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# **CURRICULUM LEARNING STANDARDS ALIGNMENT**

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# CURRICULUM LEARNING STANDARDS ALIGNMENT

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New York Career Development and Occupational Studies |  
Commencement Core Curriculum



**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><b>Standard 1 - Career Development</b></p> <p>Performance Indicator 1: Students complete the development of a career plan that would permit eventual entry into a career option of their choosing.</p>	<p>Lifestyle Roadmap ▾</p> <ol style="list-style-type: none"> <li>1) Explore the process of roadmapping and how it can be beneficial to lifestyle design</li> <li>2) Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap</li> </ol>
	<p>All About You ▾</p> <ol style="list-style-type: none"> <li>1) Describe skills and skill sets</li> <li>2) Summarize the importance of discovering and developing your talents</li> <li>3) Determine and define your core values</li> </ol>
	<p>Future-Proofing ▾</p> <ol style="list-style-type: none"> <li>1) Describe how job titles are used and how to ensure a resume has clear job title information</li> <li>2) Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets               <ul style="list-style-type: none"> <li>→ What are Skill Sets?</li> <li>→ Job Readiness Skills</li> <li>→ Job Seeking Skills</li> <li>→ Job Keeping Skills</li> </ul> </li> </ol>
	<p>Professionalism ▾</p> <ol style="list-style-type: none"> <li>1) Define professionalism and explain why it's important</li> <li>2) Create an eye-catching resume and use it in an effective job application</li> <li>3) Apply interview best practices in a job interview               <ul style="list-style-type: none"> <li>→ What is Professionalism?</li> <li>→ Application Submitted</li> <li>→ Catchy Resumes</li> <li>→ The Power of a Letter</li> <li>→ Crush Your Interview</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 1 - Career Development</b> Performance Indicator 2: Students apply decision-making skills in the selection of a career option of strong personal interest.</p>	<p>All About Your Personality + Interests ▾</p> <ol style="list-style-type: none"> <li>1) Compare and contrast personality traits through the practice of self-reflection</li> <li>2) Take inventory of your personal interests and compare with your future lifestyle goals</li> <li>3) Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset</li> </ol>
	<p>Lifestyle Assessment ▾</p> <ul style="list-style-type: none"> <li>→ The Lifestyle Assessment helps students better understand themselves to prepare for the future</li> <li>→ Determines unique Lifestyle based on interests and personal strengths.</li> <li>→ Helps develop greater self-awareness of identity through a process of self-discovery and reflection.</li> <li>→ 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.</li> </ul>
	<p>Opportunity Pathways ▾</p> <ol style="list-style-type: none"> <li>1) Discuss what a career pathway is and examine types of employment</li> <li>2) Describe the positive and negative aspects of career disruption and how you can prepare for it</li> <li>3) Explain changes in the future of work related to automation</li> <li>4) Examine full-time or part-time employment, self-employment, and gig-employment to identify pros and cons of each</li> <li>5) Discover post-high school education opportunities and how to take the first step toward a future ready career pathway</li> </ol>
	<p>Planning &amp; Goal-Setting ▾</p> <ol style="list-style-type: none"> <li>1) Explain the purpose of goal setting and set at least one goal</li> <li>2) Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine</li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 1 - Career Development</b></p> <p>Performance Indicator 3: Students analyze skills and abilities required in a career option and relate them to their own skills and abilities.</p>	<p>All About You ▾</p> <ol style="list-style-type: none"> <li>1) Describe skills and skill sets</li> <li>2) Summarize the importance of discovering and developing your talents</li> <li>3) Determine and define your core values</li> </ol>
	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>
	<p>Gauge Your Lifestyle ▾</p> <ol style="list-style-type: none"> <li>1) Gauge current lifestyle using reflection</li> <li>2) Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle</li> <li>3) Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle</li> </ol>

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Basic Skills</b></p> <p>Performance Indicator 1: Students use a combination of techniques to read or listen to complex information and analyze what they hear or read; convey information confidently and coherently in written or oral form; and analyze and solve mathematical problems requiring use of multiple computational skills.</p>	<p><b>Power Skills</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> </ul> </li> </ol>
	<p><b>Explore Library</b> ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>
	<p><b>Educator Resources</b> ▾</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 STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Thinking Skills</b> Performance Indicator 1: Students demonstrate the ability to organize and process information and apply skills in new ways.</p>	<p><b>Power Skills</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Power = Opportunity</li> <li>→ Power Up &amp; Be Flexible</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> </ul> </li> </ol>
<p><b>Standard 3a Personal Qualities</b> Performance Indicator 1: Students demonstrate leadership skills in setting goals, monitoring progress, and improving their performance.</p>	<p><b>What Makes a Leader</b> ▾</p> <ol style="list-style-type: none"> <li>1) Summarize how great leaders use their skills</li> <li>2) Grow your personal leadership skills through volunteering</li> <li>3) Explain the importance of goal-setting for a leader               <ul style="list-style-type: none"> <li>→ Goal Setting for Leaders</li> </ul> </li> </ol>
	<p><b>Planning &amp; Goal-Setting</b> ▾</p> <ol style="list-style-type: none"> <li>1) Explain the purpose of goal setting and set at least one goal</li> <li>2) Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine               <ul style="list-style-type: none"> <li>→ The Art of Planning</li> <li>→ Short + Long Term Plans</li> <li>→ Establish Your Why</li> </ul> </li> </ol>
	<p><b>Starter Kit</b> ▾</p> <ol style="list-style-type: none"> <li>2) Recognize the value of critical thinking in the form of “asking why”</li> <li>3) Recognize the value of self-reflection</li> <li>4) Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration               <ol style="list-style-type: none"> <li>1. What’s the Bigger Picture</li> <li>2. The Value of Self-reflection</li> <li>3. Motivation to Self-reflection</li> </ol> </li> </ol>



# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Interpersonal Qualities</b>                      Performance Indicator 1: Students communicate effectively and help others to learn a new skill.</p>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>1) List and explain each of the four communication styles</li> <li>2) Determine your own communication style and how that impacts professional and personal communication</li> <li>3) Develop a plan to improve personal and professional communication                             <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Listen Up</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> <li>→ Online Communication</li> <li>→ I Vs. You</li> <li>→ Speaking Up</li> </ul> </li> </ol>
	<p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> <li>1) Summarize how great leaders use their skills                             <ul style="list-style-type: none"> <li>→ Leaders as Teachers</li> </ul> </li> </ol>
	<p>Level Up Your Leadership ▾</p> <ol style="list-style-type: none"> <li>1) Determine ways to build your own leadership skills</li> <li>2) Use leadership strategies to manage conflict and lead a virtual team</li> <li>3) Discover new opportunities to become a leader                             <ul style="list-style-type: none"> <li>→ Developing People</li> <li>→ Finding Opportunities to Lead</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Technology</b> Performance Indicator 1: Students apply knowledge of technology to identify and solve problems.</p>	<p>Opportunities ▾</p> <p>1) Describe the Find Your Grind industry categories → Technology Industry</p>
	<p>All About Your Communication ▾</p> <p>2) Determine your own communication style and how that impacts professional and personal communication → Online Communication</p>
	<p>Social Media ▾</p> <p>2) Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage → Engagement is a 2-Way Street → Your Social Media Strategy → Your Fit &amp; Authenticity</p>
	<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 STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a - Managing Information</b>                      Performance Indicator 1: Students use technology to acquire, organize, and communicate information by entering, modifying, retrieving, and storing data.</p>	<p>Prompt Feature ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
<p><b>Standard 3a - Managing Resources</b>                      Performance Indicator 1: Students allocate resources to complete a task.</p>	<p>Balancing Act ▾</p> <ol style="list-style-type: none"> <li>1) Define balance as it applies to your lifestyle and assess areas of your life that need balance</li> <li>2) Create a plan to increase balance in all areas of life                             <ul style="list-style-type: none"> <li>→ Balance Your Spiritual Alignment</li> <li>→ Balance Your Mental Development</li> <li>→ Balance Your Relationships</li> <li>→ Balance Your Passions</li> <li>→ Balance Your Finances</li> <li>→ Life Balance Interconnection</li> </ul> </li> </ol> <p>Make Space + Time for You ▾</p> <ol style="list-style-type: none"> <li>1) Evaluate and create space to increase balance in all areas of life</li> <li>2) Summarize the benefits of time management</li> <li>3) Utilize effective time management to create life balance                             <ul style="list-style-type: none"> <li>→ Time Management</li> <li>→ Busy Vs. Productive</li> <li>→ Techniques for Time</li> </ul> </li> </ol> <p>Making Money Moves Work for You ▾</p> <ol style="list-style-type: none"> <li>1) Summarize the keys to making money doing what you love</li> <li>2) Connect your passions to money making opportunities                             <ol style="list-style-type: none"> <li>1. Necessary Purchases</li> <li>2. Extra Expenses</li> </ol> </li> </ol>
<p><b>Standard 3a - Systems</b>                      Performance Indicator 1: Students demonstrate an understanding of how systems performance relates to the goals, resources, and functions of an organization.</p>	<p>select a unit ▾</p>

