

COMMON CORE STATE STANDARDS
& THE OVERCOMING OBSTACLES
LIFE SKILLS PROGRAM

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■ **About the Common Core State Standards**

The Common Core State Standards Initiative is a state-led effort coordinated by the National Governors Association Center for Best Practices and the Council of Chief State School Officers. The standards were developed in collaboration with teachers, school administrators, and experts to provide a clear and consistent framework to prepare our children for college and the workforce.

■ **About Community for Education Foundation & the Overcoming Obstacles Life Skills Program**

Community for Education Foundation was founded in 1992 to ensure that all young people learn the communication, decision making, and goal setting skills they need to be successful in life.

To accomplish this mission, the organization created the Overcoming Obstacles Life Skills Program, which includes curriculum materials, teacher training, and ongoing support.

HOW DOES OVERCOMING OBSTACLES SUPPORT THE COMMON CORE STATE STANDARDS?

Both the Common Core State Standards and the Overcoming Obstacles Life Skills Program share the goal of teaching students the relevant life skills that will help them find success in school and in their careers. Overcoming Obstacles provides educators with enough materials to implement life skills instruction for an entire school year, allowing them to meet many of the Common Core State Standards.

Common Core State Standards	Overcoming Obstacles
<p>The Common Core State Standards provide a consistent, clear understanding of what students are expected to learn so teachers and parents know what they need to do to help them.</p> <p>The standards are designed to be robust and relevant to the real world, reflecting the knowledge and skills that our young people need for success in college and careers.</p> <p>With American students fully prepared for the future, our communities will be best positioned to compete successfully in the global economy.</p>	<p>The Overcoming Obstacles Life Skills Program provides educators with the middle school and high school curriculum materials, training, and ongoing support they need to teach their students the life skills necessary for graduating high school, succeeding in college, and finding productive careers.</p> <p>Both levels of the program cover over 20 important topics that are relevant to success in the real world, including communication, decision making, goal setting, and conflict resolution skills.</p>

Each was developed by experts in public school instruction, higher education, and business to help students become self-supporting, contributing members of society.

STUDENTS WHO ARE COLLEGE AND
CAREER READY IN READING, WRITING,
SPEAKING, LISTENING, AND LANGUAGE

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In addition to its English language arts standards, the Common Core State Standards outline the various skills, behaviors, and abilities that students who are proficient in reading, writing, speaking, listening, and language should exhibit. Though these descriptions are not standards themselves, it is vital that students internalize these traits in order to function as literate individuals in today's world.

This section outlines how the Overcoming Obstacles Life Skills Program can be used to support the development and internalization of these qualities.

STUDENTS WHO ARE COLLEGE AND CAREER READY IN READING, WRITING, SPEAKING, LISTENING, AND LANGUAGE

Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
<p>They demonstrate independence.</p> <p>Students can, without significant scaffolding, comprehend and evaluate complex texts across a range of types and disciplines, and they can construct effective arguments and convey intricate or multifaceted information. Likewise, students are able independently to discern a speaker’s key points, request clarification, and ask relevant questions. They build on others’ ideas, articulate their own ideas, and confirm they have been understood. Without prompting, they demonstrate command of standard English and acquire and use a wide-ranging vocabulary. More broadly, they become self-directed learners, effectively seeking out and using resources to assist them, including teachers, peers, and print and digital reference materials.</p>	<p>Getting Started 4. Setting Expectations</p> <p>Module One: Communication 1. Understanding Nonverbal Messages 2. Listening 3. Speaking 4. Being Assertive 5. Expressing Opinions Constructively</p> <p>Module Two: Decision Making 1. Making Decisions—Big and Small 2. Gathering Information 3. Identifying Options 4. Weighing Options and Consequences 5. Making a Choice</p> <p>Module Three: Goal Setting 4. Persevering</p> <p>Module Four: Managing Personal Resources 5. Taking the Initiative</p> <p>Module Six: Problem Solving 1. Defining Problems—Big and Small 2. Identifying Options 3. Considering Pros and Cons 4. Finding Solutions</p>	<p>Module One: Communication Skills 5. Communicating Constructively</p> <p>Module Three: Setting and Achieving Goals 4. Accessing Resources 5. Learning to Be Assertive</p> <p>Module Four: Resolving Conflicts 1. Introducing Conflict Resolution</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques 2. Problem Solving in School 3. Problem Solving on the Job 4. Problem Solving at Home</p> <p>Module Six: Skills for School and Beyond 1. Identifying Your Learning Style 2. Managing Your Time 3. Reading, Listening, and Note Taking 4. Writing Reports and Presenting to an Audience 5. Preparing for Tests and Exams 6. Managing Stress</p>

