

UNIT: Grade 10 School Counseling Curriculum: Personal/Social

Length of Unit: School Year

Established Goals & Standards	CAREER READY PRACTICES
<p>Standard A: Students will acquire the knowledge, attitudes and inter- personal skills to help them understand and respect self and others.</p> <p>PS:A1 Acquire Self-knowledge</p> <ul style="list-style-type: none"> PS:A1.1 Develop positive attitudes toward self as a unique and worthy person PS:A1.2 Identify values, attitudes and beliefs PS:A1.3 Learn the goal-setting process PS:A1.4 Understand change is a part of growth PS:A1.5 Identify and express feelings PS:A1.6 Distinguish between appropriate and inappropriate behavior PS:A1.7 Recognize personal boundaries, rights and privacy needs PS:A1.8 Understand the need for self-control and how to practice it PS:A1.9 Demonstrate cooperative behavior in groups PS:A1.10 Identify personal strengths and assets 	<p>CRP1. Act as a responsible and contributing citizen and employee.</p> <p>CRP2. Apply appropriate academic and technical skills.</p> <p>CRP3. Attend to personal health and financial well-being.</p> <p>CRP4. Communicate clearly and effectively and with reason.</p> <p>CRP5. Consider the environmental, social and economic impacts of decisions.</p> <p>CRP6. Demonstrate creativity and innovation.</p> <p>CRP7. Employ valid and reliable research strategies.</p> <p>CRP8. Utilize critical thinking to make sense of problems and persevere in solving them.</p> <p>CRP9. Model integrity, ethical leadership and effective management.</p> <p>CRP10. Plan education and career paths aligned to personal goals.</p> <p>CRP11. Use technology to enhance productivity.</p> <p>CRP12. Work productively in teams while using cultural global competence.</p>

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<p>. PS:A1.11 Identify and discuss changing personal and social roles</p> <p>. PS:A1.12 Identify and recognize changing family roles</p> <p>. PS:A2 Acquire Interpersonal Skills</p> <p>. PS:A2.1 Recognize that everyone has rights and responsibilities</p> <p>. PS:A2.2 Respect alternative points of view</p> <p>. PS:A2.3 Recognize, accept, respect and appreciate individual differences</p> <p>. PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity</p> <p>. PS:A2.5 Recognize and respect differences in various family configurations</p> <p>. PS:A2.6 Use effective communications skills</p> <p>. PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior</p> <p>. PS:A2.8 Learn how to make and keep friends</p> <p>Standard B: Students will make decisions, set goals and take necessary action to achieve goals.</p> <p>PS:B1 Self-knowledge Application</p> <p>. PS:B1.1 Use a decision-making and</p>	
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<p>problem-solving model</p> <ul style="list-style-type: none">. PS:B1.2 Understand consequences of decisions and choices. PS:B1.3 Identify alternative solutions to a problem. PS:B1.4 Develop effective coping skills for dealing with problems. PS:B1.5 Demonstrate when, where and how to seek help for solving ☐problems and making decisions. PS:B1.6 Know how to apply conflict resolution skills. PS:B1.7 Demonstrate a respect and appreciation for individual and ☐cultural differences. PS:B1.8 Know when peer pressure is influencing a decision. PS:B1.9 Identify long- and short-term goals. PS:B1.10 Identify alternative ways of achieving goals. PS:B1.11 Use persistence and perseverance in acquiring knowledge ☐and skills. PS:B1.12 Develop an action plan to set and achieve realistic goals <p>Standard C: Students will understand safety and survival skills.</p> <p>PS:C1 Acquire Personal Safety Skills</p> <ul style="list-style-type: none">. PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency	
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<p>contact)</p> <ul style="list-style-type: none">. PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of rights of the individual. PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact. PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy. PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help. PS:C1.6 Identify resource people in the school and community, and know how to seek their help. PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices. PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse. PS:C1.9 Learn how to cope with peer pressure. PS:C1.10 Learn techniques for managing stress and conflict. PS:C1.11 Learn coping skills for managing life events	
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<p>Enduring Understandings</p> <ul style="list-style-type: none"> ● Self-assessment of personal skills and interests prepares students to make appropriate postsecondary schools plans ● Effective decision-making and goal setting skills are necessary to achieve personal success 	<p>Essential Questions</p> <ul style="list-style-type: none"> ● What strengths and values contribute to personal and academic achievement? ● What skills and experiences are needed to achieve future career success and satisfaction?
<p>Content</p> <ul style="list-style-type: none"> ● School counseling classroom lessons through Naviance: Career and College Exploration Project ● Ongoing individual Guidance meetings as needed to monitor attendance and personal/social well being ● Peer mediation 	<p>Skills (Blooms Taxonomy)</p> <ul style="list-style-type: none"> ● Acquire the skills to investigate the world of work in relation knowledge of personal strengths and weakness of self ● Demonstrate the ability to apply decision-making skills to goal setting and attainment ● Continue to gain knowledge to improve effective coping skills ● Model problem solving techniques ● Effectively learn to self advocate
<p>Assessments</p> <ul style="list-style-type: none"> ● Parent feedback and communication ● Teacher observations ● Naviance reports ● Course Planning Conference 	<p>Potential Works of Study</p> <ul style="list-style-type: none"> ● Naviance ● Group counseling manuals
<p>Technology Integration</p> <ul style="list-style-type: none"> ● iPads/Computers ● Naviance 	<p>Additional Resources</p> <ul style="list-style-type: none"> ● Clubs/Activities list ● Program of Studies ● Mental Health resources (ex: 24 hr hotline – 2nd Floor)