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

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

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

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

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

CATEGORY	UNIT
<div data-bbox="87 270 407 392" style="border: 1px solid black; padding: 5px; text-align: center;"> <b>MINDSET + BALANCE</b> </div>	<p><b>UNIT 21 PLANNING &amp; GOAL-SETTING</b></p> <ol style="list-style-type: none"> <li>1. Explain the purpose of goal setting and set at least one goal</li> <li>2. Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine</li> </ol> <p><b>UNIT 22 BALANCING ACT</b></p> <ol style="list-style-type: none"> <li>1. Define balance as it applies to your lifestyle and assess areas of your life that need balance</li> <li>2. Create a plan to increase balance in all areas of life</li> </ol> <p><b>UNIT 23 THE POWER OF GRATITUDE</b></p> <ol style="list-style-type: none"> <li>1. List methods to increase and express gratitude</li> <li>2. Explain the role gratitude plays in achieving balance in life</li> <li>3. Evaluate your life for things to be grateful for</li> </ol> <p><b>UNIT 24 STRESS + MINDSET SHIFTS</b></p> <ol style="list-style-type: none"> <li>1. Identify personal stressors and explain how balance can be used as a stress management tool</li> <li>2. Define mindset shift in your own words and summarize the process of creating a mindset shift</li> <li>3. Incorporate habits in your daily routine that help create a mindset shift</li> </ol> <p><b>UNIT 25 MAKE SPACE + TIME FOR YOU</b></p> <ol style="list-style-type: none"> <li>1. Evaluate and create space to increase balance in all areas of life</li> <li>2. Summarize the benefits of time management</li> <li>3. Utilize effective time management to create life balance</li> <li>4. Highlight the need for reevaluation of your personal life plan and explain why it's important</li> <li>5. Compare and contrast previous personal goals with current passions and interests</li> <li>6. Adjust your daily routine based on the needs revealed by the reevaluation of your life plans</li> </ol>
<div data-bbox="87 1459 407 1539" style="border: 1px solid black; padding: 5px; text-align: center;"> <b>LEADERSHIP</b> </div>	<p><b>UNIT 26 LEADERSHIP BASICS</b></p> <ol style="list-style-type: none"> <li>1. Explain what leadership and why it is important</li> <li>2. Identify your own personal leadership style</li> <li>3. Determine the key skills of an effective leader</li> </ol> <p><b>UNIT 27 WHAT MAKES A LEADER</b></p> <ol style="list-style-type: none"> <li>1. Summarize how great leaders use their skills</li> <li>2. Grow your personal leadership skills through volunteering</li> <li>3. Explain the importance of goal-setting for a leader</li> </ol> <p><b>UNIT 28 LEADERSHIP IN ACTION</b></p> <ol style="list-style-type: none"> <li>1. Describe the strategies used by successful leaders</li> <li>2. Implement leadership skills in your own life</li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
<div style="border: 1px solid orange; padding: 5px; text-align: center;"><b>LEADERSHIP</b></div>	<p><b>UNIT 29 LEVEL UP YOUR LEADERSHIP</b></p> <ol style="list-style-type: none"> <li>Determine ways to build your own leadership skills</li> <li>Use leadership strategies to manage conflict and lead a virtual team</li> <li>Discover new opportunities to become a leader</li> </ol>
<div style="border: 1px solid green; padding: 5px; text-align: center;"><b>MONEY</b></div>	<p><b>UNIT 30 MONEY BASICS</b></p> <ol style="list-style-type: none"> <li>Outline what financial future means to you and reflect on your current money habits</li> <li>Define basic financial terms</li> <li>Evaluate your current financial situation</li> </ol> <p><b>UNIT 31 BUDGETING + EXPENSES</b></p> <ol style="list-style-type: none"> <li>Define budgeting and explain its importance</li> <li>Create a personalized budget</li> <li>Explain how money is typically spent in a budget</li> </ol> <p><b>UNIT 32 MAKING MONEY MOVES WORK FOR YOU</b></p> <ol style="list-style-type: none"> <li>Summarize the keys to making money doing what you love</li> <li>Connect your passions to money making opportunities</li> <li>Define basic terms around the topic of investing</li> <li>Evaluate how investing will impact your future</li> </ol> <p><b>UNIT 33 TAXES + GOVERNMENT</b></p> <ol style="list-style-type: none"> <li>Explain the reason for taxes and their benefit</li> <li>Summarize the three types of taxes</li> <li>Differentiate the three basic levels of government</li> <li>Explain how to get involved in the political process</li> </ol> <p><b>UNIT 34 BANKING BASICS</b></p> <ol style="list-style-type: none"> <li>List the differences between types of bank accounts and how banks work</li> <li>Explain the basics of credit and debit cards and how they can be used</li> <li>Demonstrate good credit card habits</li> </ol> <p><b>UNIT 35 LIFESTYLE + MONEY</b></p> <ol style="list-style-type: none"> <li>Explain the flipped funnel approach to lifestyle planning including finances</li> <li>Reevaluate the financial aspect of your lifestyle roadmap</li> </ol>
<div style="border: 1px solid red; padding: 5px; text-align: center;"><b>FUTURE READY</b></div>	<p><b>UNIT 36 THE FUTURE BELONGS TO THE MISFITS</b></p> <ol style="list-style-type: none"> <li>Develop a personal meaning of “Misfit” as it applies to YOU</li> <li>Review and connect previous self-reflection and discovery with Misfit lifestyle goals</li> <li>Reevaluate your Lifestyle Roadmap based on your future readiness and journey in Find Your Grind</li> <li>Create your Misfit statement</li> </ol>



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



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# CURRICULUM LEARNING STANDARDS ALIGNMENT

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New York Career Development & Occupational Studies |  
Intermediate Core Curriculum



**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><b>Standard 1 - Career Development</b></p> <p>Performance Indicator 1: Students continue development of a career plan that would assist in the transition from school to eventual entry into a career option of their choosing</p>	<p>Lifestyle Assessment ▾</p> <ul style="list-style-type: none"> <li>→ The Lifestyle Assessment helps students better understand themselves to prepare for the future</li> <li>→ Determines unique Lifestyle based on interests and personal strengths.</li> <li>→ Helps develop greater self-awareness of identity through a process of self-discovery and reflection.</li> <li>→ 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.</li> </ul>
	<p>Explore Library ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>
	<p>Opportunity Pathways ▾</p> <ol style="list-style-type: none"> <li>1) Discuss what a career pathway is and examine types of employment</li> <li>2) Describe the positive and negative aspects of career disruption and how you can prepare for it</li> <li>3) Explain changes in the future of work related to automation</li> <li>4) Examine full-time or part-time employment, self-employment, and gig-employment to identify pros and cons of each</li> <li>5) Discover post-high school education opportunities and how to take the first step toward a future ready career pathway</li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 1 - Career Development</b> Performance Indicator 2: Students demonstrate an understanding of the relationship among personal interests, skills and abilities, and career research.</p>	<p>All About Your Personality + Interests ▾</p> <ol style="list-style-type: none"><li>1) Compare and contrast personality traits through the practice of self-reflection</li><li>2) Take inventory of your personal interests and compare with your future lifestyle goals</li><li>3) Define and explain the difference between strengths and weaknesses and a fixed mindset and a growth mindset</li></ol>
	<p>All About You ▾</p> <ol style="list-style-type: none"><li>1) Describe skills and skill sets</li><li>2) Summarize the importance of discovering and developing your talents</li><li>3) Determine and define your core values</li></ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 1 - Career Development</b> Performance Indicator 3: Students understand the relationship of personal interests, skills, and abilities to successful employment.</p>	<p>Gauge Your Lifestyle ▾</p> <ol style="list-style-type: none"> <li>1) Gauge current lifestyle using reflection</li> <li>2) Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle</li> <li>3) Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle                             <ul style="list-style-type: none"> <li>→ Gauge Your Lifestyle</li> <li>→ Lifestyle Alignment</li> <li>→ Lifestyle in Action</li> <li>→ Interests and Passions</li> </ul> </li> </ol>
	<p>Future-Proofing ▾</p> <ol style="list-style-type: none"> <li>2) Define and describe how to apply future-proofing, job readiness, job searching, and job keeping skill sets                             <ul style="list-style-type: none"> <li>→ What are Skill Sets?</li> <li>→ Job Readiness Skills</li> <li>→ Job Seeking Skills</li> <li>→ Job Keeping Skills</li> </ul> </li> </ol>
	<p>Future-Proofing ▾</p> <ol style="list-style-type: none"> <li>1) Define professionalism and explain why it's important                             <ul style="list-style-type: none"> <li>→ What is professionalism?</li> </ul> </li> </ol>
<p><b>Standard 1 - Career Development</b> Performance Indicator 4: Students demonstrate an understanding of the relationship between the changing nature of work and educational requirements.</p>	<p>Opportunity Pathways ▾</p> <ol style="list-style-type: none"> <li>3) Explain changes in the future of work related to automation                             <ul style="list-style-type: none"> <li>→ What is a Career Pathway</li> <li>→ The Flexible Career Path</li> <li>→ Create Your Own Path</li> <li>→ Higher Education</li> <li>→ Multiple Education Paths</li> <li>→ The Future of Work</li> </ul> </li> </ol>
	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. Growing monthly!</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 1 - Career Development</b> Performance Indicator 5: Students understand the relationship of personal choices to future career decisions.</p>	<p>All About YourSELF ▾</p> <ol style="list-style-type: none"> <li>2) Explain how drive and motivation work together to create success</li> <li>3) Identify the cues, actions, and rewards of personal habits and create a plan to build positive, long-lasting habits                             <ul style="list-style-type: none"> <li>→ Harness Your Habits</li> <li>→ Your Good Habits</li> <li>→ Your Routine</li> <li>→ The Secret Formula</li> </ul> </li> </ol>
	<p>Gauge Your Lifestyle ▾</p> <ol style="list-style-type: none"> <li>1) Gauge current lifestyle using reflection</li> <li>2) Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle</li> <li>3) Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle</li> </ol>
	<p>Lifestyle Roadmap ▾</p> <ol style="list-style-type: none"> <li>1) Explore the process of roadmapping and how it can be beneficial to lifestyle design</li> <li>2) Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap</li> </ol>
	<p>Planning &amp; Goal-Setting ▾</p> <ol style="list-style-type: none"> <li>1) Explain the purpose of goal setting and set at least one goal</li> <li>2) Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine</li> </ol>



# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Basic Skills</b></p> <p>Performance Indicator 1: Students listen to and read the ideas of others and analyze what they hear and read; acquire and use information from a variety of sources; and apply a combination of mathematical operations to solve problems in oral or written form.</p>	<p><b>Educator Resources</b> ▾</p> <p>Teamwork practices in various settings; educator resources promote group and team instructional strategies and are available for each unit.</p>
	<p><b>Prompt Feature</b> ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
	<p><b>Explore Library</b> ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>

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STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Thinking Skills</b> Performance Indicator 1: Students evaluate facts, solve advanced problems, and make decisions by applying logic and reasoning skills.</p>	<p><b>Power Skills</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Power = Opportunity</li> <li>→ Power Up &amp; Be Flexible</li> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> <li>→ Teamwork</li> </ul> </li> </ol>
	<p><b>Leadership in Action</b> ▾</p> <ol style="list-style-type: none"> <li>1) Describe the strategies used by successful leaders</li> <li>2) Implement leadership skills in your own life               <ul style="list-style-type: none"> <li>→ Making Good Decisions</li> </ul> </li> </ol>
<p><b>Standard 3a Personal Qualities</b> Performance Indicator 1: Students demonstrate an understanding of the relationship between individuals and society and interact with others in a positive manner.</p>	<p><b>Network Like a Pro</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define networking</li> <li>2) Identify current personal networks and list the steps you can take to grow your network               <ul style="list-style-type: none"> <li>→ The Value of Connection</li> <li>→ Strong + Weak Ties</li> <li>→ Network Like a Pro</li> <li>→ The Social Network</li> </ul> </li> </ol>
	<p><b>All About Your Communication</b> ▾</p> <ol style="list-style-type: none"> <li>1) List and explain each of the four communication styles</li> <li>2) Determine your own communication style and how that impacts professional and personal communication</li> <li>3) Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> <li>→ Speaking Up</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Interpersonal Qualities</b></p> <p>Performance Indicator 1: Students demonstrate the ability to work with others, present facts that support arguments, listen to dissenting points of view, and reach a shared decision.</p>	<p>Power Skills ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Teamwork</li> </ul> </li> </ol>
	<p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> <li>1) Summarize how great leaders use their skills</li> <li>2) Grow your personal leadership skills through volunteering</li> <li>3) Explain the importance of goal-setting for a leader               <ul style="list-style-type: none"> <li>→ Leading with Service</li> <li>→ Goal Setting for Leaders</li> <li>→ Professionalism in Leadership</li> <li>→ Leaders as Teachers</li> </ul> </li> </ol>
	<p>Leadership in Action ▾</p> <ol style="list-style-type: none"> <li>1) Describe the strategies used by successful leaders</li> <li>2) Implement leadership skills in your own life               <ul style="list-style-type: none"> <li>→ The Power of Delegation</li> <li>→ Motivate + Inspire</li> <li>→ Leading Out Loud</li> <li>→ Making Good Decisions</li> <li>→ Responsible Leadership</li> </ul> </li> </ol>
	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>1) List and explain each of the four communication styles</li> <li>2) Determine your own communication style and how that impacts professional and personal communication</li> <li>3) Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Listen Up</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a Technology</b> Performance Indicator 1: Students select and use appropriate technology to complete a task.</p>	<p>All About Your Communication ▾</p> <p>2) Determine your own communication style and how that impacts professional and personal communication → Online Communication</p>
	<p>Social Media ▾</p> <p>2) Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage → Engagement is a 2-Way Street → Your Social Media Strategy → Your Fit &amp; Authenticity</p>
	<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>
<p><b>Standard 3a - Managing Information</b> Performance Indicator 1: Students select and communicate information in an appropriate format (e.g., oral, written, graphic, pictorial, multimedia).</p>	<p>Prompt Feature ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
	<p>Brand + Digital Reputation ▾</p> <p>1) Define digital reputation and discuss ways to cultivate it 2) Explain ways to control your reputation and safety online → Social Media + Your Digital Reputation → Write Your Story → Damage Control → Netiquette</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a - Managing Resources</b></p> <p>Performance Indicator 1: Students understand the material, human, and financial resources needed to accomplish tasks and activities.</p>	<p><b>Balancing Act</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define balance as it applies to your lifestyle and assess areas of your life that need balance</li> <li>2) Create a plan to increase balance in all areas of life               <ul style="list-style-type: none"> <li>→ Balance Your Spiritual Alignment</li> <li>→ Balance Your Mental Development</li> <li>→ Balance Your Relationships</li> <li>→ Balance Your Passions</li> <li>→ Balance Your Finances</li> <li>→ Life Balance Interconnection</li> </ul> </li> </ol>
	<p><b>Make Space + Time for You</b> ▾</p> <ol style="list-style-type: none"> <li>1) Evaluate and create space to increase balance in all areas of life</li> <li>2) Summarize the benefits of time management</li> <li>3) Utilize effective time management to create life balance               <ul style="list-style-type: none"> <li>→ Time Management</li> <li>→ Busy Vs. Productive</li> <li>→ Techniques for Time</li> </ul> </li> </ol>
	<p><b>Budgeting + Expenses</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define budgeting and explain its importance</li> <li>2) Create a personalized budget</li> <li>3) Explain how money is typically spent in a budget               <ul style="list-style-type: none"> <li>→ Budget Basics</li> <li>→ Budget Ins and Outs</li> <li>→ Budget Practice</li> <li>→ Reflect on Your Budget</li> </ul> </li> </ol>
	<p><b>Making Money Moves Work for You</b> ▾</p> <ol style="list-style-type: none"> <li>1) Summarize the keys to making money doing what you love</li> <li>2) Connect your passions to money making opportunities               <ul style="list-style-type: none"> <li>→ Necessary Purchases</li> <li>→ Extra Expenses</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

STANDARD	FIND YOUR GRIND UNITS + OBJECTIVES
<p><b>Standard 3a - Systems</b></p> <p>Performance Indicator 1: Students demonstrate understanding of how a system operates and identify where to obtain information and resources within the system.</p>	<p>Starter Kit ▾</p> <ul style="list-style-type: none"><li>2) Recognize the value of critical thinking in the form of “asking why”</li><li>3) Recognize the value of self-reflection</li><li>4) Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration<ul style="list-style-type: none"><li>→ What’s the Bigger Picture</li><li>→ The Value of Self-reflection</li><li>→ Motivation to Self-reflection</li></ul></li></ul>

