

HS.HECPS.A.2

STANDARD STATEMENT:

Identify school and community resources for mental, physical and financial well-being, including an understanding of how to seek assistance.

ESSENTIAL QUESTIONS:

By the end of the unit, students should be able to answer:

- How can we redefine the notion of seeking assistance for school and community resources to encourage genuine empowerment and holistic growth within diverse socio-cultural contexts?
- How might we cultivate a culture of proactive resource-seeking in schools and communities that not only addresses our immediate needs but also supports long-term resilience and self-sufficiency among individuals?
- How do we ensure equitable access to essential resources for all students, regardless of their socioeconomic or cultural backgrounds?
- How can students develop self-advocacy skills to seek assistance confidently and effectively?
- In what ways can communities and schools collaborate to create a comprehensive support system for students?

PNWFCU LESSON THAT MEETS THE STANDARD:

- [Seeking Assistance & Self-Advocacy](#)

SUPPORTING RESOURCES:

- [Commons Open Educational Resources](#)
- [Latino Network](#)
- [Legal Aid Services of Oregon](#)

- [Oregon Student Aid](#)
- [Federal Student Aid](#)
- [Oregon for All](#)
- [National Helpline for Mental Health Services Administration](#)
- [National Alliance on Mental Illness](#)
- [The Trevor Project](#)
- [211](#)

POTENTIAL STUDENT ACTIVITIES:

- Resource Investigation Project: Students research local community organizations and present their findings on available services.
- Role-Playing Help-Seeking Scenarios: Simulate different scenarios where students practice seeking help in personal, academic, and professional settings.
- Community Asset Mapping Activity: Have students create a visual map of the resources available in their school and local community.
- Mock Advocacy Letters: Students draft letters or emails to request support or accommodations.
- Peer Support Workshop: Facilitate discussions on how students can support friends who may need assistance.
- Case Study Analysis: Examine real-world examples of individuals who successfully accessed resources and overcame challenges.

QUESTIONS:

Kristin Mullady

Financial Education Specialist

kristinm@pnwfcu.org



PACIFIC NW
FEDERAL CREDIT UNION

Want more resources like this?
Visit: pnwfcu.org/school-resources

