



Northern York County School District

Curriculum Overview

Course: Elementary Guidance

Grade Level: K through 5

Approval Date: June 2022

Length of Time: 10 instructional periods

Course Description: This Elementary Guidance course provides students in grades K through 5 with exposure to important topics that are designed at appropriate developmental levels. Throughout the course, students learn themes that allow them to continue to develop as effective learners, develop career profiles, build self-confidence, develop interpersonal skills, learn respect for self and others, learn conflict resolution skills, and learn responsible decision making. The lessons are delivered by the guidance counselor in the regular educational setting.

Course Objectives:

- Students will recognize the importance of academic, mental, social/emotional, and physical well-being.
- Students will develop a positive growth-mindset by recognizing the importance of self-awareness, grit, and determination to succeed.
- Students will use critical thinking skills to develop strategies for learning, task management, and problem-solving.
- Students will recognize the importance of respectful and supportive relationships with other students who may have similar or differing backgrounds and experiences to their own.
- Students will practice responsible decision-making and behavior management techniques.

Units / Lessons:

- Meet the Counselor
- Growth Mindset
- Feelings
- Emotion Regulation
- Kindness
- Self-Awareness
- Diversity
- Social Skills
- Career Ed
- End of Year Reflection

Related Standards:

The American School Counseling Association comprehensive model identifies the competencies for students and uses varying strategies to deliver the content of the program to every student. Most importantly, the comprehensive program links school counseling to the total educational process:

Category 1: Mindset Standards school counselors encourage the following mindsets for all students
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment

M 3. Positive attitude toward work and learning

M 4. Self-confidence in ability to succeed

M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes

M 6. Understanding that postsecondary education and lifelong learning are necessary for long-term success

Category 2: Behavior Standards school counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

Learning Strategies

B-LS 1. Critical thinking skills to make informed decisions

B-LS 2. Creative approach to learning, tasks, and problem solving

B-LS 3. Time-management, organizational, and study skills

B-LS 4. Self-motivation and self-direction for learning

B-LS 5. Media and technology skills to enhance learning

B-LS 6. High-quality standards for tasks and activities

B-LS 7. Long- and short-term academic, career and social/emotional goals

B-LS 8. Engagement in challenging coursework

B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives, and recognizing personal bias

B-LS 10. Participation in enrichment and extracurricular activities

Self-Management Skills

B-SMS 1. Responsibility for self and actions

B-SMS 2. Self-discipline and self-control

B-SMS 3. Independent work

B-SMS 4. Delayed gratification for long-term rewards

B-SMS 5. Perseverance to achieve long and short-term goals

B-SMS 6. Ability to identify and overcome barriers

B-SMS 7. Effective coping skills

B-SMS 8. Balance of school, home, and community activities

B-SMS 9. Personal safety skills

B-SMS 10. Ability to manage transitions and adapt to change

Social Skills

B-SS 1. Effective oral and written communication skills and listening skills

B-SS 2. Positive, respectful, and supportive relationships with students who are similar to, and different from, them

B-SS 3. Positive relationships with adults to support success

B-SS 4. Empathy

B-SS 5. Ethical decision-making and social responsibility

B-SS 6. Effective collaboration and cooperation skills

B-SS 7. Leadership and teamwork skills to work effectively in diverse groups

B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary

B-SS 9. Social maturity and behaviors appropriate to the situation and environment

B-SS 10. Cultural awareness, sensitivity, and responsiveness

<https://www.schoolcounselor.org/getmedia/7428a787-a452-4abb-afec-d78ec77870cd/Mindsets-Behaviors.pdf>

Concepts:

- Increase student self-awareness
- Social and emotional skill development

Competencies:

- Students will learn the role of the school counselor and how their school counselor

<ul style="list-style-type: none"> • Application of learned skills needed to be successful in the academic, career, and social/emotional domains. 	<p>can support them throughout their school experience.</p> <ul style="list-style-type: none"> • Students will understand the difference between fixed mindset and growth mindset statements and will learn ways to develop growth mindset thinking and persevering through challenging situations. • Students will develop an understanding of feelings. Students will learn ways to manage and regulate feelings in self. • Students will be able to identify feelings in others, and learn appropriate ways to respond to those feelings. • Students will identify ways to show respect and kindness to others. Students will demonstrate kind acts and understand how kindness can improve relationships with others. • Students will learn positive communication skills (i.e., listening and speaking) • Students will gain self-awareness. Students will be able to assess strengths and weaknesses while maintaining confidence, perseverance, and a growth mindset. • Students will enhance cultural competence, increase cultural awareness, and appreciate diversity. • Students will be equipped with career preparation and planning needed for career success.
<p>Learning Activities:</p> <ul style="list-style-type: none"> • Build self-confidence • Develop interpersonal skills, • Learn respect for self and others, • Learn conflict resolution skills • Learn responsible decision-making • Career readiness 	<p>Performance Tasks:</p> <ul style="list-style-type: none"> • Formative assessment • Debriefing • Repetition • Group work • Partner work • Role playing • Journal reflections
<p>Other Assessment Measures: Universal Screening/Needs Assessments Formative Assessment Worksheets</p>	
<p>Textbook/Primary Resource: ASCA Student Standards: Mindsets & Behaviors for Student Success: https://www.schoolcounselor.org/getmedia/7428a787-a452-4abb-afec-d78ec77870cd/Mindsets-Behaviors.pdf Smart Futures Career Readiness Artifacts: https://www.smartfutures.org/</p>	

Supplemental Resource Materials:

<https://www.randomactsofkindness.org/>

www.mindsetworks.com