



## Take Care of Oregon Days Project Ideas

Project:	Content Standards / CCG's:	Essential Skills:	Available Resources:
<p><b>High School Seniors Mentor Freshmen</b></p> <p>High school seniors learn about the benefits of mentorship, and about mentoring programs in their community.</p> <p>Senior students partner with freshman students and mentor them throughout the remainder of the school year.</p>	<p><u>Health Education/Promotion of Mental, Social, and Emotional Health:</u></p> <ul style="list-style-type: none"> <li>Explain the key components of mental, social and emotional health.</li> </ul> <p><u>Social Sciences/Social Science Analysis:</u></p> <ul style="list-style-type: none"> <li>Identify, research, and clarify an event, issue, problem, or phenomenon of significance to society.</li> <li>Identify and analyze characteristics, causes, and consequences of an event, issue, problem, or phenomenon.</li> </ul> <p><u>Health Education/Health Skills:</u></p> <ul style="list-style-type: none"> <li><b>HE.HS.HS.03:</b> Analyze influences on health-related choice (e.g. personal/family/cultural values, media, technology, peers, body image, emotions, physical and social environments, and public health policies).</li> <li><b>HE.HS.HS.04:</b> Communicate effectively, using peer resistance, assertiveness, conflict resolution skills, and negotiation and refusal skills to avoid unsafe situations.</li> <li><b>HE.HS.HS.07:</b> Advocate to self, peers, family and community members the importance of participating in health-enhancing behaviors and abstaining from unsafe behaviors.</li> </ul> <p><u>Language Arts/Reading:</u></p> <ul style="list-style-type: none"> <li><b>CCG:</b> Listen to, read, and understand a variety of text across the subject areas at school and on own, applying comprehension strategies as needed.</li> </ul> <p><u>Language Arts/Speaking and Listening:</u></p> <ul style="list-style-type: none"> <li><b>CCG:</b> Communicate supported ideas across the subject areas using oral, visual, and multimedia forms in ways appropriate to topic, context, audience, and purpose.</li> </ul>	<ul style="list-style-type: none"> <li>Read and comprehend a variety of text.</li> <li>Listen actively and speak clearly and coherently.</li> <li>Demonstrate civic and community engagement.</li> <li>Demonstrate personal management and teamwork skills.</li> </ul>	<ul style="list-style-type: none"> <li>The Mentor Foundation <a href="http://www.mentorfoundation.org/">http://www.mentorfoundation.org/</a></li> <li>National Mentoring Center <a href="http://www.nwrel.org/mentoring/index.php">http://www.nwrel.org/mentoring/index.php</a></li> <li>Oregon Mentors <a href="http://oregonmentors.org/mentoring/">http://oregonmentors.org/mentoring/</a></li> </ul>