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

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

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



CATEGORY	UNIT
<div data-bbox="77 285 397 363" style="border: 1px solid black; padding: 5px; text-align: center;"><b>OPPORTUNITIES</b></div>	<p><b>UNIT 15 OPPORTUNITY PATHWAYS</b></p> <ol style="list-style-type: none"> <li>1. Discuss what a career pathway is and examine types of employment</li> <li>2. Describe the positive and negative aspects of career disruption and how you can prepare for it</li> <li>3. Explain changes in the future of work related to automation</li> <li>4. Examine full-time or part-time employment, self-employment, and gig-employment to identify pros and cons of each</li> <li>5. Discover post-high school education opportunities and how to take the first step toward a future ready career pathway</li> </ol> <p><b>UNIT 16 PROFESSIONALISM</b></p> <ol style="list-style-type: none"> <li>1. Define professionalism and explain why it's important</li> <li>2. Create an eye-catching resume and use it in an effective job application</li> <li>3. Apply interview best practices in a job interview</li> </ol>
<div data-bbox="77 926 397 1003" style="border: 1px solid black; padding: 5px; text-align: center;"><b>LIFESTYLE</b></div>	<p><b>UNIT 17 LIFESTYLE</b></p> <ol style="list-style-type: none"> <li>1. Explain the Find Your Grind Lifestyle meaning and why it is important to define your lifestyle</li> <li>2. Interpret how the Find Your Grind Lifestyle is a different mindset from other perceptions of what a lifestyle is or should be</li> </ol> <p><b>UNIT 18 GAUGE YOUR LIFESTYLE</b></p> <ol style="list-style-type: none"> <li>1. Gauge current lifestyle using reflection</li> <li>2. Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle</li> <li>3. Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle</li> </ol> <p><b>UNIT 19 EXPLORING LIFESTYLES</b></p> <ol style="list-style-type: none"> <li>1. Identify lifestyle ideals through the Lifestyle Assessment</li> <li>2. Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle</li> <li>3. Interpret how to explore self, life, health, relationships, hobbies, work, and balance through the lens of a lifestyle mind map</li> </ol> <p><b>UNIT 20 LIFESTYLE ROADMAP</b></p> <ol style="list-style-type: none"> <li>1. Explore the process of roadmapping and how it can be beneficial to lifestyle design</li> <li>2. Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap</li> </ol>

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

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
<b>LEADERSHIP</b>	<b>UNIT 29 LEVEL UP YOUR LEADERSHIP</b> <ol style="list-style-type: none"><li>1. Determine ways to build your own leadership skills</li><li>2. Use leadership strategies to manage conflict and lead a virtual team</li><li>3. Discover new opportunities to become a leader</li></ol>
<b>MONEY</b>	<b>UNIT 30 MONEY BASICS</b> <ol style="list-style-type: none"><li>1. Outline what financial future means to you and reflect on your current money habits</li><li>2. Define basic financial terms</li><li>3. Evaluate your current financial situation</li></ol> <b>UNIT 31 BUDGETING + EXPENSES</b> <ol style="list-style-type: none"><li>1. Define budgeting and explain its importance</li><li>2. Create a personalized budget</li><li>3. Explain how money is typically spent in a budget</li></ol> <b>UNIT 32 MAKING MONEY MOVES WORK FOR YOU</b> <ol style="list-style-type: none"><li>1. Summarize the keys to making money doing what you love</li><li>2. Connect your passions to money making opportunities</li><li>3. Define basic terms around the topic of investing</li><li>4. Evaluate how investing will impact your future</li></ol> <b>UNIT 33 TAXES + GOVERNMENT</b> <ol style="list-style-type: none"><li>1. Explain the reason for taxes and their benefit</li><li>2. Summarize the three types of taxes</li><li>3. Differentiate the three basic levels of government</li><li>4. Explain how to get involved in the political process</li></ol> <b>UNIT 34 BANKING BASICS</b> <ol style="list-style-type: none"><li>1. List the differences between types of bank accounts and how banks work</li><li>2. Explain the basics of credit and debit cards and how they can be used</li><li>3. Demonstrate good credit card habits</li></ol> <b>UNIT 35 LIFESTYLE + MONEY</b> <ol style="list-style-type: none"><li>1. Explain the flipped funnel approach to lifestyle planning including finances</li><li>2. Reevaluate the financial aspect of your lifestyle roadmap</li></ol>
<b>FUTURE READY</b>	<b>UNIT 36 THE FUTURE BELONGS TO THE MISFITS</b> <ol style="list-style-type: none"><li>1. Develop a personal meaning of “Misfit” as it applies to YOU</li><li>2. Review and connect previous self-reflection and discovery with Misfit lifestyle goals</li><li>3. Reevaluate your Lifestyle Roadmap based on your future readiness and journey in Find Your Grind</li><li>4. Create your Misfit statement</li></ol>

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





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# CURRICULUM LEARNING STANDARDS ALIGNMENT

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New York Learning Standards for  
Career Development and Occupational Studies



New York State  
EDUCATION DEPARTMENT  

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Knowledge > Skill > Opportunity

**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

New York STANDARD 1: Career Development	FIND YOUR GRIND UNITS + OBJECTIVES
<p>1. Students will learn about the changing nature of the workplace, the value of work to society, and the connection of work to the achievement of personal goals. (Intermediate)</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• continue development of a career plan that would assist in the transition from school to eventual entry into a career option of their choosing</li> <li>• demonstrate an understanding of the relationship among personal interests, skills and abilities, and career research</li> <li>• understand the relationship of personal interests, skills, and abilities to successful employment</li> <li>• demonstrate an understanding of the relationship between the changing nature of work and educational requirements</li> <li>• understand the relationship of personal choices to future career decisions.</li> </ul>	<p>Opportunity Pathways ▾</p> <p>3) Explain changes in the future of work related to automation</p> <ul style="list-style-type: none"> <li>→ What is a Career Pathway</li> <li>→ The Flexible Career Path</li> <li>→ Create Your Own Path</li> <li>→ Higher Education</li> <li>→ Multiple Education Paths</li> <li>→ The Future of Work</li> <li>→ The Way We Work</li> </ul>
	<p>All About You ▾</p> <p>1) Describe skills and skill sets 2) Summarize the importance of discovering and developing your talents 3) Determine and define your core values</p>
	<p>All About Your Personality + Interests ▾</p> <p>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>
	<p>All About YourSELF ▾</p> <p>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</p> <ul style="list-style-type: none"> <li>→ Harness Your Habits</li> <li>→ Your Good Habits</li> <li>→ Your Routine</li> <li>→ The Secret Formula</li> </ul>



# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 1: Career Development	FIND YOUR GRIND UNITS + OBJECTIVES
<p>1. Students will learn about the changing nature of the workplace, the value of work to society, and the connection of work to the achievement of personal goals. (Intermediate)</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• continue development of a career plan that would assist in the transition from school to eventual entry into a career option of their choosing</li> <li>• demonstrate an understanding of the relationship among personal interests, skills and abilities, and career research</li> <li>• understand the relationship of personal interests, skills, and abilities to successful employment</li> <li>• demonstrate an understanding of the relationship between the changing nature of work and educational requirements</li> <li>• understand the relationship of personal choices to future career decisions.</li> </ul>	<p>Gauge Your Lifestyle ▾</p> <ol style="list-style-type: none"> <li>1) Gauge current lifestyle using reflection</li> <li>2) Evaluate your current lifestyle (decisions and actions) and determine if it is on the path to your desired lifestyle</li> <li>3) Identify your passions and interests and compare and contrast how they align with your current and desired lifestyle</li> </ol> <ul style="list-style-type: none"> <li>→ Gauge Your Lifestyle</li> <li>→ Lifestyle Alignment</li> <li>→ Lifestyle in Action</li> <li>→ Interests and Passions</li> </ul> <hr/> <p>Lifestyle Assessment ▾</p> <ul style="list-style-type: none"> <li>→ The Lifestyle Assessment helps students better understand themselves to prepare for the future</li> <li>→ Determines unique Lifestyle based on interests and personal strengths.</li> <li>→ Helps develop greater self-awareness of identity through a process of self-discovery and reflection.</li> <li>→ 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.</li> </ul>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 1: Career Development	FIND YOUR GRIND UNITS + OBJECTIVES
<p>1. Students will learn about the changing nature of the workplace, the value of work to society, and the connection of work to the achievement of personal goals. (Commencement)</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• complete the development of a career plan that would permit eventual entry into a career option of their choosing</li> <li>• apply decision-making skills in the selection of a career option of strong personal interest</li> <li>• analyze skills and abilities required in a career option and relate them to their own skills and abilities.</li> </ul>	<p>Exploring Lifestyles ▾</p> <ol style="list-style-type: none"> <li>1) Identify lifestyle ideals through the Lifestyle Assessment</li> <li>2) Review and summarize Lifestyle Assessment results linking strengths, interests, and passions to lifestyle</li> </ol>
	<p>Lifestyle Roadmap ▾</p> <ol style="list-style-type: none"> <li>1) Explore the process of roadmapping and how it can be beneficial to lifestyle design</li> <li>2) Synthesize knowledge from your lifestyle (vision, strengths, interests, FYG Lifestyle Assessment, experiences, and influencers) to inform and create a lifestyle roadmap</li> </ol>
	<p>Planning &amp; Goal-Setting ▾</p> <ol style="list-style-type: none"> <li>1) Explain the purpose of goal setting and set at least one goal</li> <li>2) Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine               <ul style="list-style-type: none"> <li>→ The art of planning</li> <li>→ Short + Long Term Plans</li> <li>→ Establish Your Why</li> </ul> </li> </ol>
	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 2: Integrated Learning	FIND YOUR GRIND UNITS + OBJECTIVES
<p>1. Integrated learning encourages students to use essential academic concepts, facts, and procedures in applications related to life skills and the world of work. This approach allows students to see the usefulness of the concepts that they are being asked to learn and to understand their potential application in the world of work. (Intermediate)</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• apply academic knowledge and skills using an interdisciplinary approach to demonstrate the relevance of how these skills are applied in work-related situations in local, state, national, and international communities</li> <li>• solve problems that call for applying academic knowledge and skills</li> <li>• use academic knowledge and skills in an occupational context, and demonstrate the application of these skills by using a variety of communication techniques (e.g., sign language, pictures, videos, reports, and technology).</li> </ul>	<p><b>Educator Resources</b> ▾</p> <p>Teamwork practices in various settings; educator resources promote group and team instructional strategies and are available for each unit.</p>
	<p><b>Prompt Feature</b> ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
	<p><b>Future-Proofing</b> ▾</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"> <li>→ What are Skills Sets</li> <li>→ Job Readiness Skills</li> <li>→ Job Seeking Skills</li> <li>→ Job Keeping Skills</li> </ul>
	<p><b>Power Skills</b> ▾</p> <p>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>
	<p><b>Mentor Library</b> ▾</p> <p>A network with over 200 mentors humanize the future of work—they provide candid advice on how they got started and the steps to get there. This library grows monthly.</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 2: Integrated Learning	FIND YOUR GRIND UNITS + OBJECTIVES
<p>1. Integrated learning encourages students to use essential academic concepts, facts, and procedures in applications related to life skills and the world of work. This approach allows students to see the usefulness of the concepts that they are being asked to learn and to understand their potential application in the world of work. (Commencement)</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• demonstrate the integration and application of academic and occupational skills in their school learning, work, and personal lives.</li> <li>• use academic knowledge and skills in an occupational context, and demonstrate the application of these skills by using a variety of communication techniques (e.g., sign language, pictures, videos, reports, and technology)</li> <li>• research, interpret, analyze, and evaluate information and experiences as related to academic knowledge and technical skills when completing a career plan.</li> </ul>	<p><b>Find Your Grind Experience</b> ▾</p> <p>Through self-discovery and career readiness skill building, students will match their skills, talents, values, and interests to the future of work.</p> <ul style="list-style-type: none"> <li>➔ They will explore opportunities in Mentor, Lifestyle, Career, and Skill badges.</li> <li>➔ They will develop self-confidence and greater self-efficacy by focusing on their goals and lifestyle.</li> <li>➔ Students will find themselves becoming more Future Ready by defining themselves, identifying opportunities, and communicating the next steps to live their best lives.</li> </ul>
	<p><b>Educator Resources</b> ▾</p> <p>Teamwork practices in various settings; educator resources promote group and team instructional strategies and are available for each unit.</p>
	<p><b>Prompt Feature</b> ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>

