

CAREER READY PRACTICE



#3 Attend to Personal Health and Financial Well-Being

Career-ready individuals understand the relationship between personal health, workplace performance, and personal well-being; they act on that understanding to regularly practice a healthy diet, exercise, and mental health activities.

Career-ready individuals also take regular action to contribute to their personal financial well-being, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.

Individual Competencies	4 Exceeds Competency	3 Meets Competency	2 Approaching Competency	1 Not Yet Reached Competency	Keyword(s)	Points Given
Demonstrate healthy behaviors by managing personal health.	Seamlessly manages personal health with clear insight on its effect to work-related tasks (e.g., setting fitness goals; eating healthfully).	Manages personal health with understanding on its effect to work-related tasks (e.g., setting fitness goals; eating healthfully).	Minimally manages personal health with some effect on work-related tasks.	Minimally manages personal health with the results having negative effect on work-related tasks.	Healthy living	
Demonstrate safety skills by following safety guidelines.	Follows and models safety guidelines (e.g., adhering to Occupational Safety and Health Administration [OSHA] standards and instructor and manufacturer guidelines).	Follows safety guidelines (e.g., adhering to Occupational Safety and Health Administration [OSHA] standards and instructor and manufacturer guidelines).	Often follows safety guidelines (e.g., adhering to Occupational Safety and Health Administration [OSHA] standards and instructor and manufacturer guidelines).	Often disregards safety guidelines (e.g., adhering to Occupational Safety and Health Administration [OSHA] standards and instructor and manufacturer guidelines).	Knowing safety	
Safely use technological resources to accomplish work responsibilities in a productive manner.	Safely uses and models the use of technological resources (e.g., equipment, machines, tools, electronics) to accomplish work efficiently and productively.	Safely uses technological resources (e.g., equipment, machines, tools, electronics) to accomplish work productively.	Often uses technological resources (e.g., equipment, machines, tools, electronics) to accomplish work with varying safety and efficiency.	Does not use technological resources (e.g., equipment, machines, tools, electronics) to accomplish work with safe and efficient results.	Working safely	

Demonstrate positive self-representation skills by dressing appropriately and maintaining personal hygiene.	Always dresses appropriately (adhering to professional and safety standards following dress code) while maintaining impeccable, personal hygiene.	Dresses appropriately (adhering to professional and safety standards following dress code) while maintaining personal hygiene.	Usually dresses appropriately (professional and safety standards following dress code) while maintaining adequate personal hygiene.	Often dresses inappropriately while maintaining questionable personal hygiene.	Hygiene	
Demonstrate mathematics skills by using mathematical reasoning to accomplish tasks.	Quickly, correctly, and efficiently makes calculations related to personal finance (e.g., wage rates, paycheck deductions, taxes).	Correctly makes calculations related to personal finance (e.g., wage rates, paycheck deductions, taxes).	Makes calculations related to personal finance with some error (e.g., wage rates, paycheck deductions, taxes).	Makes calculations related to personal finance with many errors or doesn't attempt personally (e.g., wage rates, paycheck deductions, taxes).	Calculation accuracy	
Demonstrate how currently held quantity of goods, services, or money should be effectively expended to meet current demands.	Consistently plans in advance how much stock can and should be used to complete a current project in a timely manner. (portioning meals, making a budget, having correct quantity and type of materials onsite).	Correctly knows how much stock can and should be used to complete a current project in a timely manner. (portioning meals, making a budget, having correct quantity and type of materials onsite).	Often guesses how much stock should be used to complete a current project. (portioning meals, making a budget, having correct quantity and type of materials onsite).	Does not understand how much stock can and should be used to complete a current project. (portioning meals, making a budget, having correct quantity and type of materials onsite).	Budgeting	
Demonstrate how currently held quantity of goods, services, or money could be effectively used to meet future demands.	Wisely estimates the amount of current stock to save or multiply in order to meet future demands (e.g. making hay, opening a savings account, investment planning, storing goods for future use).	Estimates the amount of current stock to save or multiply in order to meet future demands (e.g. making hay, opening a savings account, investment planning, storing goods for future use).	Poorly estimates the amount of stock to save in order to meet future demands (e.g. making hay, opening a savings account, investment planning, storing goods for future use).	Does not estimate the amount of stock to save in order to meet future demands (e.g. making hay, opening a savings account, investment planning, storing goods for future use).	Investment	

TOTAL POINTS GIVEN: _____/7= _____ SCORE