



CURRICULUM LEARNING STANDARDS ALIGNMENT

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CURRICULUM LEARNING STANDARDS ALIGNMENT

CASEL Framework



Find Your Grind helps students figure out who they are and where they want to go by flipping the script on traditional career planning and focusing on a lifestyle-first approach.



**Find Your Grind is the
personalized multi-year learning solution
that develops future ready students.**

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Self Awareness: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p> <p>This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Integrating personal and social identities - Identifying personal, cultural, and linguistic assets - Identifying one’s emotions - Demonstrating honesty and integrity - Linking feelings, values, and thoughts - Examining prejudices and biases - Experiencing self-efficacy - Having a growth mindset - Developing interests and a sense of purpose 	<p>Find Your Grind Experience ▾</p> <p>Through self-discovery and career readiness skill building, students will match their skills, talents, values, and interests to the future of work. They will explore opportunities in Mentor, Lifestyle, Career, and Skill badges. They will develop self-confidence and greater self-efficacy by focusing on their goals and lifestyle. Students will find themselves becoming more Future Ready by defining themselves, identifying opportunities, and communicating the next steps to live their best lives.</p>
	<p>All About You ▾</p> <ol style="list-style-type: none"> 1. Describe skills and skill sets 2. Summarize the importance of discovering and developing your talents 3. Determine and define your core values
	<p>All About Your Personality + Interests ▾</p> <ol style="list-style-type: none"> 1. Compare and contrast personality traits through the practice of self-reflection 2. Take inventory of your personal interests and compare with your future lifestyle goals 3. Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset
	<p>All About YourSELF ▾</p> <ol style="list-style-type: none"> 1. List factors that can contribute to your self-esteem and identify ways to boost self-confidence 2. Explain how drive and motivation work together to create success 3. Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits 4. Differentiate between habits and routines and explain how routines are impactful 5. Create SMART goals and see them through to completion

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<p>Self Awareness: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p> <p>This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.</p> <p>Such as:</p> <ul style="list-style-type: none">- Integrating personal and social identities- Identifying personal, cultural, and linguistic assets- Identifying one’s emotions- Demonstrating honesty and integrity- Linking feelings, values, and thoughts- Examining prejudices and biases- Experiencing self-efficacy- Having a growth mindset- Developing interests and a sense of purpose	<p>Lifestyle Assessment ▾</p> <p>The Lifestyle Assessment helps students better understand themselves to prepare for the future.</p> <ul style="list-style-type: none">→ Determines unique Lifestyle based on interests and personal strengths.→ Helps develop greater self-awareness of identity through a process of self-discovery and reflection.→ Provides steps to begin the journey to a greater understanding of who they are now and who they want to become and will be able to see themselves in the changing landscape of careers and industries.

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Self Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p> <p>This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Managing one’s emotions - Identifying and using stress management strategies - Exhibiting self-discipline and self-motivation - Setting personal and collective goals - Using planning and organizational skills - Showing the courage to take initiative - Demonstrating personal and collective agency 	<p>Balancing Act ▾</p> <ol style="list-style-type: none"> 1. Define balance as it applies to your lifestyle and assess areas of your life that need balance 2. Create a plan to increase balance in all areas of life
	<p>Stress + Mindset Shifts ▾</p> <ol style="list-style-type: none"> 1. Identify personal stressors and explain how balance can be used as a stress management tool 2. Define mindset shift in your own words and summarize the process of creating a mindset shift 3. Incorporate habits in your daily routine that help create a mindset shift
	<p>Make Space + Time for You ▾</p> <ol style="list-style-type: none"> 1. Evaluate and create space to increase balance in all areas of life 2. Summarize the benefits of time management 3. Utilize effective time management to create life balance 4. Highlight the need for reevaluation of your personal life plan and explain why it's important 5. Compare and contrast previous personal goals with current passions and interests 6. Adjust your daily routine based on the needs revealed by the reevaluation of your life plans
	<p>Power Skills ▾</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice
	<p>Planning & Goal-Setting ▾</p> <ol style="list-style-type: none"> 1. Explain the purpose of goal setting and set at least one goal 2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine

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<p>Responsible Decision-Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</p> <p>This includes the capacities to consider ethical standards, safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Demonstrating curiosity and open-mindedness - Learning how to make a reasoned judgment after analyzing information, data, and facts - Identifying solutions for personal and social problems - Anticipating and evaluating consequences of one's actions - Recognizing how critical thinking skills are useful both inside and outside of school - Reflecting on one's role to promote personal, family, and community well-being - Evaluating personal, interpersonal, community, and institutional impacts 	<p>Starter Kit ▾</p> <ol style="list-style-type: none"> 2. Recognize the value of critical thinking in the form of “asking why” 3. Recognize the value of self-reflection
	<p>Gauge Your Lifestyle ▾</p> <ol style="list-style-type: none"> 1. Gauge current lifestyle using reflection 2. Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle 3. Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle
	<p>Exploring Lifestyles ▾</p> <ol style="list-style-type: none"> 1. Identify lifestyle ideals through the Lifestyle Assessment 2. Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle 3. Interpret how to explore self, life, health, relationships, hobbies, work, and balance through the lens of a lifestyle mind map
	<p>Lifestyle Roadmap ▾</p> <ol style="list-style-type: none"> 1. Explore the process of roadmapping and how it can be beneficial to lifestyle design 2. Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap

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<p>Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</p> <p>This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Communicating effectively - Developing positive relationships - Demonstrating cultural competency - Practicing teamwork and collaborative problem-solving - Resolving conflicts constructively - Resisting negative social pressure - Showing leadership in groups - Seeking or offering support and help when needed - Standing up for the rights of others 	<p>Your Network ▾</p> <ol style="list-style-type: none"> 1. Define mentorship and list benefits of having or being a mentor 2. Summarize how to match and maintain a mentorship relationship
	<p>Network Like a Pro ▾</p> <ol style="list-style-type: none"> 1. Define networking 2. Identify current personal networks and list the steps you can take to grow your network 3. Summarize the steps to evaluate your personal brand 4. Outline the steps to evaluate your network
	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> 1. List and explain each of the four communication styles 2. Determine your own communication style and how that impacts professional and personal communication 3. Develop a plan to improve personal and professional communication
	<p>Power Skills ▾</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice
	<p>Leadership Basics ▾</p> <ol style="list-style-type: none"> 1. Explain what leadership and why it is important 2. Identify your own personal leadership style 3. Determine the key skills of an effective leader
	<p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> 1. Summarize how great leaders use their skills 2. Grow your personal leadership skills through volunteering 3. Explain the importance of goal-setting for a leader

