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| **Framework Title:** Career Cluster Skills (CS).02 | | | | | |
| **CIP Code:** | | | **Total Framework Hours up to:** | | |
| **Course: CS.02 Level 1,2, and 3** | | | **Exploratory Preparatory** | | |
| **Career Cluster: AFNR Cluster Pathway: CS .02 Date Last Modified:** | | | | | |
| **Pathway Content Standard:** | | | | | |
| **Performance Assessments** | | | | | |
| **CS.02. Performance Element: Personal Growth: Develop a skill set to enhance the positive evolution of the whole person.** | | | | | |
| ***STANDARDS AND PERFORMANCE INDICATORS*** | | | | | |
| **CS.02.01. Performance Indicator:** Physical Growth: Address personal health by understanding, respecting and managing your body’s needs. **Sc F1**  **CS.02.02. Performance Indicator:** Social Growth: Interact with others in a manner that respects the differences of a diverse and changing society. **LA 12, SS 1E**  **CS.02.03. Performance Indicator:** Professional Growth: Develop awareness and apply skills necessary for achieving career success. **LA 12, SS 4A**  **CS.02.04. Performance Indicator:** Mental Growth: Demonstrate the effective application of reasoning, thinking, and coping skills. **M 6C, Sc A4, LA 4 & 8**  **CS.02.05. Performance Indicator:** Emotional Growth: Demonstrate healthy responses to one’s feelings. **SS 4A**  **CS.02.06. Performance Indicator:** Spiritual Growth: Reflect inner strength to allow one to define personal beliefs, values, principles and sense of balance. **SS 4C and 4F** | | | | | |
| **Level I=Basic Level II=Core Level III=Advanced** | | | | Standards | |
| **Level I, II, III** | **Performance Indicators** | | | |  |
| **CS.02.01.01.a.** | | Identify how healthy and unhealthy food affects one’s body. Level I | | |  |
| **CS.02.01.01.b.** | | Create a balanced menu to ensure appropriate proportions of desired nutritional elements. Level II | | |  |
| **CS.02.01.01.c.** | | Practice healthy eating habits. Level III | | |  |
| **CS.02.01.02.a.** | | Describe the benefits, risks and opportunities associated with being physically fit. Level I | | |  |
| **CS.02.01.02.b.** | | Implement a plan for respecting one’s body. Level II | | |  |
| **CS.02.01.02.c.** | | Make recommendations or changes to a personal fitness program regiment. Level III | | |  |
| **CS.02.01.03.a.** | | Describe practices that must be maintained to achieve long term health. Level I | | |  |
| **CS.02.01.03.b.** | | Implement a plan to achieve long-term health. Level II | | |  |
| **CS.02.01.03.c.** | | Evaluate personal lifestyle as related to long-term health. Level III | | |  |
| **CS.02.02.01.a.** | | Discover the different cultures that exist in one’s community. Level I | | |  |
| **CS.02.02.01.b.** | | Compare and contrast the customs of different cultures. Level II | | |  |
| **CS.02.02.01.c.** | | Engage in a project that educates others about different cultures from within the community. Level III | | |  |
| **CS.02.02.02.a.** | | Demonstrate proper conduct and appearances for various settings. Level I | | |  |
| **CS.02.02.02.b.** | | Apply the skills required to present oneself appropriately in various settings. Level II | | |  |
| **CS.02.02.02.c.** | | Present oneself appropriately in various settings. Level III | | |  |
| **CS.02.02.03.a.** | | Identify the skills needed to develop a professional relationship. Level I | | |  |
| **CS.02.02.03.b.** | | Exhibit the behaviors needed for developing and maintaining a professional relationship. Level II | | |  |
| **CS.02.02.03.c.** | | Maintain effective professional relationships. Level III | | |  |
| **CS.02.03.01.a**. | | Explore various career interests/options. Level I | | |  |
| **CS.02.03.01.b.** | | Make decisions to plan for a personal career. Level II | | |  |
