

Policy Type: Results

Personal Development for Quality of Life

Students will acquire the developmental skills necessary to lead healthy, satisfying and productive lives.

Accordingly, students will:

1. Practice a healthy lifestyle being able to make choices that positively impact their physical, emotional and mental health.
2. Communicate effectively, and be able to express themselves appropriately and clearly.
3. Establish and maintain positive relationships with others, respecting other's values, differences and rights.
4. Take accountability for his/her own actions.
5. Manage their emotions, demonstrating resiliency, self-control and self-worth.
6. Demonstrate the ability to work independently and collaborate as appropriate and necessary.
7. Explore and access available information resources, evaluating validity, credibility and thoroughness for informed decision making.

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