<p style="text-align: center;">New York</p> <p>STANDARD 3a: Universal Foundations for Intermediate</p>	<p style="text-align: center;">FIND YOUR GRIND UNITS + OBJECTIVES</p>
<p>1. Basic skills include the ability to read, write, listen, and speak as well as perform arithmetical and mathematical functions.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>listen to and read the ideas of others and analyze what they hear and read; acquire and use information from a variety of sources; and apply a combination of mathematical operations to solve problems in oral and written form.</li> </ul>	<p><b>Educator Resources</b> ▾</p> <p>Teamwork practices in various settings; educator resources promote group and team instructional strategies and are available for each unit.</p>
	<p><b>Prompt Feature</b> ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
	<p><b>Explore Library</b> ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

<p>New York STANDARD 3a: Universal Foundations for Intermediate</p>	<p>FIND YOUR GRIND UNITS + OBJECTIVES</p>
<p>2. Thinking skills lead to problem solving, experimenting, and focused observation and allow the application of knowledge to new and unfamiliar situations.</p> <p>Students: • evaluate facts, solve advanced problems, and make decisions by applying logic and reasoning skills.</p>	<p><b>Power Skills</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Power = Opportunity</li> <li>→ Power Up &amp; Be Flexible</li> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> <li>→ Teamwork</li> </ul> </li> </ol> <p><b>Leadership in Action</b> ▾</p> <ol style="list-style-type: none"> <li>1) Describe the strategies used by successful leaders</li> <li>2) Implement leadership skills in your own life               <ul style="list-style-type: none"> <li>→ Making Good Decisions</li> </ul> </li> </ol>
<p>3. Personal qualities generally include competence in self-management and the ability to plan, organize, and take independent action.</p> <p>Students: • demonstrate an understanding of the relationship between individuals and society and interact with others in a positive manner.</p>	<p><b>Network Like a Pro</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define networking</li> <li>2) Identify current personal networks and list the steps you can take to grow your network               <ul style="list-style-type: none"> <li>→ The Value of Connection</li> <li>→ Strong + Weak Ties</li> <li>→ Network Like a Pro</li> <li>→ The Social Network</li> </ul> </li> </ol> <p><b>Planning &amp; Goal-Setting</b> ▾</p> <ol style="list-style-type: none"> <li>1) Explain the purpose of goal setting and set at least one goal</li> <li>2) Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine</li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

<p style="text-align: center;">New York</p> <p>STANDARD 3a: Universal Foundations for Intermediate</p>	<p style="text-align: center;">FIND YOUR GRIND UNITS + OBJECTIVES</p>
<p>4. Positive interpersonal qualities lead to teamwork and cooperation in large and small groups in family, social, and work situations.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• demonstrate the ability to work with others, present facts that support arguments, listen to dissenting points of view, and reach a shared decision.</li> </ul>	<p><b>Power Skills</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Teamwork</li> </ul> </li> </ol>
	<p><b>What Makes a Leader</b> ▾</p> <ol style="list-style-type: none"> <li>1) Summarize how great leaders use their skills</li> <li>2) Grow your personal leadership skills through volunteering</li> <li>3) Explain the importance of goal-setting for a leader               <ul style="list-style-type: none"> <li>→ Leading with Service</li> <li>→ Goal Setting for Leaders</li> <li>→ Professionalism in Leadership</li> <li>→ Leaders as Teachers</li> </ul> </li> </ol>
	<p><b>Leadership in Action</b> ▾</p> <ol style="list-style-type: none"> <li>1) Describe the strategies used by successful leaders</li> <li>2) Implement leadership skills in your own life               <ul style="list-style-type: none"> <li>→ The Power of Delegation</li> <li>→ Motivate + Inspire</li> <li>→ Leading Out Loud</li> <li>→ Making Good Decisions</li> <li>→ Responsible Leadership</li> </ul> </li> </ol>
	<p><b>All About Your Communication</b> ▾</p> <ol style="list-style-type: none"> <li>1) List and explain each of the four communication styles</li> <li>2) Determine your own communication style and how that impacts professional and personal communication</li> <li>3) Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Listen Up</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3a: Universal Foundations for Intermediate	FIND YOUR GRIND UNITS + OBJECTIVES
<p>5. Technology is the process and product of human skill and ingenuity in designing and creating things from available resources to satisfy personal and societal needs and wants.</p> <p>Students: • select and use appropriate technology to complete a task.</p>	<p>All About Your Communication ▾</p> <p>2) Determine your own communication style and how that impacts professional and personal communication → Online Communication</p>
	<p>Social Media ▾</p> <p>2) Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage → Engagement is a 2-Way Street → Your Social Media Strategy → Your Fit &amp; Authenticity</p>
	<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>
<p>6. Information management focuses on the ability to access and use information obtained from other people, community resources, and computer networks.</p> <p>Students: select and communicate information in an appropriate format (e.g., oral, written, graphic, pictorial, multimedia).</p>	<p>Prompt Feature ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>
	<p>Brand + Digital Reputation ▾</p> <p>1) Define digital reputation and discuss ways to cultivate it 2) Explain ways to control your reputation and safety online → Social Media + Your Digital Reputation → Write Your Story → Damage Control → Netiquette</p>



# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

<p style="text-align: center;">New York</p> <p>STANDARD 3a: Universal Foundations for Intermediate</p>	<p style="text-align: center;">FIND YOUR GRIND UNITS + OBJECTIVES</p>
<p>7. Using resources includes the application of financial and human factors, and the elements of time and materials to successfully carry out a planned activity.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• understand the material, human, and financial resources needed to accomplish tasks and activities.</li> </ul>	<p><b>Balancing Act</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define balance as it applies to your lifestyle and assess areas of your life that need balance</li> <li>2) Create a plan to increase balance in all areas of life               <ul style="list-style-type: none"> <li>→ Balance Your Spiritual Alignment</li> <li>→ Balance Your Mental Development</li> <li>→ Balance Your Relationships</li> <li>→ Balance Your Passions</li> <li>→ Balance Your Finances</li> <li>→ Life Balance Interconnection</li> </ul> </li> </ol> <p><b>Make Space + Time for You</b> ▾</p> <ol style="list-style-type: none"> <li>1) Evaluate and create space to increase balance in all areas of life</li> <li>2) Summarize the benefits of time management</li> <li>3) Utilize effective time management to create life balance               <ul style="list-style-type: none"> <li>→ Time Management</li> <li>→ Busy Vs. Productive</li> <li>→ Techniques for Time</li> </ul> </li> </ol> <p><b>Making Money Moves Work for You</b> ▾</p> <ol style="list-style-type: none"> <li>1) Summarize the keys to making money doing what you love</li> <li>2) Connect your passions to money making opportunities               <ul style="list-style-type: none"> <li>→ Necessary Purchases</li> <li>→ Extra Expenses</li> </ul> </li> </ol>
<p>8. Systems skills include the understanding of and ability to work within natural and constructed systems.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• understand the process of evaluating and modifying systems within an organization.</li> </ul>	<p><b>Starter Kit</b> ▾</p> <ol style="list-style-type: none"> <li>2) Recognize the value of critical thinking in the form of “asking why”</li> <li>3) Recognize the value of self-reflection</li> <li>4) Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration               <ul style="list-style-type: none"> <li>→ What’s the Bigger Picture</li> <li>→ The Value of Self-reflection</li> <li>→ Motivation to Self-reflection</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

