

Counseling and Guidance

Improve Academic Self-Concept A1

- 1 articulate feelings of competence and confidence as learners A:A1.1
- 2 display a positive interest in learning A:A1.2
- 3 take pride in work and achievement A:A1.3
- 4 accept mistakes as essential to the learning process A:A1.4
- 5 identify attitudes and behaviors leading to successful learning A:A1.5

Acquire Skills for Improving Learning

- 6 apply time-management and task-management skills A:A2.1
- 7 demonstrate how effort and persistence positively affect learning A:A2.2
- 8 use communications skills to know when and how to ask for help when needed A:A2.3
- 9 apply knowledge and learning styles to positively influence school performance A:A2.4

Achieve School Success

- 10 take responsibility for their actions A:A3.1
- 11 demonstrate the ability to work independently, as well as the ability to work cooperatively with other students A:A3.2
- 12 develop a broad range of interests and abilities A:A3.3
- 13 demonstrate dependability, productivity and initiative A:A3.4
- 14 share knowledge A:A3.5

Improve Learning

- 15 demonstrate the motivation to achieve individual potential A:B1.1
- 16 learn and apply critical-thinking skills A:B1.2
- 17 apply the study skills necessary for academic success at each level A:B1.3
- 18 seek information and support from faculty, staff, family and peers A:B1.4
- 19 organize and apply academic information from a variety of sources A:B1.5

20 use knowledge of learning styles to positively influence school performance A:B1.6

21 become a self-directed and independent learner A:B1.7

Plan to Achieve Goals

22 establish challenging academic goals in elementary, middle/junior high and high school A:B2.1

23 use assessment results in educational planning A:B2.2

24 develop and implement annual plan of study to maximize academic ability and achievement* A:B2.3

25 apply knowledge of aptitudes and interests to goal setting A:B2.4

26 use problem-solving and decision-making skills to assess progress toward educational goals A:B2.5

27 understand the relationship between classroom performance and success in school A:B2.6

28 identify postsecondary options consistent with interests, achievement, aptitude and abilities A:B2.7

Relate School to Life Experience

29 demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life A:C1.1

30 seek cocurricular and community experiences to enhance the school experience A:C1.2

31 understand the relationship between learning and work A:C1.3

32 demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals A:C1.4

33 understand that school success is the preparation to make the transition from student to community member A:C1.5

34 understand how school success and academic achievement enhance future career and vocational opportunities A:C1.6

Develop Career Awareness

35 develop skills to locate, evaluate and interpret career information C:A1.1

36 learn about the variety of traditional and nontraditional occupations C:A1.2

37 develop an awareness of personal abilities, skills, interests and motivations C:A1.3

38 learn how to interact and work cooperatively in teams C:A1.4

39 learn to make decisions C:A1.5

40 learn how to set goals C:A1.6

41 understand the importance of planning C:A1.7

42 pursue and develop competency in areas of interest C:A1.8

43 develop hobbies and vocational interests C:A1.9

44 balance between work and leisure time C:A1.10

**Develop Employment
Readiness**

45 acquire employability skills such as working on a team and problem-solving and organizational skills C:A2.1

46 apply job readiness skills to seek employment opportunities C:A2.2

47 demonstrate knowledge about the changing workplace C:A2.3

48 learn about the rights and responsibilities of employers and employees C:A2.4

49 learn to respect individual uniqueness in the workplace C:A2.5

50 learn how to write a resume C:A2.6

51 develop a positive attitude toward work and learning C:A2.7

52 understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace C:A2.8

53 utilize time- and task-management skills C:A2.9

**Acquire Career
Information**

54 apply decision-making skills to career planning, course selection and career transition C:B1.1

55 identify personal skills, interests and abilities and relate them to current career choice C:B1.2

56 demonstrate knowledge of the career-planning process C:B1.3

57 know the various ways in which occupations can be classified C:B1.4

58 use research and information resources to obtain career information C:B1.5

59 learn to use the Internet to access career-planning information C:B1.6

60 describe traditional and nontraditional career choices and how they relate to career choice C:B1.7

