

August 2021

School Counseling Curriculum

**School
Counseling**



**Edgar School
District**

Elementary Guidance Curriculum Overview

Grades PreK-5

The elementary guidance curriculum being utilized for Grades PreK-5 is Character Strong - PurposeFull People. The curriculum weaves social-emotional learning and character education into the daily fabric of everything we do as educators. It is aligned with the ASCA Mindsets and Behaviors Standards for Student Success: K-12 College and Career Readiness Standards for Every Student, which describe the knowledge, skills and attitudes students need to achieve academic success, college and career readiness and social/emotional development. The ASCA Mindsets and Behaviors are organized in three broad domains: academic, career and social/emotional development. These domains promote mindsets and behaviors that enhance the learning process and create a culture of college and career readiness for all students. The definitions of each domain are as follows:

Academic Development - standards guiding school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

Career Development - Standards guiding school counseling programs to help students 1) understand the connection between school and the world of work and 2) plan for and make a successful transition from school to postsecondary education and/or the world of work and from job to job across the life span.

Social/Emotional Development - Standards guiding school counseling programs to help students manage emotions and learn and apply interpersonal skills.

All 35 standards can be applied to any of the three above domains, and the School Counselor selects a domain and standard based on the needs of the school, classroom, small group or individual.

The Character Strong - PurposeFull People Curriculum focuses on 10 character traits/units: *Courage, Respect, Responsibility, Perseverance, Empathy, Gratitude, Honesty, Kindness, Cooperation and Creativity*. Within each trait includes content for Classroom, Home, Staff, and Playground. Each activity in the curriculum is designed to help students experience the month's character trait through engaging activities and powerful discussion. This will help them truly practice and embody what this value looks like, sounds like, and feels like. Activities are also designed to give students an opportunity to connect with each other through purposeful play, learn more about each other as people, and build more meaningful relationships with a focus on the current character trait.

Embedded within the Grade 5 units, we include lessons and activities that help prepare students for the transition to middle school, including an opportunity for students and parents to have a transitional conference with the School Counselor.

Submitted by: Emily Gilmore and Sara Tatro, Edgar Elementary School Counselors

Guidance Curriculum Summary 2021

Middle School

Grade 6

Students learn how to develop a growth mindset and apply research-based goal-setting strategies to their social and academic lives. This unit's content helps create classrooms that are connected and encouraging by helping students set and achieve collective and personal goals, learn from challenges, recognize their personal strengths, and explore the unique aspects of their identities. The goals of this unit include students being able to:

- Recognize that social challenges are common during adolescence and often get better in time with support from others
- Adopt a growth mindset
- Set personal goals
- Create plans to achieve goals
- Monitor progress toward achieving a goal and determine if they need to try a new strategy

Grade 7

COURSE DESCRIPTION:

Students build intrapersonal awareness of their thought processes, emotions, strengths, and hopes for the future, and practice self-management strategies. The lessons are designed to help students:

- Understand the effects of thought on emotions and behavior
- Be aware of and manage their emotions
- Reduce habits of negative thinking
- Induce positive emotions
- Develop coping strategies for stress reduction
- Identify their strengths and interests
- Set and achieve goals

Grade 8

COURSE DESCRIPTION:

In this module, teachers and students work together to create the type of learning environment that is welcoming, supportive, and instructive of how to succeed in school. The lessons are designed to help students:

- Become familiar with cooperative learning strategies that increase engagement in learning
- Gain an awareness of what affects the social functioning of groups
- Build supportive relationships with their teacher and classmates
- Recognize the value of an education and why it is important to do well in school
- Develop the mental frameworks, organizational strategies, and study skills that lead to academic success

Guidance Curriculum Summary 2021

High School

Grade 9 - 11

Course Description: Students will explore how to build positive, healthy relationships, resolve conflicts, and make responsible decisions. The lessons are designed to help students:

- Develop skills that build positive relationships
- Empathize with and show compassion for others
- Apply a problem-solving approach to conflicts
- Manage social media and resist cyberbullying
- Deal with gossip, bullying, and negative peer pressure
- Understand and utilize the power of apologizing and forgiving
- Understand the importance of helping others and volunteering

Grade 12

Course Description: As high school students head out into the world and experience greater independence and responsibility, this course will help equip them to:

- Set goals and transition successfully from high school to college and/or the workforce.
- Identify "best fit" colleges and complete their college applications.
- Write a compelling college essay that highlights their social, emotional, and academic skills.
- Work well together with co-workers, classmates, customers, and their employer/teachers.
- Learn from feedback to improve their performance at school, home, and work.