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<p>Social awareness: the abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</p> <p>This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.</p> <p>Such as:</p> <ul style="list-style-type: none">- Taking other’s perspectives- Recognizing strengths in others- Demonstrating empathy and compassion- Showing concern for the feelings of others- Understanding and expressing gratitude- Identifying diverse social norms, including unjust ones- Recognizing situational demands and opportunities- Understanding the influences of organizations and systems on behavior	<p>The Power of Gratitude ▾</p> <ol style="list-style-type: none">1. List methods to increase and express gratitude2. Explain the role gratitude plays in achieving balance in life3. Evaluate your life for things to be grateful for

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
STARTER KIT	<p>UNIT 1 STARTER KIT</p> <ol style="list-style-type: none">1. Recognize the difference between the traditional mindset for success and the Find Your Grind Lifestyle Funnel2. Recognize the value of critical thinking in the form of “asking why”3. Recognize the value of self-reflection4. Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration
ALL ABOUT YOU	<p>UNIT 2 ALL ABOUT YOU</p> <ol style="list-style-type: none">1. Describe skills and skill sets2. Summarize the importance of discovering and developing your talents3. Determine and define your core values <p>UNIT 3 ALL ABOUT YOUR PERSONALITY + INTERESTS</p> <ol style="list-style-type: none">1. Compare and contrast personality traits through the practice of self- reflection2. Take inventory of your personal interests and compare with your future lifestyle goals3. Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset <p>UNIT 4 ALL ABOUT YOURSELF</p> <ol style="list-style-type: none">1. List factors that can contribute to your self-esteem and identify ways to boost self-confidence2. Explain how drive and motivation work together to create success3. Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits4. Differentiate between habits and routines and explain how routines are impactful5. Create SMART goals and see them through to completion <p>UNIT 5 YOUR LIFE CYCLE JOURNEY</p> <ol style="list-style-type: none">1. List discovery opportunities at various stages of the life cycle2. Analyze each stage of the life cycle to uncover discovery opportunities3. Relate discovery opportunities in early stages of the life cycle to those of adulthood <p>UNIT 6 ALL ABOUT YOUR COMMUNICATION</p> <ol style="list-style-type: none">1. List and explain each of the four communication styles2. Determine your own communication style and how that impacts professional and personal communication3. Develop a plan to improve personal and professional communication

CATEGORY	UNIT
<div data-bbox="77 300 397 422" style="border: 1px solid orange; padding: 5px; text-align: center;"> BRAND & NETWORK </div>	<p>UNIT 7 YOUR PERSONAL BRAND + NETWORK</p> <ol style="list-style-type: none"> 1. Define personal brand and summarize the steps to evaluate it 2. Demonstrate the ability to write an elevator pitch 3. Formulate your own personal brand <p>UNIT 8 BRAND + DIGITAL REPUTATION</p> <ol style="list-style-type: none"> 1. Define digital reputation and discuss ways to cultivate it 2. Explain ways to control your reputation and safety online <p>UNIT 9 SOCIAL MEDIA</p> <ol style="list-style-type: none"> 1. List factors that can improve social media engagement and identify ways to interact with others 2. Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage <p>UNIT 10 YOUR NETWORK</p> <ol style="list-style-type: none"> 1. Define mentorship and list benefits of having or being a mentor 2. Summarize how to match and maintain a mentorship relationship <p>UNIT 11 NETWORK LIKE A PRO</p> <ol style="list-style-type: none"> 1. Define networking 2. Identify current personal networks and list the steps you can take to grow your network 3. Summarize the steps to evaluate your personal brand 4. Outline the steps to evaluate your network
<div data-bbox="77 1325 397 1398" style="border: 1px solid blue; padding: 5px; text-align: center;"> OPPORTUNITIES </div>	<p>UNIT 12 FUTURE-PROOFING</p> <ol style="list-style-type: none"> 1. Describe how job titles are used and how to ensure a resume has clear job title information 2. Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets <p>UNIT 13 POWER SKILLS</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice <p>UNIT 14 OPPORTUNITIES</p> <ol style="list-style-type: none"> 1. Describe the Find Your Grind industry categories 2. Use Lifestyle Assessment results as a reference to create a list of industries and careers that interest you as well as align with your skills, talents, and values

CATEGORY	UNIT
<div style="border: 1px solid black; padding: 5px; text-align: center;">OPPORTUNITIES</div>	<p>UNIT 15 OPPORTUNITY PATHWAYS</p> <ol style="list-style-type: none"> 1. Discuss what a career pathway is and examine types of employment 2. Describe the positive and negative aspects of career disruption and how you can prepare for it 3. Explain changes in the future of work related to automation 4. Examine full-time or part-time employment, self-employment, and gig-employment to identify pros and cons of each 5. Discover post-high school education opportunities and how to take the first step toward a future ready career pathway <p>UNIT 16 PROFESSIONALISM</p> <ol style="list-style-type: none"> 1. Define professionalism and explain why it's important 2. Create an eye-catching resume and use it in an effective job application 3. Apply interview best practices in a job interview
<div style="border: 1px solid black; padding: 5px; text-align: center;">LIFESTYLE</div>	<p>UNIT 17 LIFESTYLE</p> <ol style="list-style-type: none"> 1. Explain the Find Your Grind Lifestyle meaning and why it is important to define your lifestyle 2. Interpret how the Find Your Grind Lifestyle is a different mindset from other perceptions of what a lifestyle is or should be <p>UNIT 18 GAUGE YOUR LIFESTYLE</p> <ol style="list-style-type: none"> 1. Gauge current lifestyle using reflection 2. Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle 3. Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle <p>UNIT 19 EXPLORING LIFESTYLES</p> <ol style="list-style-type: none"> 1. Identify lifestyle ideals through the Lifestyle Assessment 2. Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle 3. Interpret how to explore self, life, health, relationships, hobbies, work, and balance through the lens of a lifestyle mind map <p>UNIT 20 LIFESTYLE ROADMAP</p> <ol style="list-style-type: none"> 1. Explore the process of roadmapping and how it can be beneficial to lifestyle design 2. Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap

CATEGORY	UNIT
<div data-bbox="89 273 407 394" style="border: 1px solid black; padding: 5px; text-align: center;"> MINDSET + BALANCE </div>	<p>UNIT 21 PLANNING & GOAL-SETTING</p> <ol style="list-style-type: none"> 1. Explain the purpose of goal setting and set at least one goal 2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine <p>UNIT 22 BALANCING ACT</p> <ol style="list-style-type: none"> 1. Define balance as it applies to your lifestyle and assess areas of your life that need balance 2. Create a plan to increase balance in all areas of life <p>UNIT 23 THE POWER OF GRATITUDE</p> <ol style="list-style-type: none"> 1. List methods to increase and express gratitude 2. Explain the role gratitude plays in achieving balance in life 3. Evaluate your life for things to be grateful for <p>UNIT 24 STRESS + MINDSET SHIFTS</p> <ol style="list-style-type: none"> 1. Identify personal stressors and explain how balance can be used as a stress management tool 2. Define mindset shift in your own words and summarize the process of creating a mindset shift 3. Incorporate habits in your daily routine that help create a mindset shift <p>UNIT 25 MAKE SPACE + TIME FOR YOU</p> <ol style="list-style-type: none"> 1. Evaluate and create space to increase balance in all areas of life 2. Summarize the benefits of time management 3. Utilize effective time management to create life balance 4. Highlight the need for reevaluation of your personal life plan and explain why it's important 5. Compare and contrast previous personal goals with current passions and interests 6. Adjust your daily routine based on the needs revealed by the reevaluation of your life plans
<div data-bbox="89 1459 407 1539" style="border: 1px solid black; padding: 5px; text-align: center;"> LEADERSHIP </div>	<p>UNIT 26 LEADERSHIP BASICS</p> <ol style="list-style-type: none"> 1. Explain what leadership and why it is important 2. Identify your own personal leadership style 3. Determine the key skills of an effective leader <p>UNIT 27 WHAT MAKES A LEADER</p> <ol style="list-style-type: none"> 1. Summarize how great leaders use their skills 2. Grow your personal leadership skills through volunteering 3. Explain the importance of goal-setting for a leader <p>UNIT 28 LEADERSHIP IN ACTION</p> <ol style="list-style-type: none"> 1. Describe the strategies used by successful leaders 2. Implement leadership skills in your own life

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
LEADERSHIP	UNIT 29 LEVEL UP YOUR LEADERSHIP <ol style="list-style-type: none">1. Determine ways to build your own leadership skills2. Use leadership strategies to manage conflict and lead a virtual team3. Discover new opportunities to become a leader
MONEY	UNIT 30 MONEY BASICS <ol style="list-style-type: none">1. Outline what financial future means to you and reflect on your current money habits2. Define basic financial terms3. Evaluate your current financial situation UNIT 31 BUDGETING + EXPENSES <ol style="list-style-type: none">1. Define budgeting and explain its importance2. Create a personalized budget3. Explain how money is typically spent in a budget UNIT 32 MAKING MONEY MOVES WORK FOR YOU <ol style="list-style-type: none">1. Summarize the keys to making money doing what you love2. Connect your passions to money making opportunities3. Define basic terms around the topic of investing4. Evaluate how investing will impact your future UNIT 33 TAXES + GOVERNMENT <ol style="list-style-type: none">1. Explain the reason for taxes and their benefit2. Summarize the three types of taxes3. Differentiate the three basic levels of government4. Explain how to get involved in the political process UNIT 34 BANKING BASICS <ol style="list-style-type: none">1. List the differences between types of bank accounts and how banks work2. Explain the basics of credit and debit cards and how they can be used3. Demonstrate good credit card habits UNIT 35 LIFESTYLE + MONEY <ol style="list-style-type: none">1. Explain the flipped funnel approach to lifestyle planning including finances2. Reevaluate the financial aspect of your lifestyle roadmap
FUTURE READY	UNIT 36 THE FUTURE BELONGS TO THE MISFITS <ol style="list-style-type: none">1. Develop a personal meaning of “Misfit” as it applies to YOU2. Review and connect previous self-reflection and discovery with Misfit lifestyle goals3. Reevaluate your Lifestyle Roadmap based on your future readiness and journey in Find Your Grind4. Create your Misfit statement

