

## ASCA Student Standards:

### 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 life-long 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		Self-Management Skills		Social Skills	
B-LS 1.	Critical-thinking skills to make informed decisions	B-SMS 1.	Responsibility for self and actions	B-SS 1.	Effective oral and written communication skills and listening skills
B-LS 2.	Creative approach to learning, tasks and problem solving	B-SMS 2.	Self-discipline and self-control	B-SS 2.	Positive, respectful and supportive relationships with students who are similar to and different from them
B-LS 3.	Time-management, organizational and study skills	B-SMS 3.	Independent work	B-SS 3.	Positive relationships with adults to support success
B-LS 4.	Self-motivation and self-direction for learning	B-SMS 4.	Delayed gratification for long-term rewards	B-SS 4.	Empathy
B-LS 5.	Media and technology skills to enhance learning	B-SMS 5.	Perseverance to achieve long- and short-term goals	B-SS 5.	Ethical decision-making and social responsibility
B-LS 6.	High-quality standards for tasks and activities	B-SMS 6.	Ability to identify and overcome barriers	B-SS 6.	Effective collaboration and cooperation skills
B-LS 7.	Long- and short-term academic, career and social/emotional goals	B-SMS 7.	Effective coping skills	B-SS 7.	Leadership and teamwork skills to work effectively in diverse groups
B-LS 8.	Engagement in challenging coursework	B-SMS 8.	Balance of school, home and community activities	B-SS 8.	Advocacy skills for self and others and ability to assert self, when necessary
B-LS 9.	Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias	B-SMS 9.	Personal safety skills	B-SS 9.	Social maturity and behaviors appropriate to the situation and environment
B-LS 10.	Participation in enrichment and extracurricular activities	B-SMS 10.	Ability to manage transitions and adapt to change	B-SS 10.	Cultural awareness, sensitivity and responsiveness

Components of the Curriculum



**Be Kind**

**1 CHARACTER TRAITS**

Respect, Empathy, Cooperation

**2 SEL OUTCOME**

Social Skills

**3 SEL GRADE LEVEL FOCUS**

- PK/K- Listening
- 1ST - Friendship
- 2ND - Understanding Conflict Resolution
- 3RD - Perspective-Taking
- 4TH - Practicing Conflict Resolution
- 5TH - Leadership



**Be Strong**

**1 CHARACTER TRAITS**

Responsibility, Perseverance, Courage

**2 SEL OUTCOME**

Executive Functioning

**3 SEL GRADE LEVEL FOCUS**

- PK/K- Following Directions
- 1ST - Focusing
- 2ND - Engagement
- 3RD - Flexible Thinking
- 4TH - Organization
- 5TH - Goal-Setting



**Be Well**

**1 CHARACTER TRAITS**

Gratitude, Honesty, Creativity

**2 SEL OUTCOME**

Emotional Regulation

**3 SEL GRADE LEVEL FOCUS**

- PK/K- Identifying Emotions
- 1ST - Emotion Awareness
- 2ND - Emotion Regulation
- 3RD - Emotion Advocacy
- 4TH - Positive Self-Talk
- 5TH - Stress Management

## Weekly Lesson Components: **START, CONNECT, GROW, RESPOND, EXIT**

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These five components are the building blocks of PurposeFull People and are designed to be taught each week. Designed for flexibility, lessons can stand alone or be combined in a variety of ways. Educators can present all five lesson components in one 45-60 minute weekly lesson, deliver one component per day (10-20 minutes), or adjust lessons to meet a variety of scheduling needs.

### START

Intentional activities and rituals designed to build deep understanding of each character trait through the lens of social and emotional learning. START lessons include character-trait sing-alongs, stories, quotes, and illustrations to spark rich discussion and application.

### CONNECT

Fun, engaging activities that build relationships among students, creating positive classroom culture. CONNECT lessons are slide-based and interactive.

### GROW









































































These lessons are the heart of the content, centered around the grade level SEL focus, overarching outcome, and character trait. GROW lessons range from explicit SEL instruction to unique opportunities to put character traits into practice.













































































### RESPOND




























































This section contains a toolkit of strategies and resources that can be used to help kids respond to a variety of situations. RESPOND includes calming activities for emotion regulation, brain boosters to increase energy and focus, and circle prompts that can be used for reflection and discussion in Morning Meetings, Community Circles, etc.

### EXIT

EXIT activities focus on connections and reflections. They create rituals and routines around the end of the day, building a positive classroom culture.

PURPOSEFULL PEOPLE OUTCOME <b>BE KIND</b>		<b>CHARACTER TRAITS:</b> Empathy, Respect, Cooperation <b>SEL FOCUS:</b> Social Skills									
PurposeFull People		ASCA Student Standards									
Activity Component	Grade Levels (GROW SECTION: SEL FOCUS)	M 1.	M 2.	M 3.	M 4.	M 5.	M 6.	Learning Strategies	Self- Management Skills	Social Skills	
START	PK-5										
CONNECT	PK-5										
GROW	<b>PK/KINDERGARTEN</b> Listening										
	<b>1ST GRADE</b> Friendship										
	<b>2ND GRADE</b> Understanding Conflict Resolution										
	<b>3RD GRADE</b> Perspective-Taking										
	<b>4TH GRADE</b> Practicing Conflict Resolution										
	<b>5TH GRADE</b> Leadership										
RESPOND	PK-5										
EXIT	PK-5										

PURPOSEFULL PEOPLE OUTCOME BE STRONG		CHARACTER TRAITS: Courage, Perseverance, Responsibility SEL FOCUS: Executive Functioning								
PurposeFull People		ASCA Student Standards								
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CONNECT	PK-5									
GROW	PK/KINDERGARTEN Following Directions									
	1ST GRADE Focusing									
	2ND GRADE Engagement									
	3RD GRADE Flexible Thinking									
	4TH GRADE Organization									
	5TH GRADE Goal-Setting									
RESPOND	PK-5									
EXIT	PK-5									

PURPOSEFULL PEOPLE OUTCOME <b>BE WELL</b>		<b>CHARACTER TRAITS:</b> Gratitude, Honesty, Creativity <b>SEL FOCUS:</b> Emotional Regulation								
PurposeFull People		ASCA Student Standards								
Activity Component	Grade Levels (GROW SECTION: SEL FOCUS)	M 1.	M 2.	M 3.	M 4.	M 5.	M 6.	Learning Strategies	Self- Management Skills	Social Skills
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RESPOND	PK-5									
EXIT	PK-5	