

# Allamakee Community School District

## Guidance Curriculum

K – 6

### DEFINITION AND BASIC PRINCIPLES OF THE ALLAMAKEE ELEMENTARY GUIDANCE PROGRAM

The Allamakee Elementary Guidance Program exists to help all students develop a knowledge of self and others, develop an appreciation for learning and functioning in the educational environment and develop knowledge and competencies in the social and behavioral skills. The program is built on the following principles:

#### Guidance Is For All Students.

A goal of elementary guidance is to assist all children in developing awareness of their strengths and weaknesses, interests, needs, similarities and uniqueness. All children have the right to assistance in the development of their potential.

#### Guidance Is Developmental.

The basic precept of elementary guidance is to provide assistance and encouragement to meet a student's needs at each stage of growth and development.

#### Guidance Is Preventative.

Although it is recognized that some children will need special assistance in times of crisis, the focus of elementary guidance is on prevention rather than remediation. Self-direction is the ultimate goal of guidance.

#### Guidance Is An Integral Part Of The Total Educational Program.

Guidance is a total effort involving pupils, staff, parents and the community. The classroom teacher is a key person in the program by helping to identify guidance needs and by facilitating positive attitudes and behavior in children on a daily basis.

The school counseling program facilitates student development in three broad areas: academic, career and personal/social. Standards and benchmarks define the knowledge, attitudes and skills students should demonstrate because of participating in the school counseling program.

## Academic

**Standard A:** Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

### Competency A1 – Improve Academic Self-Concept

- A:A1.1 articulate feelings of competence and confidence as learners
- A:A1.2 display a positive interest in learning
- A:A1.3 take pride in work and achievement
- A:A1.4 accept mistakes as essential to the learning process
- A:A1.5 identify attitudes and behaviors which lead to successful learning

### Competency A2 – Acquire Skills for Improving Learning

- A:A2.1 apply time managing and task management skills
- A:A2.2 demonstrate how effort and persistence positively affect learning
- A:A2.3 use communication skills to know when and how to ask for help when needed
- A:A2.4 apply knowledge and learning styles to positively influence school performance

### Competency A3 – Achieve School Success

- A:A3.1 take responsibility for their actions
- A:A3.2 demonstrate the ability to work independently, as well as the ability to work cooperatively with other students.
- A:A3.3 develop a broad range of interest and abilities
- A:A3.4 demonstrate dependability, productivity, and initiative
- A:A3.5 share knowledge

**Standard B:** Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.

### Competency B1: Improve Learning

- A:B1.1 demonstrate the motivation to achieve individual potential
- A:B1.2 learn and apply critical thinking skills
- A:B1.3 apply the study skills necessary for academic success at each level
- A:B1.4 seek information and support from faculty, staff, family and peers
- A:B1.5 organize and apply academic information from a variety of sources
- A:B1.6 use knowledge of learning styles to positively influence school performance
- A:B1.7 become a self-directed and independent learner

### Competency B2: Plan to Achieve Goals

- A:B2.1 establish challenging academic goals in elementary, middle/junior high, and high school
- A:B2.2 use assessment results in educational planning
- A:B2.3 develop and implement an annual plan of study to maximize academic ability and achievement
- A:B2.4 apply knowledge of aptitudes and interests to goal setting
- A:B2.5 use problem-solving and decision-making skills to assess progress toward educational goals
- A:B2.6 understand the relationship between classroom performance and success in school
- A:B2.7 identify post-secondary options consistent with interests, achievement, aptitude, and abilities

**Standard C:** Students will understand the relationship of academics to the world of work, and to life at home and in the community.

### Competency C1: Relate School to Life Experience

- A:C1.1 demonstrate the ability to balance school, studies, extracurricular activities, leisure time, and family life
- A:C1.2 seek co-curricular and community experiences to enhance the school experience
- A:C1.3 understand the relationship between learning and work

A:C1.4 demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining, and maintaining life goals

A:C1.5 understand that school success is the preparation to make the transition from student to community member

A:C1.6 understand how school success and academic achievement enhance future career and vocational opportunities

## **Career Development**

**Standard A:** Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.

### Competency A1: Develop Career Awareness

C:A1.1 develop skills to locate, evaluate, and interpret career information

C:A1.2 learn about the variety of traditional and nontraditional occupations

C:A1.3 develop an awareness of personal abilities, skills, interests, and motivations