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

THEMES	36-UNIT CURRICULUM	27-UNIT CURRICULUM	18-UNIT CURRICULUM	9-UNIT CURRICULUM
<p>Kickstart your personalized learning journey and understand the lifestyles that can define your career journey by taking...</p> <p>Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be</p> <p>All About You: The path to self-discovery is a reflective journey to who you really want to be</p> <p>Brand and Network: Explore and define how you want to represent yourself and how to build your network.</p> <p>Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.</p> <p>Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!</p> <p>Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance</p> <p>Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?</p> <p>Money: Money is a huge topic! Learn how to sync it up with your lifestyle</p> <p>Future Ready: Reflect on your Future Readiness and embrace your unique lifestyle, strengths, career goals, and more!</p>	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 Your Life Cycle Journey → Unit 6 All About Your Communication → Unit 7 Your Personal Brand + Network → Unit 8 Brand + Digital Reputation → Unit 9 Social Media → Unit 10 Your Network → Unit 11 Network Like a Pro → Unit 12 Future-Proofing → Unit 13 Power Skills → Unit 14 Opportunities → Unit 15 Opportunity Pathways → Unit 16 Professionalism → Unit 17 Lifestyle → Unit 18 Gauge Your Lifestyle → Unit 19 Exploring Lifestyles → Unit 20 Lifestyle Roadmap → Unit 21 Planning + Goal Setting → Unit 22 Balance Act → Unit 23 The Power of Gratitude → Unit 24 Stress + Mindset Shifts → Unit 25 Make Space + Time for You → Unit 26 Leadership Basics → Unit 27 What Makes a Leader → Unit 28 Leadership in Action → Unit 29 Level Up Your Leadership → Unit 30 Money Basics → Unit 31 Budgeting + Expenses → Unit 32 Making Money Moves Work for You → Unit 33 Taxes + Government → Unit 34 Banking Basics → Unit 35 Lifestyle + Money Goals → Unit 36 Future Ready 	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 Your Life Cycle Journey → Unit 6 All About Your Communication → Unit 7 Your Personal Brand + Network → Unit 8 Brand + Digital Reputation → Unit 9 Social Media → Unit 10 Your Network → Unit 11 Network Like a Pro → Unit 12 Future-Proofing → Unit 13 Opportunities → Unit 14 Opportunity Pathway → Unit 15 Professionalism → Unit 16 Lifestyle → Unit 17 Gauge Your Lifestyle → Unit 18 Exploring Lifestyles → Unit 19 Planning + Goal-Setting → Unit 20 Balancing Act → Unit 21 Reflecting on Your Plan → Unit 22 Leadership → Unit 23 Money Basics → Unit 24 Budgeting + Expenses → Unit 25 Making Money Moves Work for You → Unit 26 Taxes + Government → Unit 27 Future Ready 	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 All About Your Communication → Unit 6 Your Personal Brand + Network → Unit 7 Brand + Digital Reputation → Unit 8 Your Network → Unit 9 Future-Proofing → Unit 10 Opportunities → Unit 11 Opportunity Pathways → Unit 12 Your Unique Pathway → Unit 13 Lifestyle → Unit 14 Gauge Your Lifestyle → Unit 15 Exploring Lifestyles → Unit 16 Mindset + Balance → Unit 17 Money → Unit 18 Future Ready 	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You (Part I) → Unit 3 All About You (Part 2) → Unit 4 Brand + Network → Unit 5 Opportunities → Unit 6 Lifestyle → Unit 7 Mindset + Balance → Unit 8 Money → Unit 9 Future Ready



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Career Technical Education Framework |
California Department of Education



Find Your Grind helps students figure out who they are and where they want to go by flipping the script on traditional career planning and focusing on a lifestyle-first approach.



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<p>Self Awareness: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p> <p>This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Integrating personal and social identities - Identifying personal , cultural, and linguistic assets - Identifying one’s emotions - Demonstrating honesty and integrity - Linking feelings, values, and thoughts - Examining prejudices and biases - Experiencing self-efficacy - Having a growth mindset - Developing interests and a sense of purpose 	<p>Teaching those skills in the context of a career is effective in engaging hard-to-reach students and motivating them to master...oral communication, critical thinking, and problem-solving skills. ...It helps students become confident in their ability to master the standards at school and on the job. And when students experience success ...they develop enthusiasm for and interest in their goals—and education that will help them achieve those goals.</p>	<p>Find Your Grind Experience ▾</p> <p>Through self-discovery and career readiness skill building, students will match their skills, talents, values, and interests to the future of work. They will explore opportunities in Mentor, Lifestyle, Career, and Skill badges. They will develop self-confidence and greater self-efficacy by focusing on their goals and lifestyle. Students will find themselves becoming more Future Ready by defining themselves, identifying opportunities, and communicating the next steps to live their best lives.</p>
		<p>Starter Kit ▾</p> <ol style="list-style-type: none"> 2. Recognize the value of critical thinking in the form of “asking why” 3. Recognize the value of self-reflection
		<p>All About You ▾</p> <ol style="list-style-type: none"> 1. Describe skills and skill sets 2. Summarize the importance of discovering and developing your talents 3. Determine and define your core values
		<p>All About Your Personality + In... ▾</p> <ol style="list-style-type: none"> 1. Compare and contrast personality traits through the practice of self-reflection 2. Take inventory of your personal interests and compare with your future lifestyle goals 3. Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Self Awareness: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p> <p>This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Integrating personal and social identities - Identifying personal, cultural, and linguistic assets - Identifying one’s emotions - Demonstrating honesty and integrity - Linking feelings, values, and thoughts - Examining prejudices and biases - Experiencing self-efficacy - Having a growth mindset - Developing interests and a sense of purpose 	<p>Teaching those skills in the context of a career is effective in engaging hard-to-reach students and motivating them to master...oral communication, critical thinking, and problem-solving skills. ...It helps students become confident in their ability to master the standards at school and on the job. And when students experience success ...they develop enthusiasm for and interest in their goals—and education that will help them achieve those goals.</p>	<p>All About YourSELF ▾</p> <ol style="list-style-type: none"> 1. List factors that can contribute to your self-esteem and identify ways to boost self-confidence 2. Explain how drive and motivation work together to create success 3. Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits 4. Differentiate between habits and routines and explain how routines are impactful 5. Create SMART goals and see them through to completion. <p>All About Your Communication ▾</p> <ol style="list-style-type: none"> 1. List and explain each of the four communication styles 2. Determine your own communication style and how that impacts professional and personal communication 3. Develop a plan to improve personal and professional communication

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Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Self Awareness: The abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.</p> <p>This includes capacities to recognize one’s strengths and limitations with a well-grounded sense of confidence and purpose.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Integrating personal and social identities - Identifying personal , cultural, and linguistic assets - Identifying one’s emotions - Demonstrating honesty and integrity - Linking feelings, values, and thoughts - Examining prejudices and biases - Experiencing self-efficacy - Having a growth mindset - Developing interests and a sense of purpose 	<p>Teaching those skills in the context of a career is effective in engaging hard-to-reach students and motivating them to master...oral communication, critical thinking, and problem-solving skills. ...It helps students become confident in their ability to master the standards at school and on the job. And when students experience success ...they develop enthusiasm for and interest in their goals—and education that will help them achieve those goals.</p>	<p>Lifestyle Assessment ▾</p> <p>The Lifestyle Assessment helps students better understand themselves to prepare for the future.</p> <ul style="list-style-type: none"> → Determines unique Lifestyle based on interests and personal strengths. → Helps develop greater self-awareness of identity through a process of self-discovery and reflection. → Provides steps to begin the journey to a greater understanding of who they are now and who they want to become and will be able to see themselves in the changing landscape of careers and industries. <hr/> <p>Power Skills ▾</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice <ul style="list-style-type: none"> → Communication → Communicate to Be Great → Problem Solving → Problem Solving Opportunities

