

**Elementary Guidance and Counseling Program Grades K - 3**

The use of this guide will provide school counselors with a tool that outlines steps to be taken to establish a comprehensive school counseling program. It calls for school counselors to play a leadership role in the educational development of students through an approach that includes planning, implementing, and maintaining a comprehensive school counseling program.

Elementary Student Competencies Grades K - 3

The comprehensive counseling program includes counselor directed classroom, group, and individual student activities.

<u>Goals</u>	<u>Student Learnings:</u>
Social skills	Accept increased responsibility for own actions.
Getting along	Decision making Accept increased responsibility for own actions. Develop skills and interpersonal relations
Behavior Management	Decision making Information about self. Accept increased responsibility for own actions. Develop skills and interpersonal relations.
Self Esteem - Skill Development	Information about self. Accept increased responsibility for own actions. Develop skills and interpersonal relations.
Career Awareness	Information about self. Utilize school and community resources. Utilize Career Information System
School and Community Bonding (Special Services)	Utilize school and community resources. Utilize school and community resources
Individual Counseling	Decision making. Information about self Understand educational opportunities and alternatives. Establish tentative career and educational goals. Accept increased responsibility for own actions. Develop skills and interpersonal relations. Utilize school and community resources.

Kindergarten Student Competencies

Personal/Social Goals

The Student Will:

Gaining Self-Awareness	Describe their own appearances and recognize their bodies are special.
Developing Positive Attitudes	Describe people they enjoy.
Making Healthy Choices	Describe ways they take care of themselves.
Respecting Others	Describe ways people are different.
Gaining Responsibility	Describe things they can do without help.
Developing Relationship Skills	Describe their play relationships.
Resolving Conflicts	Recognize that they listen to and speak with a variety of people.
Making Effective Decisions	Describe choices they make at school.

Educational Goals

The Student Will:

Applying Effective Study Skills	Describe the tools they need to do their work at school.
Setting Goals	Describe why school is important.
Learning Goals	Describe how they learn something.
Gaining Test Taking Skills	Describe how they try to remember important information.

Career Goals

The Student Will:

Forming a Career Identity	Identify workers in various settings.
Planning for the Future	Describe what they think is important.
Combating Career Stereotyping	Describe work of family members.
Analyzing Skills and Interests	Describe what they like to do.

First Grade Student Competencies

Personal/Social Goals

The Student Will:

- |                                |   |
|--------------------------------|---|
| Gaining Self-Awareness         | Recognize special personal traits.                              |
| Developing Positive Attitudes  | Describe what attitude means.                                   |
| Making Healthy Choices         | Describe how exercise and nutrition affect their mental health. |
| Respecting Others              | Recognize special or unusual characteristics about others.      |
| Gaining Responsibility         | Describe special or unusual characteristics about others.       |
| Developing Relationship Skills | Describe what cooperation is.                                   |
| Resolving Conflicts            | Describe feelings they have in various situations.              |
| Making Effective Decisions     | Describe decisions they make by themselves.                     |

Educational Goals

The Student Will:

- |                                 |   |
|---------------------------------|---|
| Applying Effective Study Skills | Describe how they plan to do a school assignment. |
| Setting Goals                   | Describe what they would like to become.          |
| Learning Effectively            | Describe their favorite subjects.                 |
| Gaining Test Taking Skills      | Describe what a test is.                          |

Career Goals

The Student Will:

- |                                |   |
|--------------------------------|---|
| Forming a Career Identity      | Recognize how peers differ from themselves.     |
| Planing For The Future         | Describe how they have changed since last year. |
| Combating Career Stereotyping  | Describe why work is important.                 |
| Analyzing Skills and Interests | Identify skills they have.                      |

Second Grade Student Competencies

Personal/Social Goals

The Student Will:

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|--------------------------------|---|
| Gaining Self-Awareness         | Recognize and describe happy and sad feelings.                  |
| Developing Positive Attitudes  | Describe what they think is positive about themselves.          |
| Making Healthy Choices         | Describe how they care for their physical health.               |
| Respecting Others              | Recognize commonalties and uniqueness in themselves and others. |
| Gaining Responsibility         | Recognize their abilities to perform specific tasks.            |
| Developing Relationship Skills | Describe the process of making and keeping a friend.            |
| Resolving Conflicts            | Describe why listening is important.                            |
| Making Effective Decisions     | Recognize why some choices are made for them.                   |

Educational Goals

The Student Will:

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|---------------------------------|---|
| Applying Effective Study Skills | Recognize some benefits of learning.                                |
| Setting Goals                   | Describe a goal.  |
| Learning Effectively            | Describe types of situations that make learning difficult for them. |
| Gaining Test Taking Skills      | Describe some purposes for taking tests.                            |

Career Goals

The Student Will:

- |                                  |   |
|----------------------------------|---|
| Forming a Career Identity<br>are | Distinguish which work activities in their school environment<br>done by specific people. |
| Planning For The Future          | Recognize what they would like to accomplish when they are<br>three years older.          |
| Combating Career Stereotyping    | Define “work” and recognize that adults work.   |
| Analyzing Skills and Interests   | Recognize activities that interest them and those that do not.                            |

Third Grade Student Competencies

Personal/Social Goals

The Student Will:

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|--------------------------------|--|
| Gaining Self-Awareness         | Describe themselves accurately to someone who does not know them.  |
| Developing Positive Attitudes  | Discuss two skills they have.                                      |
| Making Healthy Choices         | Describe how they relax when feeling stressed.                     |
| Respecting Others              | Describe what they like about other people.                        |
| Gaining Responsibility         | Describe the responsibilities of adults they know.                 |
| Developing Relationship Skills | Recognize how their actions affect others.                         |
| Resolving Conflicts            | Recognize differing ways they talk with friends and acquaintances. |
| Making Effective Decisions     | Recognize that decisions have consequences.                        |

Educational Goals

The Student Will:

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|---------------------------------|---|
| Applying Effective Study Skills | Realize that effective note taking can help them learn more.                  |
| Setting Goals                   | Describe the difference between a short and long term goal.                   |
| Learning Effectively            | Describe types of situations that make learning easy.                         |
| Gaining Test Taking Skills      | Explain how practicing memory skills can help them remember facts for a test. |

Career Goals

The Student Will:

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|--------------------------------|--|
| Forming a career Identity      | Recognize why people choose certain work activities and that choices may change. |
| Planning For The Future        | Define what “future” means.  |
| Combating Career Stereotyping  | Recognize that people have many life roles and have them describe their roles.   |
| Analyzing Skills and Interests | Realize that people are influenced by interests and abilities.                   |