C:A1.4 learn how to interact and work cooperatively in teams

C:A1.5 learn to make decisions

C:A1.6 learn how to set goals

C:A1.7 understand the importance of planning

C:A1.8 pursue and develop competency in areas of interest

C:A1.9 develop hobbies and vocational interests

C:A1.10 balance between work and leisure time

### Competency A2: Develop Employment Readiness

C:A2.1 acquire employability skills such as working on a team, problem-solving and organizational skills

C:A2.2 apply job readiness skills to seek employment opportunities

C:A2.3 demonstrate knowledge about the changing workplace

C:A2.4 learn about the rights and responsibilities of employers and employees

C:A2.5 learn to respect individual uniqueness in the workplace

C:A2.6 learn how to write a resume

C:A2.7 develop a positive attitude toward work and learning

C:A2.8 understand the importance of responsibility, dependability, punctuality, integrity, and effort in the workplace

C:A2.9 utilize time and task-management skills

**Standard B:** Students will employ strategies to achieve future career goals with success and satisfaction.

### Competency B1: Acquire Career Information

C:B1.1 apply decision making skills to career planning, course selection, and career transition

C:B1.2 identify personal skills, interests, and abilities and relate them to current career choice

C:B1.3 demonstrate knowledge of the career planning process

C:B1.4 know the various ways in which occupations can be classified

C:B1.5 use research and information resources to obtain career information

C:B1.6 learn to use the internet to access career planning information

C:B1.7 describe traditional and non-traditional occupations and how these relate to career choice

C:B1.8 understand how changing economic and societal needs influence employment trends and future training

### Competency B2: Identify Career Goals

C:B2.1 demonstrate awareness of the education and training needed to achieve career goals

- C:B2.2 assess and modify their educational plan to support career
- C:B2.3 use employability and job readiness skills in internship, mentoring, shadowing, and/or other work experience
- C:B2.4 select course work that is related to career interests
- C:B2.5 maintain a career planning portfolio

**Standard C:** Students will understand the relationship between personal qualities, education, training, and the world of work.

Competency C1: Acquire Knowledge to Achieve Career Goals

- C:C1.1 understand the relationship between educational achievement and career success
- C:C1.2 explain how work can help to achieve personal success and satisfaction
- C:C1.3 identify personal preferences and interests which influence career choice and success
- C:C1.4 understand that the changing workplace requires lifelong learning and acquiring new skills
- C:C1.5 describe the effect of work on lifestyle
- C:C1.6 understand the importance of equity and access in career choice
- C:C1.7 understand that work is an important and satisfying means of personal expression

Competency C2: Apply Skills to Achieve Career Goals

- C:C2.1 demonstrate how interests, abilities and achievement relate to achieving personal, social, educational, and career goals
- C:C2.2 learn how to use conflict management skills with peers and adults
- C:C2.3 learn to work cooperatively with others as a team member
- C:C2.4 apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and or mentoring experiences

## **Personal / Social**

**Standard A:** Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.

Competency A1: Acquire Self-Knowledge

- 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
- PS:A1.11 identify and discuss changing personal and social roles
- PS:A1.12 identify and recognize changing family roles

Competency A2: Acquire Interpersonal Skills

- PS:A2.1 recognize that everyone has rights and responsibilities
- PS:A2.2 respect alternative points of view
- PS:A2.3 recognize, accept, respect and appreciate individual differences
- PS:A2.4 recognize, accept and appreciate ethnic and cultural diversity
- PS:A2.5 recognize and respect differences in various family configurations

PS:A2.6 use effective communication skills

PS:A2.7 know that communication involves speaking, listening, and nonverbal behavior

PS:A2.8 learn how to make and keep friends

**Standard B:** Students will make decisions, set goals, and take necessary action to achieve goals.

Competency B1: Self Knowledge Application

PS:B1.1 use a decision-making and problem-solving model

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

**Standard C:** Students will understand safety and survival skills.

Competency C1: Acquire Personal Safety Skills

PS:C1.1 demonstrate knowledge of personal information (i.e. telephone number, home address, emergency contact)

PS:C1.2 learn about 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

**\*\*\* All Lesson Plans for K – 6 Academic, Career Development, and Personal/Social are located in each individual grade folder.**