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Self Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p> <p>This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Managing one’s emotions - Identifying and using stress management strategies - Exhibiting self-discipline and self-motivation - Setting personal and collective goals - Using planning and organizational skills - Showing the courage to take initiative - Demonstrating personal and collective agency 	<p>Career planning and management - CTE provides students with opportunities to develop and apply the skills needed for planning and managing their careers.</p> <p>Learn to function efficiently in predictable and unpredictable circumstances.</p>	<p>Future-Proofing ▾</p> <p>2. Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets</p> <ul style="list-style-type: none"> → What are skill sets? → Job Readiness Skills → Job Keeping Skills
	<p>Model methods of overcoming barriers through application and hard work and serve as personal coaches for the students, reinforcing social goals and plans for reaching those goals.</p>	<p>Balancing Act ▾</p> <p>1. Define balance as it applies to your lifestyle and assess areas of your life that need balance</p> <p>2. Create a plan to increase balance in all areas of life</p>
	<p>Foundation standards in CTE promote students’ adaptability and ability to transfer skills. This kind of flexibility and adaptability is important to the long term value of CTE skills in the workplace.</p>	<p>Stress + Mindset Shifts ▾</p> <p>1. Identify personal stressors and explain how balance can be used as a stress management tool</p> <p>2. Define mindset shift in your own words and summarize the process of creating a mindset shift</p> <p>3. Incorporate habits in your daily routine that help create a mindset shift</p>

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Self Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</p> <p>This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Managing one’s emotions - Identifying and using stress management strategies - Exhibiting self-discipline and self-motivation - Setting personal and collective goals - Using planning and organizational skills - Showing the courage to take initiative - Demonstrating personal and collective agency 	<p>Career planning and management - CTE provides students with opportunities to develop and apply the skills needed for planning and managing their careers.</p> <p>Learn to function efficiently in predictable and unpredictable circumstances.</p> <p>Model methods of overcoming barriers through application and hard work and serve as personal coaches for the students, reinforcing social goals and plans for reaching those goals.</p> <p>Foundation standards in CTE promote students’ adaptability and ability to transfer skills. This kind of flexibility and adaptability is important to the long term value of CTE skills in the workplace.</p>	<p>Make Space + Time for You ▾</p> <ol style="list-style-type: none"> 1. Evaluate and create space to increase balance in all areas of life 2. Summarize the benefits of time management 3. Utilize effective time management to create life balance 4. Highlight the need for reevaluation of your personal life plan and explain why it's important 5. Compare and contrast previous personal goals with current passions and interests 6. Adjust your daily routine based on the needs revealed by the reevaluation of your life plans
		<p>Power Skills ▾</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice <ul style="list-style-type: none"> → Power = Opportunity → Power Up & Be Flexible → Creativity → Creating Opportunities
		<p>Planning & Goal-Setting ▾</p> <ol style="list-style-type: none"> 1. Explain the purpose of goal setting and set at least one goal 2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Responsible Decision-Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</p> <p>This includes the capacities to consider ethical standards, safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Demonstrating curiosity and open-mindedness - Learning how to make a reasoned judgment after analyzing information, data, and facts - Identifying solutions for personal and social problems - Anticipating and evaluating consequences of one's actions - Recognizing how critical thinking skills are useful both inside and outside of school - Reflecting on one's role to promote personal, family, and community well-being - Evaluating personal, interpersonal, community, and institutional impacts 		<p>Starter Kit ▾</p> <ol style="list-style-type: none"> 2. Recognize the value of critical thinking in the form of “asking why” 3. Recognize the value of self-reflection
		<p>Gauge Your Lifestyle ▾</p> <ol style="list-style-type: none"> 1. Gauge current lifestyle using reflection 2. Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle 3. Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle
		<p>Exploring Lifestyles ▾</p> <ol style="list-style-type: none"> 1. Identify lifestyle ideals through the Lifestyle Assessment 2. Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle 3. Interpret how to explore self, life, health, relationships, hobbies, work, and balance through the lens of a lifestyle mind map
		<p>Lifestyle Roadmap ▾</p> <ol style="list-style-type: none"> 1. Explore the process of roadmapping and how it can be beneficial to lifestyle design 2. Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</p> <p>This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Communicating effectively - Developing positive relationships - Demonstrating cultural competency - Practicing teamwork and collaborative problem-solving - Resolving conflicts constructively - Resisting negative social pressure - Showing leadership in groups - Seeking or offering support and help when needed - Standing up for the rights of others 	<p>Student organizations also offer opportunities for participants to develop leadership capacity and interpersonal skills... The career-based student organizations foster leadership skills...</p> <p>Being able to work alone and in teams.</p>	<p>Your Network ▾</p> <ol style="list-style-type: none"> 1. Define mentorship and list benefits of having or being a mentor 2. Summarize how to match and maintain a mentorship relationship
	<p>CTSOs provide excellent venues for students to develop leadership skills... Often, they provide the only opportunity a student has to travel outside the local area, meet and make friends from all over the nation, visit colleges, make connections with business leaders throughout the state, hone and practice interpersonal skills, and participate in the legislative process.</p>	<p>Network Like a Pro ▾</p> <ol style="list-style-type: none"> 1. Define networking 2. Identify current personal networks and list the steps you can take to grow your network 3. Summarize the steps to evaluate your personal brand 4. Outline the steps to evaluate your network
	<p>The second two standards focus on the skills necessary to demonstrate leadership and teamwork, specifically structuring individual work and teamwork to reach performance goals and demonstrating respect for other people.</p> <p>Steps that can form the basis for a teamwork rubric.</p>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> 1. List and explain each of the four communication styles 2. Determine your own communication style and how that impacts professional and personal communication 3. Develop a plan to improve personal and professional communication
	<p>Responsible decision-making. The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.</p> <p>Students understand how to create alternative solutions by using critical and creative thinking skills, such as logical reasoning, analytical thinking, and problem-solving techniques...Accepting responsibility, functioning in an accountable environment, and demonstrating flexibility represent essential knowledge and skills. These skills must be taught in every aspect of CTE to ensure that</p>	<p>Power Skills ▾</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