STUDENTS WHO ARE COLLEGE AND CAREER READY IN READING, WRITING, SPEAKING, LISTENING, AND LANGUAGE

Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
<p>They build strong content knowledge.</p> <p>Students establish a base of knowledge across a wide range of subject matter by engaging with works of quality and substance. They become proficient in new areas through research and study. They read purposefully and listen attentively to gain both general knowledge and discipline-specific expertise. They refine and share their knowledge through writing and speaking.</p>	<p>Module One: Communication 2. Listening</p> <p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Five: Studying Effectively 3. Using Appropriate Resources 4. Taking Notes</p> <p>Module Seven: Resolving Conflicts 4. Using Communication Skills Effectively</p>	<p>Module Two: Decision Making Skills 2. Gathering Information 3. Exploring Alternatives and Considering Consequences</p> <p>Module Three: Setting and Achieving Goals 4. Accessing Resources</p>
	<p>Service Learning 3. Gathering Information and Making the Commitment</p>	

Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
<p>They respond to the varying demands of audience, task, purpose, and discipline.</p> <p>Students adapt their communication in relation to audience, task, purpose, and discipline. They set and adjust purpose for reading, writing, speaking, listening, and language use as warranted by the task. They appreciate nuances, such as how the composition of an audience should affect tone when speaking and how the connotations of words affect meaning. They also know that different disciplines call for different types of evidence (e.g., documentary evidence in history, experimental evidence in science).</p>	<p>Module One: Communication 3. Speaking 5. Expressing Opinions Constructively</p> <p>Module Five: Studying Effectively 5. Writing Reports</p> <p>Module Eight: Looking to the Future 4. Playing by the Rules 5. Presenting Yourself</p>	<p>Module One: Communication Skills 4. Speaking Responsibly</p> <p>Module Six: Skills for School and Beyond 4. Writing Reports and Presenting to an Audience</p>

STUDENTS WHO ARE COLLEGE AND CAREER READY IN READING, WRITING, SPEAKING, LISTENING, AND LANGUAGE

Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
<p>They comprehend as well as critique.</p> <p>Students are engaged and open-minded—but discerning—readers and listeners. They work diligently to understand precisely what an author or speaker is saying, but they also question an author’s or speaker’s assumptions and premises and assess the veracity of claims and the soundness of reasoning.</p>	<p>Module Two: Decision Making Skills</p> <p>2. Gathering Information Lesson Extension: Writing in Your Journal Lesson Extension: Using Technology</p>	<p>Module One: Communication Skills</p> <p>3. Listening Critically</p>

Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
<p>They value evidence.</p> <p>Students cite specific evidence when offering an oral or written interpretation of a text. They use relevant evidence when supporting their own points in writing and speaking, making their reasoning clear to the reader or listener, and they constructively evaluate others’ use of evidence.</p>	<p>Module Two: Decision Making Skills</p> <p>2. Gathering Information</p> <p>Module Five: Studying Effectively</p> <p>3. Using Appropriate Resources Lesson Extension: Addressing Multiple Learning Styles</p>	<p>Module One: Communication Skills</p> <p>5. Communicating Constructively</p> <p>Module Two: Decision Making Skills</p> <p>1. Starting the Decision Making Process Lesson Extension: Addressing Multiple Learning Styles</p>

