



Sparta Area School District

Good people, great schools.

Course Outcome Summary

Course Information: **School Counseling**

Description: This course is about obtaining skills in academic, social emotional and career categories in order to develop and continue to grow as a student.

Instruction Level: K-12

Course Standards:

Mindset standards include things such as self-confidence, sense of belonging, understanding post-secondary options, belief in the ability to achieve and positive attitude. Behavior standards include skills in learning strategies, self-management and social skills.

Units

1. **Academic Success**
2. **Character Education**
3. **Protective Behaviors**
4. **Social Skills**
5. **Self-Management Skills**
6. **Careers**
7. **Transitions**

Unit Outlines

1. **Academic Success**

Mindset Standards Met

- Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- Self-confidence in ability to succeed
- Sense of belonging in the school environment
- Understanding that postsecondary education and life-long learning are necessary for long-term career success
- Belief in using abilities to their fullest to achieve high-quality results and outcomes
- Positive attitude toward work and learning

Behavior Standards Met

Learning Strategy Standards

- Use time-management, organizational and study skills
- Apply self-motivation and self-direction to learning
- Identify long- and short-term academic, career and social/emotional goals
- Actively engage in challenging coursework

Self-Management Standards

- Demonstrate ability to work independently
- Demonstrate perseverance to achieve long- and short-term goals
- Demonstrate ability to overcome barriers to learning
- Demonstrate effective coping skills when faced with a problem
- Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skill Standards

- Use effective oral and written communication skills and listening skills
- Demonstrate ethical decision-making and social responsibility
- Use effective collaboration and cooperation skills
- Use leadership and teamwork skills to work effectively in diverse teams
- Demonstrate advocacy skills and ability to assert self, when necessary

Essential Question:

Students will be able to answer the question(s):

- What attitudes, knowledge and skills contribute to successful learning in school and across the life span?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will be able to demonstrate an understanding of and responsibility for self as a learner.
- Students will be able to identify and model personal attitudes and behaviors, which lead to successful learning.

2. Character Education Unit

Mindset Standards Met

- Self-confidence in ability to succeed
- Sense of belonging in the school environment
- Positive attitude toward work and learning

Behavior Standards Met

Learning Strategy Standards

- Identify long- and short-term academic, career and social/emotional goals
- Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Standards

- Demonstrate ability to assume responsibility
- Demonstrate self-discipline and self-control
- Demonstrate ability to delay immediate gratification for long-term rewards
- Demonstrate perseverance to achieve long- and short-term goals
- Demonstrate ability to overcome barriers to learning
- Demonstrate effective coping skills when faced with a problem
- Demonstrate personal safety skills
- Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skill Standards

- Create positive and supportive relationships with other students
- Demonstrate empathy
- Demonstrate ethical decision-making and social responsibility
- Use effective collaboration and cooperation skills
- Use leadership and teamwork skills to work effectively in diverse teams
- Demonstrate advocacy skills and ability to assert self, when necessary
- Demonstrate social maturity and behaviors appropriate to the situation and the environment

Essential Question:

Students will be able to answer the question(s):

- What traits, skills and beliefs should I develop to attribute to home, school and the community?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will be able to demonstrate how their personal beliefs, attitudes and feelings impact their interactions with others.

3. Protective Behaviors Unit

Mindset Standards Met

- Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- Self-confidence in ability to succeed
- Sense of belonging in the school environment

Behavior Standards Met

Learning Strategy Standards

- Demonstrate critical-thinking skills to make informed decisions
- Demonstrate creativity
- Apply media and technology skills
- Identify long- and short-term academic, career and social/emotional goals
- Gather evidence and consider multiple perspectives to make informed decisions

Self- Management Standards

- Demonstrate ability to assume responsibility
- Demonstrate self-discipline and self- control
- Demonstrate ability to delay immediate gratification for long-term rewards
- Demonstrate effective coping skills when faced with a problem
- Demonstrate the ability to balance school, home and community activities
- Demonstrate personal safety skills

Social Skill Standards

- Create positive and supportive relationships with other students
- Create relationships with adults that support success
- Demonstrate ethical decision-making and social responsibility
- Demonstrate advocacy skills and ability to assert self, when necessary
- Demonstrate social maturity and behaviors appropriate to the situation and the environment

Essential Question:

Students will be able to answer the question(s):

- How do I effectively problem solve to make safe and healthy decisions?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will be able to differentiate and demonstrate a basic understanding between healthy and unhealthy behaviors.
- Students will be able to understand the importance of social, emotional and physical wellbeing.
- Students will understand develop skills for self-advocacy.