	<p>program graduates are both good employees and good citizens. Know multiple approaches to conflict resolution and their appropriateness for a variety of situations in the workplace.</p>	
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FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Relationship skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</p> <p>This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Communicating effectively - Developing positive relationships - Demonstrating cultural competency - Practicing teamwork and collaborative problem-solving - Resolving conflicts constructively - Resisting negative social pressure - Showing leadership in groups - Seeking or offering support and help when needed - Standing up for the rights of others 	<p>Student organizations also offer opportunities for participants to develop leadership capacity and interpersonal skills... The career-based student organizations foster leadership skills...</p> <p>Being able to work alone and in teams.</p>	<p>Leadership Basics ▾</p> <ol style="list-style-type: none"> 1. Explain what leadership and why it is important 2. Identify your own personal leadership style 3. Determine the key skills of an effective leader
	<p>CTSOs provide excellent venues for students to develop leadership skills... Often, they provide the only opportunity a student has to travel outside the local area, meet and make friends from all over the nation, visit colleges, make connections with business leaders throughout the state, hone and practice interpersonal skills, and participate in the legislative process.</p>	<p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> 1. Summarize how great leaders use their skills 2. Grow your personal leadership skills through volunteering 3. Explain the importance of goal-setting for a leader
	<p>The second two standards focus on the skills necessary to demonstrate leadership and teamwork, specifically structuring individual work and teamwork to reach performance goals and demonstrating respect for other people.</p>	<p>Leadership in Action ▾</p> <ol style="list-style-type: none"> 1. Describe the strategies used by successful leaders 2. Implement leadership skills in your own life
	<p>Steps that can form the basis for a teamwork rubric.</p> <p>Responsible decision-making. The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.</p>	<p>Level Up Your Leadership ▾</p> <ol style="list-style-type: none"> 1. Determine ways to build your own leadership skills 2. Use leadership strategies to manage conflict and lead a virtual team 3. Discover new opportunities to become a leader
	<p>Students understand how to create alternative solutions by using critical and creative thinking skills, such as logical reasoning, analytical thinking, and problem-solving techniques...Accepting responsibility, functioning in an accountable environment, and demonstrating flexibility represent essential</p>	<p>Explore Library ▾</p> <p>Career and Mentor badges recommend extracurricular activities such as participating in student organizations and clubs that will support the learner in furthering their preparation for a career pathway they are interested in.</p>

FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

	<p>knowledge and skills. These skills must be taught in every aspect of CTE to ensure that program graduates are both good employees and good citizens. Know multiple approaches to conflict resolution and their appropriateness for a variety of situations in the workplace.</p>	
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FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

Core Competence Area	CACTE	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Social awareness: the abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</p> <p>This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.</p> <p>Such as:</p> <ul style="list-style-type: none"> - Taking other’s perspectives - Recognizing strengths in others - Demonstrating empathy and compassion - Showing concern for the feelings of others - Understanding and expressing gratitude - Identifying diverse social norms, including unjust ones - Recognizing situational demands and opportunities - Understanding the influences of organizations and systems on behavior 	<p>Students know the behaviors associated with the demonstration of responsibility and flexibility in personal, workplace, and community settings.</p> <p>Students understand effective leadership styles, key concepts of group dynamics, team and individual decision making, the benefits of workforce diversity, and conflict resolution.</p> <p>Understand the characteristics and benefits of teamwork, leadership, and citizenship in the school, community, and workplace settings.</p> <p>Understand how to organize and structure work individually and in teams for effective performance and the attainment of goals.</p> <p>The first standard focuses on developing student knowledge of the definitions of leadership, teamwork, and citizenship.</p> <p>Understand how to interact with others in ways that demonstrate respect for individual and cultural differences and for the attitudes and feelings of others.</p>	<p>The Power of Gratitude ▾</p> <ol style="list-style-type: none"> 1. List methods to increase and express gratitude 2. Explain the role gratitude plays in achieving balance in life 3. Evaluate your life for things to be grateful for <p>Leadership in Action ▾</p> <ol style="list-style-type: none"> 1. Describe the strategies used by successful leaders 2. Implement leadership skills in your own life <ul style="list-style-type: none"> ➔ Motivate + Inspire ➔ Leading Out Loud ➔ Making Good Decisions ➔ Responsible Leadership <p>Educator Resources ▾</p> <p>Teamwork practices in various settings; educator resources promote group and team instructional strategies and are available for each unit.</p>

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
STARTER KIT	<p>UNIT 1 STARTER KIT</p> <ol style="list-style-type: none">1. Recognize the difference between the traditional mindset for success and the Find Your Grind Lifestyle Funnel2. Recognize the value of critical thinking in the form of “asking why”3. Recognize the value of self-reflection4. Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration
ALL ABOUT YOU	<p>UNIT 2 ALL ABOUT YOU</p> <ol style="list-style-type: none">1. Describe skills and skill sets2. Summarize the importance of discovering and developing your talents3. Determine and define your core values <p>UNIT 3 ALL ABOUT YOUR PERSONALITY + INTERESTS</p> <ol style="list-style-type: none">1. Compare and contrast personality traits through the practice of self- reflection2. Take inventory of your personal interests and compare with your future lifestyle goals3. Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset <p>UNIT 4 ALL ABOUT YOURSELF</p> <ol style="list-style-type: none">1. List factors that can contribute to your self-esteem and identify ways to boost self-confidence2. Explain how drive and motivation work together to create success3. Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits4. Differentiate between habits and routines and explain how routines are impactful5. Create SMART goals and see them through to completion <p>UNIT 5 YOUR LIFE CYCLE JOURNEY</p> <ol style="list-style-type: none">1. List discovery opportunities at various stages of the life cycle2. Analyze each stage of the life cycle to uncover discovery opportunities3. Relate discovery opportunities in early stages of the life cycle to those of adulthood <p>UNIT 6 ALL ABOUT YOUR COMMUNICATION</p> <ol style="list-style-type: none">1. List and explain each of the four communication styles2. Determine your own communication style and how that impacts professional and personal communication3. Develop a plan to improve personal and professional communication