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Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Curriculum
<p>They use technology and digital media strategically and capably.</p> <p>Students employ technology thoughtfully to enhance their reading, writing, speaking, listening, and language use. They tailor their searches online to acquire useful information efficiently, and they integrate what they learn using technology with what they learn offline. They are familiar with the strengths and limitations of various technological tools and mediums and can select and use those best suited to their communication goals.</p>	<p>Both the middle school and high school levels of the Overcoming Obstacles curriculum include over 40 activities centering on the strategic use of technology and digital media. Through these activities, students learn how to conduct effective research on the internet, use a variety of media (e.g., blogs, video recordings, slide presentations) to communicate with others, and discuss how to select appropriate tools to suit their needs.</p>

Common Core State Standard Descriptions	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
<p>They come to understand other perspectives and cultures.</p> <p>Students appreciate that the twenty-first-century classroom and workplace are settings in which people from often widely divergent cultures and who represent diverse experiences and perspectives must learn and work together. Students actively seek to understand other perspectives and cultures through reading and listening, and they are able to communicate effectively with people of varied backgrounds. They evaluate other points of view critically and constructively. Through reading great classic and contemporary works of literature representative of a variety of periods, cultures, and worldviews, students can vicariously inhabit worlds and have experiences much different than their own.</p>	<p>Confidence Building</p> <ol style="list-style-type: none"> 1. Giving and Earning Respect 5. Avoiding Stereotypes <p>Module Seven: Resolving Conflicts</p> <ol style="list-style-type: none"> 1. Understanding Conflicts 2. Identifying Emotions in Conflicts 3. Controlling Emotions in Conflicts 4. Using Communication Skills Effectively 5. Creating a Win-Win Situation 6. Resolving Conflicts <p>Module Eight: Looking to the Future</p> <ol style="list-style-type: none"> 3. Getting Along 	<p>Confidence Building</p> <ol style="list-style-type: none"> 1. Giving and Earning Respect <p>Module One: Communication Skills</p> <ol style="list-style-type: none"> 5. Communicating Constructively <p>Module Four: Resolving Conflicts</p> <ol style="list-style-type: none"> 2. Uncovering Stereotypes <p>Module Ten: On-the-Job Skills</p> <ol style="list-style-type: none"> 1. Developing a Positive Work Ethic 2. Working with Others

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

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College and Career Readiness Anchor Standards for Reading	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Key Ideas and Details		
<p>1. Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.</p>	<p>Module One: Communication 3. Speaking</p> <p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Five: Studying Effectively 5. Writing Reports</p>	<p>Module One: Communication Skills 3. Listening Critically 4. Speaking Responsibly</p> <p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking 4. Writing Reports and Presenting to an Audience</p>

College and Career Readiness Anchor Standards for Reading	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Key Ideas and Details		
<p>2. Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.</p>	<p>Module Two: Decision Making</p> <p>Module Five: Studying Effectively 4. Taking Notes</p> <p>Module Six: Problem Solving</p>	<p>Module One: Communication Skills 3. Listening Critically</p> <p>Module Two: Decision Making Skills</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

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Key Ideas and Details		
<p>3. Analyze how and why individuals, events, and ideas develop or interact over the course of a text.</p>	<p>Module Two: Decision Making</p> <p>Module Six: Problem Solving</p>	<p>Module One: Communication Skills 3. Listening Critically</p> <p>Module Two: Decision Making Skills</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p>

College and Career Readiness Anchor Standards for Reading	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Craft and Structure		
<p>4. Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.</p>	<p>Module One: Communication 3. Speaking</p> <p>Module Two: Decision Making</p> <p>Module Six: Problem Solving</p>	<p>Module One: Communication Skills 3. Listening Critically 4. Speaking Responsibly</p> <p>Module Two: Decision Making Skills</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p> <p>Module Eleven: On Your Own 3. Understanding Advertising and Mass Media</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

