

**UNIT I:**  
**Discover Yourself — 7 LESSONS**

- » Individual Uniqueness
- » Relating to Family & Friends
- » Communication Skills
- » Goals, Decision Making & Time Management

**NATIONAL STANDARDS:**

- 1.1** — Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global)
- 6.1** — Analyze the effects of family as a system on individuals and society
- 12.3** — Analyze strategies that promote growth and development across the life span
- 12.3.2** — Analyze the role of communication on human growth and development
- 13.1.1** — Analyze processes for building and maintaining interpersonal relationships
- 13.1.6** — Demonstrate stress management strategies for family, work and community settings.
- 13.2.3** — Analyze the effect of self-esteem and self-image on relationships.
- 13.3** — Demonstrate communication skills that contribute to positive relationships.