

# COMMUNITY UNIT SCHOOL DISTRICT 200

## Counseling Services High School

### Academic Development

- 1. Subject Expectation (Standard A)**      **Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span.**

<b>Learning Standard A:A1</b>	<b>Improve academic self-concept</b>
-------------------------------	--------------------------------------

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

<b>Learning Standard A:A2</b>	<b>Acquire skills for improving learning</b>
-------------------------------	--

- |                  |        |   |
|------------------|--------|---|
| Critical Content | A:A2.1 | a. apply time-management and task-management skills                               |
|                  | A:A2.2 | b. demonstrate how effort and persistence positively affect learning              |
|                  | A:A2.3 | c. use communications skills to know when and how to ask for help when needed     |
|                  | A:A2.4 | d. apply knowledge and learning styles to positively influence school performance |

<b>Learning Standard A:A3</b>	<b>Achieve school success</b>
-------------------------------	-------------------------------

- |                  |        |  |
|------------------|--------|--|
| Critical Content | A:A3.1 | a. take responsibility for personal action   |
|                  | A:A3.2 | b. demonstrate the ability to work independently, as well as the ability to work cooperatively with other students |
|                  | A:A3.3 | c. develop a broad range of interests and abilities  |
|                  | A:A3.4 | d. demonstrate dependability, productivity, and initiative   |
|                  | A:A3.5 | e. share knowledge   |

**2. Subject Expectation (Standard B)**      **Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.**

<b>Learning Standard A:B1</b>	<b>Improve learning</b>
-------------------------------	-------------------------

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

<b>Learning Standard A:B2</b>	<b>Plan to achieve goals</b>
-------------------------------	------------------------------

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

**3. Subject Expectation (Standard C)**      **Students will understand the relationship of academics to the world of work and to life at home and in the community**

<b>Learning Standard A:C1</b>	<b>Relate school to life experiences</b>
-------------------------------	--

- |                  |        |   |
|------------------|--------|---|
| Critical Content | 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

**4. Subject Expectation (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.**

<b>Learning Standard C:A1</b>	<b>Develop career awareness</b>
-------------------------------	---------------------------------

- |                  |         |   |
|------------------|---------|---|
| Critical Content | C:A1.1  | a. develop skills to locate, evaluate, and interpret career information           |
|                  | C:A1.2  | b. learn about the variety of traditional and nontraditional occupations          |
|                  | C:A1.3  | c. develop an awareness of personal abilities, skills, interests, and motivations |
|                  | C:A1.4  | d. learn how to interact and work cooperatively in teams                          |
|                  | C:A1.5  | e. learn to make decisions  |
|                  | C:A1.6  | f. learn how to set goals   |
|                  | C:A1.7  | g. understand the importance of planning  |
|                  | C:A1.8  | h. pursue and develop competency in areas of interest                             |
|                  | C:A1.9  | i. develop hobbies and vocational interests                                       |
|                  | C:A1.10 | j. balance between work and leisure time  |

<b>Learning Standard C:A2</b>	<b>Develop employment readiness</b>
-------------------------------	-------------------------------------

- |                  |        |  |
|------------------|--------|--|
| Critical Content | C:A2.1 | a. acquire employability skills such as working on a team, problem-solving, and organizational skills              |
|                  | C:A2.2 | b. apply job readiness skills to seek employment opportunities   |
|                  | C:A2.3 | c. demonstrate knowledge about the changing workplace  |
|                  | C:A2.4 | d. learn about the rights and responsibilities of employers and employees  |
|                  | C:A2.5 | e. learn to respect individual uniqueness in the workplace   |
|                  | C:A2.6 | f. learn how to write a resume   |
|                  | C:A2.7 | g. develop a positive attitude toward work and learning  |
|                  | C:A2.8 | h. understand the importance of responsibility, dependability, punctuality, integrity, and effort in the workplace |
|                  | C:A2.9 | i. utilize time- and task-management skills  |

**5. Subject Expectation (Standard B)      Students will employ strategies to achieve future career goals with success and satisfaction.**

<b>Learning Standard C:B1</b>	<b>Acquire career information</b>
-------------------------------	-----------------------------------

Critical Content	C:B1.1	a. apply decision-making skills in career planning, course selection, and career transition
	C:B1.2	b. identify personal skills, interests, and abilities and relate them to current career choice
	C:B1.3	c. demonstrate knowledge of the career planning process
	C:B1.4	d. know the various ways in which occupations can be classified
	C:B1.5	e. use research and information resources to obtain career information
	C:B1.6	f. learn to use the internet to access career planning information
	C:B1.7	g. describe traditional and nontraditional career choices and how they relate to career choice
	C:B1.8	h. understand how changing economic and societal needs influence employment trends and future training

<b>Learning Standard C:B2</b>	<b>Identify career goals</b>
-------------------------------	------------------------------

Critical Content	C:B2.1	a. demonstrate awareness of the education and training needed to achieve career goals
	C:B2.2	b. assess and modify their educational plan to support career
	C:B2.3	c. use employability and job readiness skills in internship, mentoring, shadowing, and/or other work experience
	C:B2.4	d. select course work that is related to career interests
	C:B2.5	e. maintain a career planning portfolio

**6. Subject Expectation (Standard C) Students will understand the relationship between personal qualities, education training, and the world of work.**