| **CS.02.03.01.c.** | | Implement a plan to achieve career goals and priorities. Level III | | |  |
| **CS.02.03.02.a.** | | Chart the components to creating a balanced work/life plan. Level I | | |  |
| **CS.02.03.02.b.** | | Determine the level of non-essential actions/tasks related to personal and work life. Level II | | |  |
| **CS.02.03.02.c.** | | Balance personal and work responsibilities. Level III | | |  |
| **CS.02.03.03.a.** | | Identify the skills required for various careers. Level I | | |  |
| **CS.02.03.03.b.** | | Develop skills required for a specific career. Level II | | |  |
| **CS.02.03.03.c.** | | Demonstrate employability skills for a specific career. Level III | | |  |
| **CS.02.04.01.a.** | | Describe the skills necessary to think critically and creatively. Level I | | |  |
| **CS.02.04.01.b.** | | Discuss the benefits of thinking critically and creatively. Level II | | |  |
| **CS.02.04.01.c.** | | Demonstrate critical and creative thinking skills while completing a task. Level III | | |  |
| **CS.02.04.02.a.** | | Explore tools used in creative problem-solving. Level I | | |  |
| **CS.02.04.02.b.** | | Analyze problems that were solved well and problems that were not solved well. Level II | | |  |
| **CS.02.04.02.c.** | | Implement effective problem solving strategies. Level III | | |  |
| **CS.02.04.03.a.** | | Discuss the skills and techniques needed to negotiate effectively. Level I | | |  |
| **CS.02.04.03.b.** | | Analyze case studies where negotiation techniques are used. Level II | | |  |
| **CS.02.04.03.c.** | | Demonstrate the skills needed to negotiate with others. Level III | | |  |
| **CS.02.05.01.a.** | | Describe skills used to cope with different situations. Level I | | |  |
| **CS.02.05.01.b.** | | Determine the coping process that best fits one’s situation. Level II | | |  |
| **CS.02.05.01.c.** | | Demonstrate one’s ability to cope with life’s trials. Level III | | |  |
| **CS.02.05.02.a.** | | Discover the characteristics of selfless and compassionate individuals. Level I | | |  |
| **CS.02.05.02.b.** | | Determine opportunities to demonstrate selflessness and compassion towards others. Level II | | |  |
| **CS.02.05.02.c.** | | Practice the skills needed to live a compassionate and selfless life. Level III | | |  |
| **CS.02.05.03.a.** | | Describe the factors needed to build self confidence. Level I | | |  |
| **CS.02.05.03.b.** | | Analyze an individual’s personal level of self confidence. Level II | | |  |
| **CS.02.05.03.c.** | | Exhibit self confidence while in the workplace. Level III | | |  |
| **CS.02.05.04.a.** | | Analyze the benefits of emotional development. Level I | | |  |
| **CS.02.05.04.b.** | | Practice habits that positively affect emotional well-being. Level II | | |  |
| **CS.02.05.04.c.** | | Develop emotional well-being in other team members. Level III | | |  |
| **CS.02.05.05.a.** | | Describe situations where seeking counsel would be appropriate (e.g., personal, legal, financial, etc.). Level I | | |  |
| **CS.02.05.05.b.** | | Analyze the positive outcomes of seeking counsel through an appropriate source. Level II | | |  |
| **CS.02.05.05.c.** | | Seek appropriate counsel for specific situations (e.g., personal, legal, financial, etc.). Level III | | |  |
| **CS.02.06.01.a.** | | Define the terms: value, beliefs, and belief system. Level I | | |  |
| **CS.02.06.01.b.** | | Create a personal belief statement. Level II | | |  |
| **CS.02.06.01.c.** | | Develop and nurture a personal belief system. Level III | | |  |
| **CS.02.06.02.a.** | | Describe respectful, sensitive behaviors that can influence others. Level I | | |  |
| **CS.02.06.02.b.** | | Explain how respectful, sensitive behaviors lead to increased influence. Level II | | |  |
| **CS.02.06.02.c.** | | Demonstrate respect and sensitivity to others’ beliefs. Level III | | |  |