CATEGORY	UNIT
<div data-bbox="77 300 397 422" style="border: 1px solid orange; padding: 5px; text-align: center;"> BRAND & NETWORK </div>	<p>UNIT 7 YOUR PERSONAL BRAND + NETWORK</p> <ol style="list-style-type: none"> 1. Define personal brand and summarize the steps to evaluate it 2. Demonstrate the ability to write an elevator pitch 3. Formulate your own personal brand <p>UNIT 8 BRAND + DIGITAL REPUTATION</p> <ol style="list-style-type: none"> 1. Define digital reputation and discuss ways to cultivate it 2. Explain ways to control your reputation and safety online <p>UNIT 9 SOCIAL MEDIA</p> <ol style="list-style-type: none"> 1. List factors that can improve social media engagement and identify ways to interact with others 2. Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage <p>UNIT 10 YOUR NETWORK</p> <ol style="list-style-type: none"> 1. Define mentorship and list benefits of having or being a mentor 2. Summarize how to match and maintain a mentorship relationship <p>UNIT 11 NETWORK LIKE A PRO</p> <ol style="list-style-type: none"> 1. Define networking 2. Identify current personal networks and list the steps you can take to grow your network 3. Summarize the steps to evaluate your personal brand 4. Outline the steps to evaluate your network
<div data-bbox="77 1325 397 1398" style="border: 1px solid blue; padding: 5px; text-align: center;"> OPPORTUNITIES </div>	<p>UNIT 12 FUTURE-PROOFING</p> <ol style="list-style-type: none"> 1. Describe how job titles are used and how to ensure a resume has clear job title information 2. Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets <p>UNIT 13 POWER SKILLS</p> <ol style="list-style-type: none"> 1. Define power skills 2. Explain the importance of power skills and how they relate to the future of work 3. Identify the top five power skills employers value the most and reflect on how you can get some practice <p>UNIT 14 OPPORTUNITIES</p> <ol style="list-style-type: none"> 1. Describe the Find Your Grind industry categories 2. Use Lifestyle Assessment results as a reference to create a list of industries and careers that interest you as well as align with your skills, talents, and values

CATEGORY	UNIT
<div style="border: 1px solid black; padding: 5px; text-align: center;">OPPORTUNITIES</div>	<p>UNIT 15 OPPORTUNITY PATHWAYS</p> <ol style="list-style-type: none"> 1. Discuss what a career pathway is and examine types of employment 2. Describe the positive and negative aspects of career disruption and how you can prepare for it 3. Explain changes in the future of work related to automation 4. Examine full-time or part-time employment, self-employment, and gig-employment to identify pros and cons of each 5. Discover post-high school education opportunities and how to take the first step toward a future ready career pathway <p>UNIT 16 PROFESSIONALISM</p> <ol style="list-style-type: none"> 1. Define professionalism and explain why it's important 2. Create an eye-catching resume and use it in an effective job application 3. Apply interview best practices in a job interview
<div style="border: 1px solid black; padding: 5px; text-align: center;">LIFESTYLE</div>	<p>UNIT 17 LIFESTYLE</p> <ol style="list-style-type: none"> 1. Explain the Find Your Grind Lifestyle meaning and why it is important to define your lifestyle 2. Interpret how the Find Your Grind Lifestyle is a different mindset from other perceptions of what a lifestyle is or should be <p>UNIT 18 GAUGE YOUR LIFESTYLE</p> <ol style="list-style-type: none"> 1. Gauge current lifestyle using reflection 2. Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle 3. Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle <p>UNIT 19 EXPLORING LIFESTYLES</p> <ol style="list-style-type: none"> 1. Identify lifestyle ideals through the Lifestyle Assessment 2. Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle 3. Interpret how to explore self, life, health, relationships, hobbies, work, and balance through the lens of a lifestyle mind map <p>UNIT 20 LIFESTYLE ROADMAP</p> <ol style="list-style-type: none"> 1. Explore the process of roadmapping and how it can be beneficial to lifestyle design 2. Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
MINDSET + BALANCE	<p>UNIT 21 PLANNING & GOAL-SETTING</p> <ol style="list-style-type: none">1. Explain the purpose of goal setting and set at least one goal2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine <p>UNIT 22 BALANCING ACT</p> <ol style="list-style-type: none">1. Define balance as it applies to your lifestyle and assess areas of your life that need balance2. Create a plan to increase balance in all areas of life <p>UNIT 23 THE POWER OF GRATITUDE</p> <ol style="list-style-type: none">1. List methods to increase and express gratitude2. Explain the role gratitude plays in achieving balance in life3. Evaluate your life for things to be grateful for <p>UNIT 24 STRESS + MINDSET SHIFTS</p> <ol style="list-style-type: none">1. Identify personal stressors and explain how balance can be used as a stress management tool2. Define mindset shift in your own words and summarize the process of creating a mindset shift3. Incorporate habits in your daily routine that help create a mindset shift <p>UNIT 25 MAKE SPACE + TIME FOR YOU</p> <ol style="list-style-type: none">1. Evaluate and create space to increase balance in all areas of life2. Summarize the benefits of time management3. Utilize effective time management to create life balance4. Highlight the need for reevaluation of your personal life plan and explain why it's important5. Compare and contrast previous personal goals with current passions and interests6. Adjust your daily routine based on the needs revealed by the reevaluation of your life plans
LEADERSHIP	<p>UNIT 26 LEADERSHIP BASICS</p> <ol style="list-style-type: none">1. Explain what leadership and why it is important2. Identify your own personal leadership style3. Determine the key skills of an effective leader <p>UNIT 27 WHAT MAKES A LEADER</p> <ol style="list-style-type: none">1. Summarize how great leaders use their skills2. Grow your personal leadership skills through volunteering3. Explain the importance of goal-setting for a leader <p>UNIT 28 LEADERSHIP IN ACTION</p> <ol style="list-style-type: none">1. Describe the strategies used by successful leaders2. Implement leadership skills in your own life