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Craft and Structure		
<p>5. Analyze the structure of texts, including how specific sentences, paragraphs, and larger portions of the text (e.g., a section, chapter, scene, or stanza) relate to each other and the whole.</p>	<p>Module Two: Decision Making</p> <p>Module Six: Problem Solving</p>	<p>Module Two: Decision Making Skills</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p>

College and Career Readiness Anchor Standards for Reading	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Craft and Structure		
<p>6. Assess how point of view or purpose shapes the content and style of a text.</p>	<p>Confidence Building 4. Clarifying Values</p> <p>Module Two: Decision Making</p> <p>Module Six: Problem Solving</p>	<p>Confidence Building 3. Establishing What's Important</p> <p>Module One: Communication Skills 3. Listening Critically</p> <p>Module Two: Decision Making Skills</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p> <p>Module Eleven: On Your Own 3. Understanding Advertising and Mass Media</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

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Integration of Knowledge and Ideas		
<p>7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.</p>	<p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Five: Studying Effectively 3. Using Appropriate Resources</p>	<p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Three: Setting and Achieving Goals 4. Accessing Resources</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p>

College and Career Readiness Anchor Standards for Reading	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Integration of Knowledge and Ideas		
<p>8. Delineate and evaluate the argument and specific claims in a text, including the validity of the reasoning as well as the relevance and sufficiency of the evidence.</p>	<p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Six: Problem Solving</p>	<p>Module One: Communication Skills 3. Listening Critically</p> <p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

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Integration of Knowledge and Ideas		
<p>9. Analyze how two or more texts address similar themes or topics in order to build knowledge or to compare the approaches the authors take.</p>	<p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Six: Problem Solving</p>	<p>Module One: Communication Skills 3. Listening Critically</p> <p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p>

College and Career Readiness Anchor Standards for Reading	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Range of Reading and Level of Text Complexity		
<p>10. Read and comprehend complex literary and informational texts independently and proficiently.</p>	<p>Confidence Building 6. Developing Personal Power</p> <p>Module Three: Goal Setting</p> <p>Module Four: Managing Personal Resources 5. Taking the Initiative</p> <p>Module Five: Studying Effectively 7. Learning How You Learn Best</p>	<p>Confidence Building 5. Developing Personal Power</p> <p>Module Three: Setting and Achieving Goals</p> <p>Module Six: Skills for School and Beyond 1. Identifying Your Learning Style 3. Reading, Listening, and Note Taking</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Text Types and Purposes		
<p>1. Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.</p>	<p>Module One: Communication 4. Being Assertive 5. Expressing Opinions Constructively</p> <p>Module Two: Decision Making</p> <p>Module Five: Studying Effectively 5. Writing Reports</p> <p>Module Six: Problem Solving</p> <p>Module Seven: Resolving Conflicts 4. Using Communication Skills Effectively</p>	<p>Module One: Communication Skills 5. Communicating Constructively</p> <p>Module Two: Decision Making Skills</p> <p>Module Three: Setting and Achieving Goals 5. Learning to Be Assertive</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 4. Writing Reports and Presenting to an Audience</p>

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College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Text Types and Purposes		
<p>2. Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.</p>	<p>Module One: Communication 4. Being Assertive 5. Expressing Opinions Constructively</p> <p>Module Two: Decision Making</p> <p>Module Five: Studying Effectively 5. Writing Reports</p> <p>Module Six: Problem Solving</p> <p>Module Seven: Resolving Conflicts 4. Using Communication Skills Effectively</p>	<p>Module One: Communication Skills 5. Communicating Constructively</p> <p>Module Two: Decision Making Skills</p> <p>Module Three: Setting and Achieving Goals 5. Learning to Be Assertive</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 4. Writing Reports and Presenting to an Audience</p> <p>Module Seven: A Game Plan for College/Higher Education 4. Applying to Colleges, Universities, and Technical Schools</p> <p>Module Eight: A Game Plan for Work 6. Making Contacts</p> <p>Module Ten: On-the-Job Skills 3. Communicating on the Job</p>

