



ACADEMIC



Title	Description	Grade Band
Conquering Disorganization	Participants identify organizational challenges faced by students and create a plan to reduce stress and manage time.	7-12
Exploring Electives & Extracurriculars	Participants explore school and community activities to build confidence, leadership, and college/career readiness skills.	7-9
Exploring High School	Participants explore high school expectations, resources, and opportunities for student success.	7-9
Goal Setting	Participants set actionable SMART goals and create step-by-step plans to achieve them.	7-12
Learning Styles	Participants explore learning preferences and strategies to study and problem-solve more effectively.	7-10
Managing Stress: Test Anxiety	Participants examine causes and effects of test anxiety and develop personal strategies to manage it.	7-12
Post-High School Pathways	Participants explore post-secondary pathways and discover how education levels relate to income and job stability.	9-12
Preparing for a College Visit	Participants learn common college terms, challenge myths, and learn appropriate etiquette for a college visit.	7-12
Study Skills	Participants identify study habits, learn strategies, and practice techniques to improve learning efficiency.	7-12
Time Management	Participants learn strategies to prioritize tasks, manage time effectively, and balance responsibilities.	7-12
Understanding FAFSA	Participants learn what FAFSA is, why it matters, and how it serves as a gateway to college funding.	11-12
Using Digital Content Ethically	Participants learn to make responsible choices with digital content, copyright, fair use, and ethical AI use.	7-12



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Extension 4-H Youth Development

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Title	Description	Grade Band
Careers in Our Community	Participants explore employers and potential career paths in their community or region and create a visual poster to showcase what they find.	7-12
Conflict: Communication Skills	Participants learn to express feelings clearly and respectfully, using “I” messages to shift focus from blame to problem-solving.	7-12
Conflict: Sources & Solutions	Participants identify common sources of conflict, distinguish managing vs. resolving conflict, and practice professional strategies.	7-12
Conflict: Win-Win Strategies	Participants practice creating solutions that meet the needs of all parties, focusing on collaboration instead of competition.	7-12
Defining Conflict	Participants learn types and stages of conflict, management styles, and strategies to handle conflict effectively.	7-12
Exploring Careers	Participants research careers and reflect on education, skills, and opportunities associated with them to make informed career choices *Although this lesson can be completed with no prerequisites, it is advised to complete the “Career Clusters Interest Survey” in the “Career Interests” lesson before beginning this lesson. The results will help guide exploration.	7-12
Leadership in Practice	Participants explore leadership traits, practice decision-making, and build trust and communication in team-based activities.	7-12
My Career Interests	Participants explore career interests, align them with passions and skills, and connect goals to meaningful career choices.	7-12
My Personality	Participants explore personality traits and reflect on how traits guide career choices.	7-12
My Resume: Foundations	Participants identify transferable skills and action verbs to build a foundation for a strong resume.	9-12
My Resume: Writing it	Participants create a basic resume, organizing information clearly and highlighting strengths.	9-12
My Role on a Team	Participants reflect on their teamwork skills and explore traits of strong teammates.	7-12
My Skills	Participants recognize existing soft and hard skills and identify areas for growth to prepare for future careers.	7-12
My Strengths	Participants identify personal strengths and areas for growth and connect them to workplace skills.	7-12



Title	Description	Grade Band
My Work Values	Participants explore personal preferences, work culture, and workplace environments where they can thrive.	7-12
Networking/Elevator Pitch	Participants learn networking skills, create a business card, and practice delivering an elevator pitch.	9-12
Practicing the Job Interview	Participants practice interview skills, respond to common questions, and demonstrate professionalism.	9-12
Preparing for a Job Interview	Participants review professional dress, behavior, and strategies to make a strong impression in an interview.	9-12
Preparing for the Job Hunt	Participants explore job search tools, applications, and strategies to start the job search process confidently.	9-12
Teamwork Basics	Participants learn effective teamwork skills including communication, collaboration, and understanding roles in a group.	7-12
Tomorrow's Careers	Participants investigate emerging careers and analyze what it takes to succeed in a rapidly changing environment.	7-12



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FINANCIAL



Title	Description	Grade Band
Banking Basics	Participants learn about basic banking services, practice choosing a bank, and understand the basics of writing a check.	9-12
Budgeting 101	Participants create a budget, track sample income and expenses, and practice making intentional financial choices.	9-12
Cars & Loans	Participants explore car buying, loans, financing, and vocabulary to make informed purchasing decisions.	9-12
Consumer Protection & Financial Rights	Participants explore basic consumer rights and responsibilities and analyze scenarios to identify financial risk and understand how to make informed decisions to protect their money.	9-12
Credit Cards & Scores	Participants learn what credit scores are, how credit cards work, and how credit card debt can lead to long-term financial challenges.	10-12
Decoding the Pay Stub	Participants analyze pay stubs, understand deductions, and learn how to track earnings effectively.	9-12
Entrepreneurship: Risks & Rewards	Participants examine the financial risks and rewards of entrepreneurship and whether it might be a career option for them.	8-12
Financial Responsibility	Participants explore financial decision-making, distinguish between wants and needs, and develop healthy money habits.	9-12
Identity Theft & Protection	Participants explore common identity theft scenarios and risks and develop strategies to protect their information.	9-12
Insurance Basics	Participants explore how insurance works, why it exists, types of insurance, and how people manage everyday risks.	10-12
Saving Smart	Participants understand why saving matters, reflect on spending habits, and create a plan for saving for the future.	9-12
Spotting Scams & Fraudulent Practices	Participants learn about scams and fraudulent practices, identify red flags, and understand the targets and risks by examining real-life scenarios.	7-12



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PERSONAL



Title	Description	Grade Band
Decision Making	Participants understand decision types, values, and use a five-step process to make smart, confident choices.	7-12
Digital Footprints	Participants examine how online and offline actions create digital footprints and their potential impact on future opportunities.	7-12
My Stress Action Plan	Participants create a personalized stress action plan based on self-assessment and coping strategies.	7-12
Managing Stress: Causes & Effects	Participants examine causes of stress, its effects on body and mind, and strategies for managing it.	7-12
Managing Stress: Fight, Flight, or Freeze	Participants explore the body's stress response and learn to recognize and manage stress effectively.	7-12
Responsibility	Participants explore personal responsibility, following through on commitments, and learning from mistakes.	7-12
Responsible & Respectful Behavior Online	Participants examine ethical online behavior and practice making choices that build trust and protect others.	7-12
Self-Advocacy: Assertiveness Skills	Participants learn to express themselves confidently and advocate for their needs respectfully.	7-12
Self-Advocacy: Communication Styles	Participants explore passive, aggressive, and assertive communication styles and practice communicating confidently.	7-12
Self-Determination: Who Am I?	Participants define self-determination, explore interests and values, and connect strengths to future career paths.	7-12



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