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
LEADERSHIP	UNIT 29 LEVEL UP YOUR LEADERSHIP <ol style="list-style-type: none">1. Determine ways to build your own leadership skills2. Use leadership strategies to manage conflict and lead a virtual team3. Discover new opportunities to become a leader
MONEY	UNIT 30 MONEY BASICS <ol style="list-style-type: none">1. Outline what financial future means to you and reflect on your current money habits2. Define basic financial terms3. Evaluate your current financial situation UNIT 31 BUDGETING + EXPENSES <ol style="list-style-type: none">1. Define budgeting and explain its importance2. Create a personalized budget3. Explain how money is typically spent in a budget UNIT 32 MAKING MONEY MOVES WORK FOR YOU <ol style="list-style-type: none">1. Summarize the keys to making money doing what you love2. Connect your passions to money making opportunities3. Define basic terms around the topic of investing4. Evaluate how investing will impact your future UNIT 33 TAXES + GOVERNMENT <ol style="list-style-type: none">1. Explain the reason for taxes and their benefit2. Summarize the three types of taxes3. Differentiate the three basic levels of government4. Explain how to get involved in the political process UNIT 34 BANKING BASICS <ol style="list-style-type: none">1. List the differences between types of bank accounts and how banks work2. Explain the basics of credit and debit cards and how they can be used3. Demonstrate good credit card habits UNIT 35 LIFESTYLE + MONEY <ol style="list-style-type: none">1. Explain the flipped funnel approach to lifestyle planning including finances2. Reevaluate the financial aspect of your lifestyle roadmap
FUTURE READY	UNIT 36 THE FUTURE BELONGS TO THE MISFITS <ol style="list-style-type: none">1. Develop a personal meaning of “Misfit” as it applies to YOU2. Review and connect previous self-reflection and discovery with Misfit lifestyle goals3. Reevaluate your Lifestyle Roadmap based on your future readiness and journey in Find Your Grind4. Create your Misfit statement

FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

THEMES	36-UNIT CURRICULUM	27-UNIT CURRICULUM	18-UNIT CURRICULUM	9-UNIT CURRICULUM
<p>Kickstart your personalized learning journey and understand the lifestyles that can define your career journey by taking...</p> <p>Starter Kit: The WHY and HOW to begin living the life you want and being the person you want to be</p> <p>All About You: The path to self-discovery is a reflective journey to who you really want to be</p> <p>Brand and Network: Explore and define how you want to represent yourself and how to build your network.</p> <p>Opportunities: Explore pathways to multiple careers and develop the skills needed to be successful in the future of work.</p> <p>Lifestyle: Start the journey to the life you want to live and build the roadmap to happiness!</p> <p>Mindset and Balance: Life isn't always easy. Here are some tools to help you plan and find balance</p> <p>Leadership: Leaders set direction, inspire, and motivate. Are you ready to become a leader?</p> <p>Money: Money is a huge topic! Learn how to sync it up with your lifestyle</p> <p>Future Ready: Reflect on your Future Readiness and embrace your unique lifestyle, strengths, career goals, and more!</p>	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 Your Life Cycle Journey → Unit 6 All About Your Communication → Unit 7 Your Personal Brand + Network → Unit 8 Brand + Digital Reputation → Unit 9 Social Media → Unit 10 Your Network → Unit 11 Network Like a Pro → Unit 12 Future-Proofing → Unit 13 Power Skills → Unit 14 Opportunities → Unit 15 Opportunity Pathways → Unit 16 Professionalism → Unit 17 Lifestyle → Unit 18 Gauge Your Lifestyle → Unit 19 Exploring Lifestyles → Unit 20 Lifestyle Roadmap → Unit 21 Planning + Goal Setting → Unit 22 Balance Act → Unit 23 The Power of Gratitude → Unit 24 Stress + Mindset Shifts → Unit 25 Make Space + Time for You → Unit 26 Leadership Basics → Unit 27 What Makes a Leader → Unit 28 Leadership in Action → Unit 29 Level Up Your Leadership → Unit 30 Money Basics → Unit 31 Budgeting + Expenses → Unit 32 Making Money Moves Work for You → Unit 33 Taxes + Government → Unit 34 Banking Basics → Unit 35 Lifestyle + Money Goals → Unit 36 Future Ready 	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 Your Life Cycle Journey → Unit 6 All About Your Communication → Unit 7 Your Personal Brand + Network → Unit 8 Brand + Digital Reputation → Unit 9 Social Media → Unit 10 Your Network → Unit 11 Network Like a Pro → Unit 12 Future-Proofing → Unit 13 Opportunities → Unit 14 Opportunity Pathway → Unit 15 Professionalism → Unit 16 Lifestyle → Unit 17 Gauge Your Lifestyle → Unit 18 Exploring Lifestyles → Unit 19 Planning + Goal-Setting → Unit 20 Balancing Act → Unit 21 Reflecting on Your Plan → Unit 22 Leadership → Unit 23 Money Basics → Unit 24 Budgeting + Expenses → Unit 25 Making Money Moves Work for You → Unit 26 Taxes + Government → Unit 27 Future Ready 	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You → Unit 3 All About Your Personality + Interests → Unit 4 All About YourSELF → Unit 5 All About Your Communication → Unit 6 Your Personal Brand + Network → Unit 7 Brand + Digital Reputation → Unit 8 Your Network → Unit 9 Future-Proofing → Unit 10 Opportunities → Unit 11 Opportunity Pathways → Unit 12 Your Unique Pathway → Unit 13 Lifestyle → Unit 14 Gauge Your Lifestyle → Unit 15 Exploring Lifestyles → Unit 16 Mindset + Balance → Unit 17 Money → Unit 18 Future Ready 	<ul style="list-style-type: none"> → Future Ready Assessment → Lifestyle Assessment → Career Compare → Unit 1 Starter Kit → Unit 2 All About You (Part I) → Unit 3 All About You (Part 2) → Unit 4 Brand + Network → Unit 5 Opportunities → Unit 6 Lifestyle → Unit 7 Mindset + Balance → Unit 8 Money → Unit 9 Future Ready

