



High School Transition

Grades: 9-12



High School Transition: Curriculum Map



Unit 1: Self-Determination

Students deepen self-understanding across four years—first recognizing strengths, needs, interests, values, and goals, then learning to advocate for themselves, seek support, and make informed decisions. They build confidence by overcoming limiting beliefs, practicing problem-solving, and developing resilience. Over time, they learn to set meaningful short- and long-term goals, take responsibility for their choices, and plan for their future. By senior year, students demonstrate leadership, independence, and self-advocacy as they prepare for adult life.

9th Grade	10th Grade	11th Grade	12th Grade
Lesson 1: Finding My Strengths	Lesson 1: Knowing My Interests	Lesson 1: Knowing My Values	Lesson 1: My Priorities
Lesson 2: Where I Need Support	Lesson 2: Getting Support	Lesson 2: Solving Problems	Lesson 2: Making Decisions
Lesson 3: Improving My Skills	Lesson 3: Overcoming Limiting Beliefs	Lesson 3: My Mindset	Lesson 3: Being Resilient
Lesson 4: Reaching My Goals	Lesson 4: Setting Short-Term Goals	Lesson 4: Long-Term Goals	Lesson 4: Achieving My Goals
Lesson 5: Becoming the Best Version of Me	Lesson 5: Becoming My Best Self	Lesson 5: Self-Determination End-of-Unit Projects	Lesson 5: Understanding Rights & Responsibilities

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Unit 2: Education + Training

Students learn how to manage their learning, develop strong study habits, and build academic routines that support success in high school and beyond. They explore personal learning preferences, organizational systems, planning tools, and strategies such as study habits, scheduling, and motivation. As they progress, they prepare for postsecondary expectations, including college, training programs, accommodations, and independent learning. By senior year, students apply these skills to plan for graduation, evaluate pathways, and navigate real academic responsibilities.

9th Grade	10th Grade	11th Grade	12th Grade
Lesson 1: Why School Matters	Lesson 1: Choosing My Schedule	Lesson 1: Postsecondary Options	Lesson 1: Postsecondary Planning
Lesson 2: My Learning Style	Lesson 2: How to Study	Lesson 2: Test-Taking Strategies	Lesson 2: Avoiding Procrastination
Lesson 3: Staying Organized	Lesson 3: Using a Planner	Lesson 3: Time Management	Lesson 3: Requesting Accommodations in College/Work
Lesson 4: Learning Support Accommodations	Lesson 4: Staying Motivated	Lesson 4: Learning with AI	Lesson 4: Self-Help Strategies
Lesson 5: Planning My Path Forward	Lesson 5: Preparing for What's Next	Lesson 5: Education + Training End-of-Unit Projects	Lesson 5: Preparing for What's Next

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Unit 3: Employment Skills

Students develop career readiness through job search skills, resume building, application practice, and interview preparation. They explore workplace expectations such as communication, punctuality, teamwork, and professionalism. As they mature, they learn about leadership, reliability, workplace technology, and real-world job behaviors. By upper grades, students connect their strengths and interests to careers, understand workplace roles, and practice the advanced skills needed to thrive in any job setting.

9th Grade	10th Grade	11th Grade	12th Grade
Lesson 1: How to Find a Job	Lesson 1: Exploring Career Interest	Lesson 1: Workplace Etiquette	Lesson 1: Exploring Career Options
Lesson 2: Building a Résumé	Lesson 2: Workplace Skills That Matter	Lesson 2: Workplace Communication	Lesson 2: Volunteering
Lesson 3: Filling Out Job Applications	Lesson 3: Finding Opportunities in My Community	Lesson 3: Work Ethic	Lesson 3: Digital Work Tools
Lesson 4: Interviewing with Confidence	Lesson 4: Preparing for Entry-Level Jobs	Lesson 4: Workplace Safety	Lesson 4: Professional Communication
Lesson 5: Ready for Work	Lesson 5: Standing Out as a Leader	Lesson 5: Thriving in the Workplace End-of-Unit Projects	Lesson 5: Standing Out at Work

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Unit 4: Independent Living Skills

Students develop the practical skills needed for independent living, including cooking, cleaning, personal care, organization, and time management. They also learn to navigate communities safely, access resources, and build routines that support daily life. Over the years, they advance into skills such as budgeting, paying bills, choosing housing, and participating in their communities. By senior year, students gain the foundational knowledge required to manage adult responsibilities independently and safely.