61 understand how changing economic and societal needs influence employment trends and future training C:B1.8

Identify Career Goals

62 demonstrate awareness of the education and training needed to achieve career goals C:B2.1

63 assess and modify their educational plan to support career C:B2.2

64 use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience C:B2.3

65 select course work that is related to career interests C:B2.4

66 maintain a career-planning portfolio C:B2.5

Acquire Knowledge to Achieve Career Goals

67 understand the relationship between educational achievement and career success C:C1.1

68 explain how work can help to achieve personal success and satisfaction C:C1.2

69 identify personal preferences and interests influencing career choice and success C:C1.3

70 understand that the changing workplace requires lifelong learning and acquiring new skills C:C1.

71 describe the effect of work on lifestyle C:C1.5

72 understand the importance of equity and access in career choice C:C1.6

73 understand that work is an important and satisfying means of personal expression C:C1.7

Apply Skills to Achieve Career Goals

74 demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals C:C2.1

75 learn how to use conflict management skills with peers and adults C:C2.2

76 learn to work cooperatively with others as a team member C:C2.3

7 apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences C:C2.4

Acquire Self-Knowledge

78 develop positive attitudes toward self as a unique and worthy person PS:A1.1

79 identify values, attitudes and beliefs PS:A1.2

80 learn the goal-setting process PS:A1.3

81 understand change is a part of growth PS:A1.4

82 identify and express feelings PS:A1.5

83 distinguish between appropriate and inappropriate behavior PS:A1.6

84 recognize personal boundaries, rights and privacy needs PS:A1.7

85 understand the need for self-control and how to practice it PS:A1.8

86 demonstrate cooperative behavior in groups PS:A1.9

87 identify personal strengths and assets PS:A1.10

88 identify and discuss changing personal and social roles PS:A1.11

89 identify and recognize changing family roles PS:A1.12

Acquire Interpersonal Skills

90 recognize that everyone has rights and responsibilities PS:A2.1

91 respect alternative points of view PS:A2.2

92 recognize, accept, respect and appreciate individual differences PS:A2.3

93 recognize, accept and appreciate ethnic and cultural diversity PS:A2.4

94 recognize and respect differences in various family configurations PS:A2.5

95 use effective communications skills PS:A2.6

96 know that communication involves speaking, listening and nonverbal behavior PS:A2.7

97 learn how to make and keep friends PS:A2.8

Self-knowledge Application

98 use a decision-making and problem-solving model PS:B1.1

99 understand consequences of decisions and choices PS:B1.2

100 identify alternative solutions to a problem PS:B1.3

101 develop effective coping skills for dealing with problems PS:B1.4

102 demonstrate when, where and how to seek help for solving problems and making decisions PS:B1.5

103 know how to apply conflict-resolution skills PS:B1.6

104 demonstrate a respect and appreciation for individual and cultural differences PS:B1.7

105 know when peer pressure is influencing a decision PS:B1.8

106 identify long- and short-term goals PS:B1.9

107 identify alternative ways of achieving goals PS:B1.10

108 use persistence and perseverance in acquiring knowledge and skills PS:B1.11

109 develop an action plan to set and achieve realistic goals PS:B1.12

Acquire Personal Safety Skills

110 demonstrate knowledge of personal information (telephone number, home address, emergency contact) PS:C1.2

111 learn about the relationship between rules, laws, safety and the protection of rights of the individual PS:C1.2

112 learn about the differences between appropriate and inappropriate physical contact PS:C1.

113 demonstrate the ability to set boundaries, rights and personal privacy PS:C1.

114 differentiate between situations requiring peer support and situations requiring adult professional help PS:C1.5

115 identify resource people in the school and community, and know how to seek their help PS:C1.6

116 apply effective problem-solving and decision-making skills to make safe and healthy choices PS:C1.7

117 learn about the emotional and physical dangers of substance use and abuse PS:C1.8

118 learn how to cope with peer pressure PS:C1.9

119 learn techniques for managing stress and conflict PS:C1.10

120 learn coping skills for managing life events PS:C1.11