<b>Learning Standard C:C1</b>	<b>Acquire knowledge to achieve career goals</b>
-------------------------------	--

Critical Content	C:C1.1	a. Understand the relationship between educational achievement and career success
	C:C1.2	b. Explain how work can help to achieve personal success and satisfaction
	C:C1.3	c. Identify personal preferences and interests influencing career choice and success
	C:C1.4	d. Understand that the changing workplace requires lifelong learning and acquiring new skills
	C:C1.5	e. Describe the effect of work on lifestyle
	C:C1.6	f. Understand the importance of equity and access in career choice
	C:C1.7	g. Understand that work is an important and satisfying means of personal expression

<b>Learning Standard C:C2</b>	<b>Apply skills to achieve career goals</b>
-------------------------------	---

Critical Content	C:C2.1	a. demonstrate how interests, abilities, and achievement relate to achieving personal, social, educational, and career goals
------------------	--------	--

- C:C2.2 b. learn how to use conflict management skills with peers and adults
- C:C2.3 c. learn to work cooperatively with others as a team member
- C:C2.4 d. apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and/or mentoring experiences

Personal/Social

**7. Subject Expectation (Standard A)      Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**

<b>Learning Standard PS:A1</b>	<b>Develop career awareness</b>
--------------------------------	---------------------------------

- |                  |          |   |
|------------------|----------|---|
| Critical Content | PS:A1.1  | a. develop positive attitudes toward self as a unique and worthy person |
|                  | PS:A1.2  | b. identify values, attitudes and beliefs                               |
|                  | PS:A1.3  | c. learn the goal-setting process                                       |
|                  | PS:A1.4  | d. understand change is a part of growth                                |
|                  | PS:A1.5  | e. identify and express feelings  |
|                  | PS:A1.6  | f. distinguish between appropriate and inappropriate behavior           |
|                  | PS:A1.7  | g. recognize personal boundaries, rights, and privacy needs             |
|                  | PS:A1.8  | h. understand the need for self-control and how to practice it          |
|                  | PS:A1.9  | i. demonstrate cooperative behavior in groups                           |
|                  | PS:A1.10 | j. identify personal strengths and assets                               |
|                  | PS:A1.11 | k. identify and discuss changing personal and social roles              |
|                  | PS:A1.12 | l. identify and recognize changing family roles                         |

<b>Learning Standard PS:A2</b>	<b>Acquire interpersonal skills</b>
--------------------------------	-------------------------------------

- |                  |         |   |
|------------------|---------|---|
| Critical Content | PS:A2.1 | a. recognize that everyone has rights, and responsibilities                     |
|                  | PS:A2.2 | b. respect alternative points of view   |
|                  | PS:A2.3 | c. recognize, accept, respect, and appreciate individual differences            |
|                  | PS:A2.4 | d. recognize, accept, and appreciate ethnic and cultural diversity              |
|                  | PS:A2.5 | e. recognize and respect differences in various family configurations           |
|                  | PS:A2.6 | f. use effective communications skills  |
|                  | PS:A2.7 | g. know that communication involves speaking, listening, and nonverbal behavior |
|                  | PS:A2.8 | h. learn how to make and keep friends   |

**8. Subject Expectation (Standard B)      Students will make decisions, set goals and take necessary action to achieve goals.**

<b>Learning Standard PS:B1</b>	<b>Self-knowledge application</b>
--------------------------------	-----------------------------------

- |                  |         |   |
|------------------|---------|---|
| Critical Content | PS:B1.1 | a. use a decision-making and problem-solving model  |
|                  | PS:B1.2 | b. understand consequences of decisions and choices |

- PS:B1.3 c. identify alternative solutions to a problem
- PS:B1.4 d. develop effective coping skills for dealing with problems
- PS:B1.5 e. demonstrate when, where, and how to seek help for solving problems and making decisions
- PS:B1.6 f. know how to apply conflict resolution
- PS:B1.7 g. demonstrate a respect and appreciation for individual and cultural differences
- PS:B1.8 h. know when peer pressure is influencing a decision
- PS:B1.9 i. identify long- and short-term goals
- PS:B1.10 j. identify alternative ways of achieving goals
- PS:B1.11 k. use persistence and perseverance in acquiring knowledge and skills
- PS:B1.12 l. develop an action plan to set and achieve realistic goals

**9. Subject Expectation (Standard C) Students will understand safety and survival skills.**

<b>Learning Standard PS:C1</b>		<b>Acquire personal safety skills</b>
Critical Content	PS:C1.1	a. demonstrate knowledge of personal information (i.e., telephone numbers, emergency contacts personal identification procedures)
	PS:C1.2	b. learn about the relationship between rules, laws, safety, and the protection of rights of the individual
	PS:C1.3	c. learn about the differences between appropriate and inappropriate physical contact
	PS:C1.4	d. demonstrate the ability to set boundaries, rights and personal privacy
	PS:C1.5	e. differentiate between situations requiring peer support and situations requiring adult professional help
	PS:C1.6	f. identify resource people in the school and community, and know how to seek their help
	PS:C1.7	g. apply effective problem-solving and decision-making skills to make safe and healthy choices
	PS:C1.8	h. learn about the emotional and physical dangers of substance use and abuse
	PS:C1.9	i. learn how to cope with peer pressure
	PS:C1.10	j. learn techniques for managing stress and conflict
	PS:C1.11	k. learn coping skills for managing life events