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College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Text Types and Purposes		
<p>3. Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.</p>	<p>Module One: Communication</p> <p>Module Two: Decision Making</p> <p>Module Three: Goal Setting 1. Defining Goals 2. Stepping-Stone Goals</p> <p>Module Five: Studying Effectively 5. Writing Reports</p> <p>Module Eight: Looking to the Future 5. Presenting Yourself</p>	<p>Module One: Communication Skills</p> <p>Module Two: Decision Making Skills</p> <p>Module Six: Skills for School and Beyond 4. Writing Reports and Presenting to an Audience</p> <p>Module Seven: A Game Plan for College/Higher Education 5. Applying to Colleges, Universities, and Technical Schools</p> <p>Module Eight: A Game Plan for Work 6. Making Contacts</p> <p>Module Ten: On-the-Job Skills 3. Communicating on the Job</p>

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College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Production and Distribution of Writing		
<p>4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.</p>	<p>Module One: Communication 4. Being Assertive 5. Expressing Opinions Constructively</p> <p>Module Two: Decision Making</p> <p>Module Five: Studying Effectively 2. Following Instructions 5. Writing Reports</p> <p>Module Six: Problem Solving</p>	<p>Module One: Communication Skills 5. Communicating Constructively</p> <p>Module Two: Decision Making Skills</p> <p>Module Three: Setting and Achieving Goals 5. Learning to Be Assertive</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 4. Writing Reports and Presenting to an Audience</p> <p>Module Seven: A Game Plan for College/Higher Education 4. Applying to Colleges, Universities, and Technical Schools</p> <p>Module Eight: A Game Plan for Work 6. Making Contacts</p> <p>Module Ten: On-the-Job Skills 3. Communicating on the Job</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Production and Distribution of Writing		
<p>5. Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.</p>	<p>Confidence Building 2. Identifying Strengths and Weaknesses 6. Developing Personal Power</p> <p>Module Three: Goal Setting</p> <p>Module Five: Studying Effectively 5. Writing Reports 7. Learning How You Learn Best</p> <p>Module Six: Problem Solving</p>	<p>Confidence Building 2. Identifying Strengths 5. Developing Personal Power</p> <p>Module Three: Setting and Achieving Goals</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 1. Identifying Your Learning Style 4. Writing Reports and Presenting to an Audience</p>

College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Production and Distribution of Writing		
<p>6. Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.</p>	<p>Getting Started 3. Working in Teams</p> <p>Module One: Communication</p> <p>Module Seven: Resolving Conflicts</p> <p>Anti-Bullying Handbook 6. Cyberbullying Solutions</p>	<p>Getting Started 2. Setting Expectations</p> <p>Module One: Communication Skills</p> <p>Module Four: Resolving Conflicts</p> <p>Module Ten: On-the-Job Skills 2. Working with Others</p> <p>Anti-Bullying Handbook 6. Cyberbullying Solutions</p>

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College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Research to Build and Present Knowledge		
<p>7. Conduct short as well as more sustained research projects based on focused questions, demonstrating understanding of the subject under investigation.</p>	<p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Four: Managing Personal Resources 4. Managing Your Time</p> <p>Module Five: Studying Effectively 2. Following Instructions 3. Using Appropriate Resources 4. Taking Notes 5. Writing Reports</p>	<p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Three: Setting and Achieving Goals 2. Setting Priorities 4. Accessing Resources</p> <p>Module Six: Skills for School and Beyond 2. Managing Your Time 3. Reading, Listening, and Note Taking 4. Writing Reports and Presenting to an Audience</p> <p>Module Seven: A Game Plan for College/Higher Education 2. Determining the Training and Education You'll Need</p> <p>Module Eight: A Game Plan for Work 3. Looking for a Job</p>
	<p>Service Learning 3. Gathering Information and Making the Commitment</p>	