9th Grade	10th Grade	11th Grade	12th Grade
Lesson 1: Keeping Your Space Clean	Lesson 1: Daily Routines That Work	Lesson 1: Being Active in My Community	Lesson 1: Finding a Place to Live
Lesson 2: How to Cook and Prepare Food	Lesson 2: Keeping My Space Organized	Lesson 2: Support in My Community	Lesson 2: Creating a Budget
Lesson 3: Creating a Personal Care Routine	Lesson 3: Budget Basics	Lesson 3: Community Awareness	Lesson 3: Making Appointments
Lesson 4: Making a Schedule	Lesson 4: Managing My Time at Home	Lesson 4: Solving Community Problems	Lesson 4: Paying Bills
Lesson 5: Building Everyday Independence	Lesson 5: Planning for Independence	Lesson 5: Independent Living Skills End-of-Unit Projects	Lesson 5: Planning for Independence

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Unit 5: Social Skills

Students strengthen communication, empathy, conflict-resolution, and relationship-building across increasingly complex social environments. They learn to navigate friendships, social cues, peer pressure, and digital behaviors. As they advance, they develop boundary-setting, leadership, respect for differences, and skills for managing challenging social situations. By senior year, students apply mature interpersonal skills needed for school, work, and community interactions.

9th Grade	10th Grade	11th Grade	12th Grade
Lesson 1: Other Points of View	Lesson 1: Building Healthy Relationships	Lesson 1: Helping Others	Lesson 1: Respecting Differences
Lesson 2: Communication Skills	Lesson 2: Resolving Conflicts Respectfully	Lesson 2: Teamwork	Lesson 2: Conflict Resolution
Lesson 3: Making Friends	Lesson 3: Communicating Clearly	Lesson 3: Setting Boundaries	Lesson 3: Unhealthy Relationships
Lesson 4: Bullying and Cyberbullying	Lesson 4: Managing Social Pressures	Lesson 4: Navigating Social Situations	Lesson 4: Reputation
Lesson 5: Being a Positive Member of My Community	Lesson 5: Leading with Kindness	Lesson 5: Social Skills End-of-Unit Projects	Lesson 5: Leading with Integrity

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Unit 6: Health + Wellness

Students build lifelong wellness skills through emotional awareness, physical health routines, stress management, safety practices, and healthy decision-making. They learn about hygiene, movement, nutrition, and emotional regulation, and gradually expand their understanding to include preventive care, stress reduction, and help-seeking. By senior year, students create personal wellness plans to support healthy transitions into adulthood.

9th Grade	10th Grade	11th Grade	12th Grade
Lesson 1: What Is Mental Health?	Lesson 1: Understanding My Health	Lesson 1: Self-Care	Lesson 1: Getting Support
Lesson 2: Healthy Movement	Lesson 2: Healthy Routines	Lesson 2: Fueling Your Body with Healthy Foods	Lesson 2: Routine Care
Lesson 3: Understanding Emotions	Lesson 3: Managing Stress	Lesson 3: Managing My Feelings	Lesson 3: Accepting Emotions
Lesson 4: Healthy Hygiene	Lesson 4: Staying Safe	Lesson 4: Listening to Your Body and Mind	Lesson 4: Substance Use Prevention
Lesson 5: Healthy Habits for Life	Lesson 5: Creating a Balanced Lifestyle	Lesson 5: Health + Wellness End-of-Unit Projects	Lesson 5: Healthy Transitions

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Financial Literacy

Students develop essential financial skills through hands-on activities and functional math practice. In Grade 9–10, they build foundational money concepts—understanding what money is, how to earn it, how to spend it wisely, and how to save. In Grade 11–12, they advance to real-world financial management—budgeting, understanding bank accounts, and distinguishing between credit and debit. Each lesson reinforces key skills such as calculating earnings, planning budgets, and tracking expenses. End-of-unit projects give students the opportunity to apply what they've learned in a creative and practical way.

Grade 9–10		Grade 11–12
Lesson 1	Introduction to Money	Money Matters
Lesson 2	Ways to Earn Money	Budgeting Basics
Lesson 3	Ways to Spend Your Money	Types of Bank Accounts
Lesson 4	How to Save Money	Credit vs. Debit
Lesson 5	End-of-Unit Project	End-of-Unit Project

Each lesson includes hands-on activities and functional math practice (e.g., calculating earnings, planning budgets, tracking expenses) to reinforce key skills.