



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

<p>Course Title: School Counseling</p> <p>Grade Level(s): K-4</p> <p>Units of Credit: N/A</p> <p>Classification: Required</p>	<p>Length of Course: 30 cycles</p> <p>Periods Per Cycle: 8 times a year</p> <p>Length of Period: 30 minutes</p> <p>Total Instructional Time: 4 hours</p>
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Course Description

Students will receive eight separate lessons from the school counselor, covering topics of counselor introduction and self-referral, friendship and communication skills, conflict resolution, stress management, career exploration, diversity appreciation, and bullying.

Objectives:

- The student will understand the role of the counselor and the self- referral process.
- The student will participate in interpersonal skills and communication activities.
- The student will identify decision making and problem solving skills.
- The student will develop the skills necessary to initiate and maintain friendships.
- The student will learn about various careers, goal setting and matching skills to career possibilities.
- The student will become familiar with causes and effects of stress, and ways to manage it.
- The student will acquire the attitudes, knowledge, and interpersonal skills to promote understanding and respect of self and others.
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Instructional Strategies, Learning Practices, Activities, and Experiences

Self-referral Materials
Role Plays
Activity Sheets
Group Discussion

Stories
Songs
Cooperative Activities

Problem-solving Circle
Puppet Plays
Games

Assessments

Counselor Observation of Student Responses
Discussion

Written Responses
Oral Responses

Counselor Review of Electronic Portfolios

Materials/Resources

Activity Sheets
Trade Books
Project TEAM Character Education Program

Cooperation Activities
Relaxation Exercises

Role Plays
Problem Solving Circle Posters

Adopted: 1/10/07

Revised: 5/15/2017

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>The student will understand the role of the counselor and the self-referral process.</p> <p>The student will participate in interpersonal skills and communication activities.</p> <p>The student will identify decision making and problem solving skills.</p>	<p>Grades K-1: The student will be able to describe the role of the counselor and identify the self-referral process.</p> <p>Grades 2-4: The student will be able to demonstrate the self-referral process, describe confidentiality, and become aware of various counseling procedures.</p> <p>American School Counselor Association Standards (ASCA):</p> <ul style="list-style-type: none"> • PS: B1.5 Students will demonstrate when, where, and how to seek help for solving problems and making decisions. <p>The student will be able to:</p> <ol style="list-style-type: none"> 1. Recognize feelings and appropriate ways to address feelings. 2. Communicate feelings and wants through the "I" message format. 3. Develop active listening skills and understanding non-verbal messages. 4. Identify different styles of communicating feelings including passive, assertive, and aggressive. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • PS: A1.5 Identify and express feelings. • PS: A2.6 Use effective communication skills. • PS: A1.6 Know that communication involves speaking, listening, and nonverbal behavior. <p>The student will:</p> <ol style="list-style-type: none"> 1. Be introduced to appropriate solutions for solving problems. 2. Be able to define conflict and learn specific steps for solving problems. 3. Identify and experience various points of view and perspectives. 4. Describe and demonstrate conflict resolution strategies. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • PS: B1.1 Decision making and problem solving model. • PS: B1.3 Identify alternative solutions to a problem. • PS: B1.4 Develop effective coping skills for dealing with problems. • PS: B1.6 Apply conflict resolution skills.

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>The student will develop the skills necessary to initiate and maintain friendships.</p> <p>The student will learn about various careers, goal setting, and matching skills to career possibilities.</p>	<p>The student will be able to:</p> <ol style="list-style-type: none"> 1. Identify positive friendship traits. 2. Discuss and demonstrate specific social skills. 3. Respect the differences of others' rights and preferences. 4. Employ resistance skills to deal with peer pressure. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • PS: A1.9 Demonstrate cooperative behavior in groups. • PS: A2.9 Acquire and maintain friendship. • PS: B1.7 Demonstrate a respect and appreciation for individual and cultural differences. • PS: B1.8 Recognize when peer pressure is influencing a decision. <p>The student will be able to:</p> <ol style="list-style-type: none"> 1. Define career, identify interests, and become aware of personal strengths. 2. Communicate how personal interests relate to careers and abilities. 3. Apply strengths and interests to specific career traits. 4. Create a career portfolio to be kept in a career folder of a Google Document. 5. Explore general post-graduation options, be introduced to goal setting, and identify personal preferences and interests. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • C: B1.2 Identify personal skills, interests, and abilities in relation to current career choices. • C: B2.5 Students will maintain a career planning portfolio. • C: C1.1 Recognize the relationship between educational achievement and career success. • C: C1.3 Identify personal preferences and interests that influence career choices and success.

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>The student will become familiar with causes and effects of stress and ways to manage it.</p> <p>The student will acquire the attitudes, knowledge, and interpersonal skills to help them understand and respect self and others.</p>	<p>The student will:</p> <ol style="list-style-type: none"> 1. Understand the concept of stress, how it feels, identify causes of stressful feelings, and demonstrate simple relaxation techniques. 2. Identify causes of stress and build upon coping skills and relaxation techniques. 3. Develop ways to prevent stress, improve time management, and skills for test-taking. 4. Build upon previous skills, increase knowledge of handling change and transitions, and improve upon relaxation techniques. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • PS: B1.4 Develop effective coping skills for dealing with problems. • PS: B1.3 Identify alternative solutions to a problem. • PS: C1.10 Learn techniques for managing stress and conflict. • PS: C1.11 Learn coping skills for managing life events. <p>The student will:</p> <ol style="list-style-type: none"> 1. Develop a positive attitude toward self as a unique and worthy person 2. Recognize, accept, respect, and appreciate individual differences. 3. Respect alternate points of view. 4. Recognize that making a decision about a person without enough information is an unfair way to judge someone. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • PS: A1.2 Develop a positive attitude toward self as a unique and worthy person. • PS: A1.2 Identify personal values, attitudes, and beliefs. • PS: 2.3 Recognize, accept, respect, and appreciate individual differences. • PS: B1.7 Demonstrate respect and appreciation for individual and cultural differences.

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>The student will acquire the attitudes, knowledge, and interpersonal skills to promote understanding and respect of self and others.</p>	<p>The student will:</p> <ol style="list-style-type: none"> 1. Learn how to cope with peer pressure. 2. Define a bully and a target. 3. Explain the three actions considered to be bullying behavior. 4. Define bully, supporter, bystander, up-stander, and target. <p>ASCA Standards:</p> <ul style="list-style-type: none"> • PS: C1.4 Demonstrate the ability to assert boundaries, rights, and personal privacy. • 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: C1.9 Learn how to cope with peer pressure.