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College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Research to Build and Present Knowledge		
<p>8. Gather relevant information from multiple print and digital sources, assess the credibility and accuracy of each source, and integrate the information while avoiding plagiarism.</p>	<p>Module Two: Decision Making</p> <p>Module Four: Managing Personal Resources 2. Being Accountable</p> <p>Module Five: Studying Effectively 3. Using Appropriate Resources 4. Taking Notes</p> <p>Module Six: Problem Solving</p> <p>Module Eight: Looking to the Future 4. Playing by the Rules</p>	<p>Module Two: Decision Making Skills</p> <p>Module Three: Setting and Achieving Goals 4. Accessing Resources</p> <p>Module Five: Problem Solving 1. Problem Solving Techniques</p> <p>Module Six: Skills for School and Beyond 3. Reading, Listening, and Note Taking</p> <p>Module Seven: A Game Plan for College/Higher Education 2. Determining the Training and Education You'll Need</p> <p>Module Eight: A Game Plan for Work 3. Looking for a Job</p> <p>Module Ten: On-the-Job Skills 1. Developing a Positive Work Ethic</p> <p>Module Eleven: On Your Own 3. Understanding Advertising and Mass Media 4. Becoming a Responsible Citizen</p>

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College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Research to Build and Present Knowledge		
<p>9. Draw evidence from literary or informational texts to support analysis, reflection, and research.</p>	<p>Module One: Communication 4. Being Assertive 5. Expressing Opinions Constructively</p> <p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Five: Studying Effectively 3. Using Appropriate Resources 5. Writing Reports</p>	<p>Module One: Communication Skills 5. Communicating Constructively</p> <p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Three: Setting and Achieving Goals 5. Learning to Be Assertive</p> <p>Module Six: Skills for School and Beyond 4. Writing Reports and Presenting to an Audience</p> <p>Module Seven: A Game Plan for College/Higher Education 4. Applying to Colleges, Universities, and Technical Schools</p> <p>Module Eight: A Game Plan for Work 6. Making Contacts</p> <p>Module Ten: On-the-Job Skills 3. Communicating on the Job</p>

COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS

College and Career Readiness Anchor Standards for Writing	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
Range of Writing		
<p>10. Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.</p>	<p>Module Three: Goal Setting 2. Stepping-Stone Goals</p> <p>Module Four: Managing Personal Resources 4. Managing Your Time</p> <p>Module Five: Studying Effectively 2. Following Instructions 5. Writing Reports</p>	<p>Module Three: Setting and Achieving Goals 2. Setting Priorities</p> <p>Module Six: Skills for School and Beyond 2. Managing Your Time 4. Writing Reports and Presenting to an Audience</p> <p>Module Seven: A Game Plan for College/Higher Education 4. Applying to Colleges, Universities, and Technical Schools</p> <p>Module Eight: A Game Plan for Work 6. Making Contacts</p> <p>Module Ten: On-the-Job Skills 3. Communicating on the Job</p>

COMMON CORE STATE STANDARDS FOR MATHEMATICS

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Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
1. Make sense of problems and persevere in solving them.	Module Three: Goal Setting 4. Persevering Module Six: Problem Solving 1. Defining Problems—Big and Small 2. Identifying Options 3. Considering Pros and Cons 4. Finding Solutions	Module Five: Problem Solving 1. Problem Solving Techniques 2. Problem Solving in School 3. Problem Solving on the Job 4. Problem Solving at Home
	Service Learning 2. Designing an Action Plan 3. Gathering Information and Making the Commitment	

Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
2. Reason abstractly and quantitatively.	Module Two: Decision Making 1. Making Decisions—Big and Small 2. Gathering Information 3. Identifying Options 4. Weighing Options and Consequences 5. Making a Choice	Module Two: Decision Making Skills 1. Starting the Decision Making Process 2. Gathering Information 3. Exploring Alternatives and Considering Consequences 4. Making and Evaluating Decisions

COMMON CORE STATE STANDARDS FOR MATHEMATICS

Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
3. Construct viable arguments and critique the reasoning of others.	<p>Module One: Communication</p> <ul style="list-style-type: none"> 2. Listening 5. Expressing Opinions Constructively <p>Module Two: Decision Making</p> <ul style="list-style-type: none"> 2. Gathering Information 3. Identifying Options <p>Module Five: Studying Effectively</p> <ul style="list-style-type: none"> 3. Using Appropriate Resources 4. Taking Notes 	<p>Module One: Communication Skills</p> <ul style="list-style-type: none"> 2. Listening 3. Listening Critically 5. Communicating Constructively <p>Module Two: Decision Making Skills</p> <ul style="list-style-type: none"> 2. Gathering Information 3. Exploring Alternatives and Considering Consequences <p>Module Six: Skills for School and Beyond</p> <ul style="list-style-type: none"> 3. Reading, Listening, and Note Taking 4. Writing Reports and Presenting to an Audience
	<p>Service Learning</p> <ul style="list-style-type: none"> 3. Gathering Information and Making the Commitment 4. Formalizing and Finalizing the Action Plan 5. Giving Presentations 	

Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
4. Model with mathematics.	<p>Confidence Building</p> <ul style="list-style-type: none"> 3. Staying Healthy Lesson Extension: Addressing Multiple Learning Styles 	<p>Module Six: Skills for School and Beyond</p> <ul style="list-style-type: none"> 1. Identifying Your Learning Style Lesson Extension: Addressing Multiple Learning Styles

COMMON CORE STATE STANDARDS FOR MATHEMATICS

Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
5. Use appropriate tools strategically.	<p>Module Five: Studying Effectively 3. Using Appropriate Resources</p>	<p>Module Three: Setting and Achieving Goals 4. Accessing Resources</p> <p>Module Six: Skills for School and Beyond 2. Managing Your Time</p> <p>Module Seven: A Game Plan for College/Higher Education 5. Discovering Money: Scholarships, Grants, and Loans</p> <p>Module Ten: On-the-Job Skills 4. Managing Time, Money, and People</p> <p>Module Eleven: On Your Own 1. Managing Your Finances 2. Making a Budget</p>

Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
6. Attend to precision.	<p>Getting Started 4. Setting Expectations</p> <p>Module Two: Decision Making 2. Gathering Information</p> <p>Module Four: Managing Personal Resources 2. Being Accountable</p> <p>Module Five: Studying Effectively 1. Getting Organized 2. Following Instructions 6. Taking Tests 7. Learning How You Learn Best</p>	<p>Getting Started 2. Setting Expectations</p> <p>Module Two: Decision Making Skills 2. Gathering Information</p> <p>Module Six: Skills for School and Beyond 1. Identifying Your Learning Style 3. Reading, Listening, and Note Taking 4. Writing Reports and Presenting to an Audience 5. Preparing for Tests and Exams</p> <p>Module Ten: On-the-Job Skills 1. Developing a Positive Work Ethic</p>

COMMON CORE STATE STANDARDS FOR MATHEMATICS

Standards for Mathematical Practice	Related Modules and Lessons from the Overcoming Obstacles Middle School Curriculum	Related Modules and Lessons from the Overcoming Obstacles High School Curriculum
7. Look for and make use of structure.	Module Two: Decision Making 3. Identifying Options 4. Weighing Options and Consequences Module Three: Goal Setting 1. Defining Goals 2. Stepping-Stone Goals 3. Taking Action	Module Two: Decision Making Skills 3. Exploring Alternatives and Considering Consequences
	Service Learning 4. Gathering Information and Making the Commitment 8. Self-Assessment 9. Public Assessment	