |  |  |
|  | **Financial Resource Management (Food and Nutrition) – I can…** |  |  |  |
| Target 1 | I can identify and explain the Food Pyramid and its daily value in my life. |  |  |  |
| Target 2 | I can define the six nutrients that are required for healthy living. |  |  |  |
| Target 3 | I can calculate the number of calories I should consume in a day depending on height, weight, gender, and activity level. |  |  |  |
| Target 4 | I can indicate what percentage of my budget should go towards monthly food expenses. |  |  |  |
| Target 5 | I can comparison shop between generic versus name brand products. |  |  |  |
| Target 6 | I can identify ways to cut food costs through coupons, utilizing a shopping list, and taking advantages of sales offered by the store. |  |  |  |
| Target 7 | I can explain the pros and cons of eating out. |  |  |  |
| Target 8 | I can follow practices that help prevent food borne illnesses and keep food safe to eat. |  |  |  |
| Target 9 | I can define and understand these terms: sell by, expiration, and freshness dates. |  |  |  |
| Target 10 | I can identify ways to prevent accidents from occurring in the kitchen, i.e. grease fire, knife safety etc. |  |  |  |

4 ½ Week Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1st Quarter Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Quarter Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3rd Quarter Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4th Quarter Goals: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_