<p>New York STANDARD 3a: Foundational Skills for Commencement</p>	<p>FIND YOUR GRIND UNITS + OBJECTIVES</p>
<p>1. Basic skills include the ability to read, write, listen, and speak as well as perform arithmetical and mathematical functions.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• use a combination of techniques to read or listen to complex information and analyze what they hear or read; convey information confidently and coherently in written or oral form; and analyze and solve mathematical problems requiring use of multiple computational skills.</li> </ul>	<p>Power Skills ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> </ul> </li> </ol>
	<p>Explore Library ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>
	<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 STANDARDS ALIGNMENT

New York STANDARD 3a: Foundational Skills for Commencement	FIND YOUR GRIND UNITS + OBJECTIVES
<p>2. Thinking skills lead to problem solving, experimenting, and focused observation and allow the application of knowledge to new and unfamiliar situations.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• demonstrate the ability to organize and process information and apply skills in new ways.</li> </ul>	<p><b>Power Skills</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Power = Opportunity</li> <li>→ Power Up &amp; Be Flexible</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> </ul> </li> </ol>
<p>3. Personal qualities generally include competence in self-management and the ability to plan, organize, and take independent action.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• demonstrate leadership skills in setting goals, monitoring progress, and improving their performance</li> </ul>	<p><b>What Makes a Leader</b> ▾</p> <ol style="list-style-type: none"> <li>1) Summarize how great leaders use their skills</li> <li>2) Grow your personal leadership skills through volunteering</li> <li>3) Explain the importance of goal-setting for a leader               <ul style="list-style-type: none"> <li>→ Goal Setting for Leaders</li> </ul> </li> </ol> <p><b>Planning &amp; Goal-Setting</b> ▾</p> <ol style="list-style-type: none"> <li>1) Explain the purpose of goal setting and set at least one goal</li> <li>2) Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine               <ul style="list-style-type: none"> <li>→ The Art of Planning</li> <li>→ Short + Long Term Plans</li> <li>→ Establish Your Why</li> </ul> </li> </ol> <p><b>Starter Kit</b> ▾</p> <ol style="list-style-type: none"> <li>2) Recognize the value of critical thinking in the form of “asking why”</li> <li>3) Recognize the value of self-reflection</li> <li>4) Apply the Lifestyle Funnel, critical thinking, and self-reflection to embark on a mindset commitment for self-discovery and career exploration               <ul style="list-style-type: none"> <li>→ What’s the Bigger Picture</li> <li>→ The Value of Self-reflection</li> <li>→ Motivation to Self-reflection</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3a: Foundational Skills for Commencement	FIND YOUR GRIND UNITS + OBJECTIVES
<p>4. Positive interpersonal qualities lead to teamwork and cooperation in large and small groups in family, social, and work situations.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• communicate effectively and help others to learn a new skill.</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>1) List and explain each of the four communication styles</li> <li>2) Determine your own communication style and how that impacts professional and personal communication</li> <li>3) Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Listen Up</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> <li>→ Online Communication</li> <li>→ I Vs. You</li> <li>→ Speaking Up</li> </ul> </li> </ol>
	<p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> <li>1) Summarize how great leaders use their skills               <ul style="list-style-type: none"> <li>→ Leaders as Teachers</li> </ul> </li> </ol>
	<p>Level Up Your Leadership ▾</p> <ol style="list-style-type: none"> <li>1) Determine ways to build your own leadership skills</li> <li>2) Use leadership strategies to manage conflict and lead a virtual team</li> <li>3) Discover new opportunities to become a leader               <ul style="list-style-type: none"> <li>→ Developing People</li> <li>→ Finding Opportunities to Lead</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3a: Foundational Skills for Commencement	FIND YOUR GRIND UNITS + OBJECTIVES
<p>5. Positive interpersonal qualities lead to teamwork and cooperation in large and small groups in family, social, and work situations.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>communicate effectively and help others to learn a new skill.</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>List and explain each of the four communication styles</li> <li>Determine your own communication style and how that impacts professional and personal communication</li> <li>Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Listen Up</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> <li>→ Online Communication</li> <li>→ I Vs. You</li> <li>→ Speaking Up</li> </ul> </li> </ol>
	<p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> <li>Summarize how great leaders use their skills               <ul style="list-style-type: none"> <li>→ Leaders as Teachers</li> </ul> </li> </ol>
	<p>Level Up Your Leadership ▾</p> <ol style="list-style-type: none"> <li>Determine ways to build your own leadership skills</li> <li>Use leadership strategies to manage conflict and lead a virtual team</li> <li>Discover new opportunities to become a leader               <ul style="list-style-type: none"> <li>→ Developing People</li> <li>→ Finding Opportunities to Lead</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3a: Foundational Skills for Commencement	FIND YOUR GRIND UNITS + OBJECTIVES
<p>6. Technology is the process and product of human skill and ingenuity in designing and creating things from available resources to satisfy personal and societal needs and wants.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• apply their knowledge of technology to identify and solve problems.</li> </ul>	<p><b>Opportunities</b> ▾</p> <p>1) Describe the Find Your Grind industry categories → Technology Industry</p> <hr/> <p><b>All About Your Communication</b> ▾</p> <p>2) Determine your own communication style and how that impacts professional and personal communication → Online Communication</p> <hr/> <p><b>Social Media</b> ▾</p> <p>2) Develop a personal social media strategy to shape your online presence and explain how it can affect your social media usage → Engagement is a 2-Way Street → Your Social Media Strategy → Your Fit &amp; Authenticity</p> <hr/> <p><b>Educator Resources</b> ▾</p> <p>Teamwork practices in various settings; educator resources promote group and team instructional strategies and are available for each unit.</p>
<p>7. Information management focuses on the ability to access and use information obtained from other people, community resources, and computer networks.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• use technology to acquire, organize, and communicate information by entering, modifying, retrieving, and storing data.</li> </ul>	<p><b>Prompt Feature</b> ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3a: Foundational Skills for Commencement	FIND YOUR GRIND UNITS + OBJECTIVES
<p>8. Using resources includes the application of financial and human factors, and the elements of time and materials to successfully carry out a planned activity.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• allocate resources to complete a task.</li> </ul>	<p><b>Balancing Act</b> ▾</p> <ol style="list-style-type: none"> <li>1) Define balance as it applies to your lifestyle and assess areas of your life that need balance</li> <li>2) Create a plan to increase balance in all areas of life               <ul style="list-style-type: none"> <li>→ Balance Your Spiritual Alignment</li> <li>→ Balance Your Mental Development</li> <li>→ Balance Your Relationships</li> <li>→ Balance Your Passions</li> <li>→ Balance Your Finances</li> <li>→ Life Balance Interconnection</li> </ul> </li> </ol> <p><b>Make Space + Time for You</b> ▾</p> <ol style="list-style-type: none"> <li>1) Evaluate and create space to increase balance in all areas of life</li> <li>2) Summarize the benefits of time management</li> <li>3) Utilize effective time management to create life balance               <ul style="list-style-type: none"> <li>→ Time Management</li> <li>→ Busy Vs. Productive</li> <li>→ Techniques for Time</li> </ul> </li> </ol> <p><b>Making Money Moves Work for You</b> ▾</p> <ol style="list-style-type: none"> <li>1) Summarize the keys to making money doing what you love</li> <li>2) Connect your passions to money making opportunities               <ul style="list-style-type: none"> <li>→ Necessary Purchases</li> <li>→ Extra Expenses</li> </ul> </li> </ol>
<p>9. Systems skills include the understanding of and ability to work within natural and constructed systems.</p> <p>Students:</p> <ul style="list-style-type: none"> <li>• demonstrate an understanding of how systems performance relates to the goals, resources, and functions of an organization.</li> </ul>	<p><b>Mentor Library</b> ▾</p> <p>A network with over 200 mentors humanize the future of work—they provide candid advice on how they got started and the steps to get there. This library grows monthly.</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Business/Information Systems</p> <p>1. Basic Business Understanding</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate an understanding of business, marketing, and multinational economic concepts, perform business-related mathematical computations, and analyze/interpret business-related numerical information.</li> </ul>	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>
<p>Business/Information Systems</p> <p>2. Business-Related Technology</p> <p>Students:</p> <ul style="list-style-type: none"> <li>select, apply, and troubleshoot hardware and software used in the processing of business transactions.</li> </ul>	<p>N/A</p>
<p>Business/Information Systems</p> <p>3. Information Management/Communication</p> <p>Students:</p> <ul style="list-style-type: none"> <li>prepare, maintain, interpret/analyze, and transmit/distribute information in a variety of formats while demonstrating the oral, nonverbal, and written communication skills essential for working in today's international service-/information-/technological-based economy.</li> </ul>	<p>N/A</p>
<p>Business/Information Systems</p> <p>4. Business Systems</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate an understanding of the interrelatedness of business, social, and economic systems/subsystems.</li> </ul>	<p>Explore Library ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>



# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Business/Information Systems</p> <p>5. Resource Management</p> <p>Students:</p> <ul style="list-style-type: none"> <li>identify, organize, plan, and allocate resources (e.g., financial, materials/facilities, human, time) in demonstrating the ability to manage their lives as learners, contributing family members, globally competitive workers, and self-sufficient individuals.</li> </ul>	<p>N/A</p>
<p>Business/Information Systems</p> <p>6. Interpersonal Dynamics</p> <p>Students:</p> <ul style="list-style-type: none"> <li>exhibit interpersonal skills essential for success in the multinational business world, demonstrate basic leadership abilities/skills, and function effectively as members of a work group or team.</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>List and explain each of the four communication styles</li> <li>Determine your own communication style and how that impacts professional and personal communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> </ul> </li> </ol> <p>What Makes a Leader ▾</p> <ol style="list-style-type: none"> <li>Summarize how great leaders use their skills</li> <li>Grow your personal leadership skills through volunteering</li> <li>Explain the importance of goal-setting for a leader               <ul style="list-style-type: none"> <li>→ Leading with Service</li> <li>→ Goal Setting for Leaders</li> <li>→ Professionalism in Leadership</li> <li>→ leaders as teachers</li> <li>→ Just-in-Time Leadership</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Health Service</p> <p>1. Academic Foundations</p> <p>Students:</p> <ul style="list-style-type: none"> <li>apply knowledge/skills acquired in academic subjects to the healthcare environment.</li> </ul>	<p>N/A</p>
<p>Health Services</p> <p>2. Health Care Systems</p> <p>Students:</p> <ul style="list-style-type: none"> <li>understand the current healthcare system and its impact on health careers.</li> </ul>	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>
<p>Health Services</p> <p>3. Health Maintenance</p> <p>Students:</p> <ul style="list-style-type: none"> <li>develop knowledge of the concept of optimal health and identify factors that affect health maintenance.</li> </ul>	<p>N/A</p>
<p>Health Services</p> <p>4. Legal and Ethical Responsibilities</p> <p>Students:</p> <ul style="list-style-type: none"> <li>know the importance of performing their role in the health care system in accordance with laws, regulations, policies, ethics, and the rights of clients. .</li> </ul>	<p>N/A</p>
<p>Health Services</p> <p>5. Safety</p> <p>Students:</p> <ul style="list-style-type: none"> <li>identify safety hazards in a health care setting and prevent illness or injury through safe work practices.</li> </ul>	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Health Services</p> <p>6. Communications</p> <p>Students:</p> <ul style="list-style-type: none"> <li>communicate information in a variety of formats and media.</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>List and explain each of the four communication styles</li> <li>Determine your own communication style and how that impacts professional and personal communication</li> <li>Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Online Communication</li> </ul> </li> </ol>
<p>Health Service</p> <p>7. Interpersonal Dynamics</p> <p>Students:</p> <ul style="list-style-type: none"> <li>interact effectively and sensitively with all other members of the health care team in order to provide high-quality client care.</li> </ul>	<p>N/A</p>
<p>Health Services</p> <p>8. Technical Skills</p> <p>Students:</p> <ul style="list-style-type: none"> <li>identify procedures within their scope of practice and job description and perform them accurately and in a timely fashion.</li> </ul>	<p>N/A</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Engineering/Technologies</p> <p>1. Foundation Development</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Develop practical understanding of engineering technology through reading, writing, sample problem solving, and employment experiences.</li> </ul>	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>
<p>Engineering/Technologies</p> <p>2. Technology</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate how all types of engineering/technical organizations, equipment (hardware/software), and well-trained human resources assist and expedite the production/distribution of goods and services.</li> </ul>	<p>N/A</p>
<p>Engineering/Technologies</p> <p>3. Engineering/Industrial Processes</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Demonstrate knowledge of planning, product development and utilization, and evaluation that meets the needs of industry.</li> </ul>	<p>Planning &amp; Goal-Setting ▾</p> <p>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> <ul style="list-style-type: none"> <li>→ The Art of Planning</li> <li>→ Short + Long Term</li> <li>→ Establish Your Why</li> </ul>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Human and Public Services</p> <p>1. Ethical/Legal Responsibilities</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate professional, ethical, and legal responsibilities toward customers.</li> </ul>	<p>N/A</p>
<p>Human and Public Services</p> <p>2. Communication</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate effective communication skills needed to meet the expectations of human and public services consumers.</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>List and explain each of the four communication styles</li> <li>Determine your own communication style and how that impacts professional and personal communication</li> <li>Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> </ul> </li> </ol>
<p>Human and Public Services</p> <p>3. Sanitation</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate a knowledge of the principles of sanitation used to prevent the transmission of disease-producing microorganisms from one person/object to another.</li> </ul>	<p>N/A</p>
<p>Human and Public Services</p> <p>4. Human Growth and Development</p> <p>Students:</p> <ul style="list-style-type: none"> <li>understand the process of human growth and development and its influence on client needs.</li> </ul>	<p>N/A</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Human and Public Services</p> <p>5. Interpersonal Dynamics</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate how to interact effectively and sensitively with others.</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>List and explain each of the four communication styles</li> <li>Determine your own communication style and how that impacts professional and personal communication</li> <li>Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Active Listening</li> <li>→ Conflict Resolution</li> </ul> </li> </ol>
<p>Human and Public Services</p> <p>6. Safety</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Provide safe environments for others</li> </ul>	<p>N/A</p>
<p>Human and Public Services</p> <p>7. Thinking/Problem Solving</p> <p>Students:</p> <ul style="list-style-type: none"> <li>solve problems, set goals, and make decisions in order to provide services to best meet the needs of others.</li> </ul>	<p>Power Skills ▾</p> <ol style="list-style-type: none"> <li>Define power skills</li> <li>Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> </ul> </li> </ol> <p>Planning &amp; Goal-Setting ▾</p> <ol style="list-style-type: none"> <li>Explain the purpose of goal setting and set at least one goal</li> <li>Highlight the importance of and need for reevaluation of your personal life plan and adjust your routine               <ul style="list-style-type: none"> <li>→ The Art of Planning</li> <li>→ Short + Long Term</li> <li>→ Establish Your Why</li> </ul> </li> </ol> <p>Leadership in Action ▾</p> <ol style="list-style-type: none"> <li>Describe the strategies used by successful leaders</li> <li>Implement leadership skills in your own life               <ul style="list-style-type: none"> <li>→ Making Good Decisions</li> <li>→ Responsible Leadership</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Human and Public Services</p> <p>8. Personal Resource Management</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Apply personal and resource management skills</li> </ul>	<p>N/A</p>
<p>Human and Public Services</p> <p>9. Wellness</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Exhibit and promote a positive image of wellness</li> </ul>	<p>Balancing Act ▾</p> <ol style="list-style-type: none"> <li>1) Define balance as it applies to your lifestyle and assess areas of your life that need balance</li> <li>2) Create a plan to increase balance in all areas of life               <ul style="list-style-type: none"> <li>→ What's Balance</li> <li>→ Balance Your Physical Self</li> <li>→ Balance Your Spiritual Alignment</li> <li>→ Balance Your Mental Development</li> <li>→ Balance Your Relationships</li> <li>→ Balance Your Passions</li> <li>→ Balance Your Finances</li> <li>→ Life Balance Interconnection</li> </ul> </li> </ol> <p>Stress + Mindset Shifts ▾</p> <ol style="list-style-type: none"> <li>1) Identify personal stressors and explain how balance can be used as a stress management tool</li> <li>2) Define mindset shift in your own words and summarize the process of creating a mindset shift</li> <li>3) Incorporate habits in your daily routine that help create a mindset shift               <ul style="list-style-type: none"> <li>→ Stress Happens</li> <li>→ Managing Stress</li> <li>→ 1/2 Full, 1/2 Empty</li> <li>→ Quality of Life</li> <li>→ Make Lemonade</li> <li>→ Enjoy the Ride</li> <li>→ Be Kind to Your Mind</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Natural and Agricultural Sciences</p> <p>1. Basic Agriculture Foundation Development</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate a solid base of knowledge and skills in natural and agricultural sciences.</li> </ul>	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>
<p>Natural and Agricultural Sciences</p> <p>2. Agriculture-Related Technology</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate the ability to use technology to assist in production and distribution of food goods and services of today's agricultural industries.</li> </ul>	<p>N/A</p>
<p>Natural and Agricultural Sciences</p> <p>3. Information Management and Communication</p> <p>Students:</p> <ul style="list-style-type: none"> <li>prepare, maintain, interpret, and disseminate quantitative and qualitative pieces of information relating to the natural and agricultural sciences.</li> </ul>	<p>All About Your Communication ▾</p> <p>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> <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Active Listening</li> <li>→ Online Communication</li> <li>→ Speaking Up</li> </ul> <p>Prompt Feature ▾</p> <p>Reading text and watching videos entice learners to discover new knowledge. However, we cranked it up a notch in higher-order thinking and engagement by adding active reflection, application, and demonstration of understanding through writing and short answer prompts added throughout the learning experience.</p>



# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Natural and Agricultural Sciences</p> <p>4. Agriculture Business Systems</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate an understanding of the interrelationship between agricultural businesses and organizations designed to produce products, services, and information.</li> </ul>	<p>Explore Library ▾</p> <ul style="list-style-type: none"> <li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li> <li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li> <li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li> </ul> <p>The Explore Library grows monthly with new badges and videos.</p>
<p>Natural and Agricultural Sciences</p> <p>5. Resource Management</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Demonstrate the ability to manage personal time, business, and financial resources.</li> </ul>	<p>Make Space + Time for You ▾</p> <ol style="list-style-type: none"> <li>Summarize the benefits of time management</li> <li>Utilize effective time management to create life balance           <ul style="list-style-type: none"> <li>→ Time Management</li> <li>→ Busy vs. Productive</li> <li>→ Techniques for Time</li> </ul> </li> </ol> <p>Budgeting + Expenses ▾</p> <ol style="list-style-type: none"> <li>Define budgeting and explain its importance</li> <li>Create a personalized budget           <ul style="list-style-type: none"> <li>→ Budget Basics</li> <li>→ Budget Ins and Outs</li> <li>→ Budget Practice</li> <li>→ Reflect on Your Budget</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Natural and Agricultural Sciences</p> <p>6. Interpersonal Dynamics</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate the interpersonal skills and abilities needed to function within a sophisticated and sometimes complicated agricultural environment.</li> </ul>	<p>Power Skills ▾</p> <ol style="list-style-type: none"> <li>1) Define power skills</li> <li>2) Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Power = Opportunity</li> <li>→ Power Up &amp; Be Flexible</li> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> <li>→ Teamwork</li> </ul> </li> </ol>
<p>Natural and Agricultural sciences</p> <p>7. Safety</p> <p>Students:</p> <ul style="list-style-type: none"> <li>Demonstrates awareness of the importance of safety and accident prevention in all agricultural situations.</li> </ul>	<p>N/A</p>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

New York STANDARD 3b: Career Majors	FIND YOUR GRIND UNITS + OBJECTIVES
<p>Arts/Humanities</p> <p>1. Foundations</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate a solid base of knowledge/skills in one or more of the disciplines and the related professions of visual art, dance, music, theater, and humanities.</li> </ul>	<p>Career Library ▾</p> <p>Over 300 career badges representing the fast-growing careers and delivering up-to-date information on salary, work expectations and the pathways to get there. This library grows monthly.</p>
<p>Arts/Humanities</p> <p>2. Communication</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate the reading, writing, listening, speaking, graphic and multimedia skills necessary to participate effectively in one or more of the arts/humanities professions</li> </ul>	<p>All About Your Communication ▾</p> <ol style="list-style-type: none"> <li>List and explain each of the four communication styles</li> <li>Determine your own communication style and how that impacts professional and personal communication</li> <li>Develop a plan to improve personal and professional communication               <ul style="list-style-type: none"> <li>→ Communication Styles</li> <li>→ Intentional Communication</li> <li>→ Active Listening</li> <li>→ Online Communication</li> <li>→ Speaking Up</li> </ul> </li> </ol>
<p>Arts/Humanities</p> <p>3. Aesthetics</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate the ability to express informed judgments about the arts/humanities and related professions.</li> </ul>	<p>N/A</p>
<p>Arts/Humanities</p> <p>4. Personal Qualities</p> <p>Students:</p> <ul style="list-style-type: none"> <li>demonstrate the skills necessary to function and interact effectively in a variety of settings within the arts/humanities.</li> </ul>	<p>Power Skills ▾</p> <ol style="list-style-type: none"> <li>Define power skills</li> <li>Explain the importance of power skills and how they relate to the future of work</li> <li>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"> <li>→ Power = Opportunity</li> <li>→ Power Up &amp; Be Flexible</li> <li>→ Communication</li> <li>→ Communicate to Be Great</li> <li>→ Creativity</li> <li>→ Creating Opportunities</li> <li>→ Problem-Solving</li> <li>→ Problem-Solving Opportunities</li> <li>→ Teamwork</li> </ul> </li> </ol>

# FIND YOUR GRIND CURRICULUM LEARNING STANDARDS ALIGNMENT

<p>Arts/Humanities</p> <p>5. Creative Process and Practices</p> <p>Students</p> <ul style="list-style-type: none"><li>• demonstrate a repertoire of experience when presenting an exhibition, performance, portfolio, or publication.</li></ul>	<p>Explore Library ▾</p> <ul style="list-style-type: none"><li>→ Over 300 career badges represent the fastest-growing careers and deliver up-to-date information on salary, work expectations, and pathways to get there.</li><li>→ A network of over 200 mentors humanize the future of work—they provided candid advice on how they got started and the steps to get there.</li><li>→ Prioritized skills badges offer students the discovery of their own skills and talents and provide the next steps to a successful career and lifestyle journey.</li></ul> <p>The Explore Library grows monthly with new badges and videos.</p>
<p>Arts/Humanities</p> <p>6. Making Results Public</p> <p>Students:</p> <ul style="list-style-type: none"><li>• create an ongoing portfolio that demonstrates the competencies and creative processes delineated in the preceding key ideas.</li></ul>	<p>N/A</p>

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

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

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

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

# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

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



# FIND YOUR GRIND CURRICULUM LEARNING OBJECTIVES

CATEGORY	UNIT
<div style="border: 1px solid orange; padding: 5px; text-align: center;"><b>LEADERSHIP</b></div>	<p><b>UNIT 29 LEVEL UP YOUR LEADERSHIP</b></p> <ol style="list-style-type: none"> <li>1. Determine ways to build your own leadership skills</li> <li>2. Use leadership strategies to manage conflict and lead a virtual team</li> <li>3. Discover new opportunities to become a leader</li> </ol>
<div style="border: 1px solid green; padding: 5px; text-align: center;"><b>MONEY</b></div>	<p><b>UNIT 30 MONEY BASICS</b></p> <ol style="list-style-type: none"> <li>1. Outline what financial future means to you and reflect on your current money habits</li> <li>2. Define basic financial terms</li> <li>3. Evaluate your current financial situation</li> </ol> <p><b>UNIT 31 BUDGETING + EXPENSES</b></p> <ol style="list-style-type: none"> <li>1. Define budgeting and explain its importance</li> <li>2. Create a personalized budget</li> <li>3. Explain how money is typically spent in a budget</li> </ol> <p><b>UNIT 32 MAKING MONEY MOVES WORK FOR YOU</b></p> <ol style="list-style-type: none"> <li>1. Summarize the keys to making money doing what you love</li> <li>2. Connect your passions to money making opportunities</li> <li>3. Define basic terms around the topic of investing</li> <li>4. Evaluate how investing will impact your future</li> </ol> <p><b>UNIT 33 TAXES + GOVERNMENT</b></p> <ol style="list-style-type: none"> <li>1. Explain the reason for taxes and their benefit</li> <li>2. Summarize the three types of taxes</li> <li>3. Differentiate the three basic levels of government</li> <li>4. Explain how to get involved in the political process</li> </ol> <p><b>UNIT 34 BANKING BASICS</b></p> <ol style="list-style-type: none"> <li>1. List the differences between types of bank accounts and how banks work</li> <li>2. Explain the basics of credit and debit cards and how they can be used</li> <li>3. Demonstrate good credit card habits</li> </ol> <p><b>UNIT 35 LIFESTYLE + MONEY</b></p> <ol style="list-style-type: none"> <li>1. Explain the flipped funnel approach to lifestyle planning including finances</li> <li>2. Reevaluate the financial aspect of your lifestyle roadmap</li> </ol>
<div style="border: 1px solid red; padding: 5px; text-align: center;"><b>FUTURE READY</b></div>	<p><b>UNIT 36 THE FUTURE BELONGS TO THE MISFITS</b></p> <ol style="list-style-type: none"> <li>1. Develop a personal meaning of “Misfit” as it applies to YOU</li> <li>2. Review and connect previous self-reflection and discovery with Misfit lifestyle goals</li> <li>3. Reevaluate your Lifestyle Roadmap based on your future readiness and journey in Find Your Grind</li> <li>4. Create your Misfit statement</li> </ol>

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