4. Social Skills Unit

Mindset Standards Met

- Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- Self-confidence in ability to succeed
- Sense of belonging in the school environment
- Positive attitude toward work and learning

Behavior Standards Met

Learning Strategy Standards

- Demonstrate critical-thinking skills to make informed decisions
- Use time-management, organizational and study skills
- Apply self-motivation and self-direction to learning
- Apply media and technology skills
- Identify long- and short-term academic, career and social/emotional goals
- Gather evidence and consider multiple perspectives to make informed decisions
- Participate in enrichment and extracurricular activities

Self-Management Standards

- Demonstrate ability to assume responsibility
- Demonstrate self-discipline and self-control
- Demonstrate ability to work independently
- Demonstrate ability to delay immediate gratification for long-term rewards
- Demonstrate perseverance to achieve long- and short-term goals
- Demonstrate effective coping skills when faced with a problem
- Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skill Standards

- Use effective oral and written communication skills and listening skills
- Create positive and supportive relationships with other students
- Create relationships with adults that support success
- Demonstrate empathy
- Demonstrate ethical decision-making and social responsibility
- Use effective collaboration and cooperation skills
- Use leadership and teamwork skills to work effectively in diverse teams
- Demonstrate advocacy skills and ability to assert self, when necessary
- Demonstrate social maturity and behaviors appropriate to the situation and the environment

Essential Question:

Students will be able to answer the question(s):

- What knowledge, attitudes and interpersonal skills do I need to understand myself and appreciate the diverse backgrounds of others?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate the skills necessary to maintain positive interpersonal relationships.
- Students will demonstrate the necessary social skills to effectively work with others.

5. Self-Management Unit**Mindset Standards Met**

- Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- Self-confidence in ability to succeed
- Sense of belonging in the school environment
- Understanding that postsecondary education and life-long learning are necessary for long-term career success
- Belief in using abilities to their fullest to achieve high-quality results and outcomes
- Positive attitude toward work and learning

Behavior Standards Met**Learning Strategy Standards**

- Demonstrate critical-thinking skills to make informed decisions
- Demonstrate creativity
- Use time-management, organizational and study skills
- Apply self-motivation and self-direction to learning
- Apply media and technology skills
- Set high standards of quality
- Identify long- and short-term academic, career and social/emotional goals
- Actively engage in challenging coursework
- Gather evidence and consider multiple perspectives to make informed decisions
- Participate in enrichment and extracurricular activities

Self-Management Standards

- Demonstrate ability to assume responsibility
- Demonstrate self-discipline and self-control
- Demonstrate ability to work independently
- Demonstrate ability to delay immediate gratification for long-term rewards
- Demonstrate perseverance to achieve long- and short-term goals

- Demonstrate ability to overcome barriers to learning
- Demonstrate effective coping skills when faced with a problem
- Demonstrate the ability to balance school, home and community activities
- Demonstrate personal safety skills
- Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skills Standards

- Use effective oral and written communication skills and listening skills
- Create positive and supportive relationships with other students
- Create relationships with adults that support success
- Demonstrate empathy
- Demonstrate ethical decision-making and social responsibility \
- Use effective collaboration and cooperation skills
- Use leadership and teamwork skills to work effectively in diverse teams
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- Demonstrate social maturity and behaviors appropriate to the situation and the environment

Essential Question:

Students will be able to answer the question(s):

- How do I identify and express feelings appropriately?
- How do I manage and problem solve situations effectively?
- How do I advocate for myself with adults and peers?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate the ability to identify and manage feelings to appropriately interact with others and to successfully navigate school and work.
- Students will practice self-control and exhibit behaviors appropriate to the situation and environment.

6. Career Unit

Mindset Standards Met

- Self-confidence in ability to succeed
- Sense of belonging in the school environment
- Understanding that postsecondary education and life-long learning are necessary for long-term career success
- Belief in using abilities to their fullest to achieve high-quality results and outcomes
- Positive attitude toward work and learning

Behavior Standards Met

Learning Strategy Standards

- Demonstrate critical-thinking skills to make informed decisions
- Demonstrate creativity
- Use time-management, organizational and study skills
- Apply self-motivation and self-direction to learning
- Set high standards of quality
- Identify long- and short-term academic, career and social/emotional goals
- Gather evidence and consider multiple perspectives to make informed decisions
- Participate in enrichment and extracurricular activities

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Essential Question:

Students will be able to answer the question(s):

- How do my interests and abilities influence my career choices?
- How do I apply my interests and abilities to setting goals?
- How do I utilize goal setting to reach my personal, academic and career goals?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will identify their academic strengths and challenges.
- Students will identify their strengths, challenges and motivators in relationship to their role as a learner.
- Students will acquire the self-knowledge necessary to make informed career decisions.
- Students will understand how their academic experiences prepare them to be successful in the world of work, in their interpersonal relationships, and in the community.

7. Transitions Unit

Mindset Standards Met

- Self-confidence in ability to succeed
- Sense of belonging in the school environment
- Understanding that postsecondary education and life-long learning are necessary for long-term career success
- Belief in using abilities to their fullest to achieve high-quality results and outcomes
- Positive attitude toward work and learning

Behavior Standards Met

Learning Strategy Standards

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- Demonstrate social maturity and behaviors appropriate to the situation and the environment

Essential Question:

Students will be able to answer the question(s):

- How will I manage and adapt to changing situations and responsibilities?

Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Apply the skills necessary to improve learning and make successful academic transitions.
- Apply knowledge in establishing and achieving academic goals.
- Demonstrate the ability to seek help from adults and peers when needed in a new setting.

