

21 CLE A6: Academic Expectation: Recognize the importance of lifelong wellness activities and healthy lifestyle choices.

	Advanced	Proficient	Basic	Novice
<p>21 CLE A6.1</p> <p>Recognize stress in yourself and others and to practice stress management techniques</p>	<p>Implement a wide variety of stress management techniques that are beneficial to everyone.</p> <p><i>(Examples: getting sleep prior to a test, essay questions)</i></p>	<p>Reduce distress and utilize eustress in yourself and others.</p>	<p>Identify causes of stress and safe stress-reducing techniques in yourself and others.</p>	<p>Recognize eustress and distress.</p>
<p>21 CLE A6.2</p> <p>Make choices that lead to a healthy lifestyle</p>	<p>Make and implement informed choices that result in personal wellness.</p> <p><i>(Know to exercise 2x, 3x a week, 20 min a session. Personal hygiene, sleep, diet, drugs)</i></p>	<p>Evaluate consequences of daily choices and their impact on personal wellness.</p>	<p>List and explain consequences of wellness choices.</p>	<p>Identify healthy and unhealthy choices.</p>

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