

Grade 8

Community Building
Interpersonal Relationships
Stress Management
Food for Thought
Career Exploration

The foundation of the 8th grade Connections curriculum will further develop the concept of the community building through examining and exploring interpersonal relationships, stress management, eating disorders and issues of control, and career exploration. At the completion of the 8th grade Connections course, students will be able to understand that the way individuals treat others impacts the school community, the development of dating relationships, the effects of stress on every person in various aspects of life, how emotions can shape and define eating habits, and the connection between interests, skills, and values that will shape and influence their career path.

- *Students will be able to understand that the development of an effective community depends upon the student's ability to know and interact respectfully with each other.*

Essential Question

- What is the role of communication in the creation of an effective community?

Knowledge

- Definition of respect
- Definition of effective community

Skills

- Listening
- Self-disclosure

- *Students will be able to understand that the development of dating relationships is largely dependent on respect for self and others.*

Essential Question

- Why is respect for self and others such a critical element of dating relationships?

Knowledge

- Identify what is important personally in a dating relationship

Skills

- Self-reflection
- Decision making

- *Students will understand that stress affects the various aspects of their lives.*

Essential Question

- How can you respond to everyday stressors?

Knowledge

- Stress affects you physically and emotionally
- Various strategies in dealing with stress

Skill

- Choosing appropriate coping mechanisms

- *Students will be able to understand that emotions can shape and define eating habits.*

Essential Question

- What is the connection between emotions and food in our culture?

Knowledge

- Definitions of eating disorders
- Emotions can influence eating habits

Skills

- Ability to make informed choices about eating
- Respond appropriately to signs of eating disorders

➤ *Students will understand that their interests, skills and values shape their career paths.*

Essential Questions

- Who are you?
- Where are you going?
- How will you get there?
- What will guide you through this process?

Knowledge

- Definition of career
- Inventory of skills, interests and values
- Your career path is a life long process
- Careers change

Skills

- Think about and explore possible career areas of interest