

K-12 Cape Elizabeth Guidance Dept. Curriculum Aligned to ASCA National Standards

ACADEMIC DEVELOPMENT DOMAIN	K-2	3-4	5-6	7-8	9-10	11-12
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	X	X	X		X	X
A:A1.2 display a positive interest in learning	X	X	X		X	X
A:A1.3 take pride in work and achievement	X	X			X	X
A:A1.4 accept mistakes as essential to the learning process	X	X				
A:A1.5 identify attitudes and behaviors which lead to successful learning	X	X	X		X	X
Competency A2 Acquire Skills for Improving Learning						
A:A2.1 apply time management and task management skills		X	X	X	X	X
A:A2.2 demonstrate how effort and persistence positively affect learning	X	X	X		X	X
A:A2.3 use communications skills to know when and how to ask for help when needed	X	X	X	X	X	X
A:A2.4 apply knowledge and learning styles to positively influence school performance		X	X	X		
Competency A3 Achieve School Success						
A:A3.1 take responsibility for their actions		X	X	X*	X	X
A:A3.2 demonstrate the ability to work independently, as well as the ability to work cooperatively with others	X	X	X	X	X	X
A:A3.3 develop a broad range of interest and abilities		X	X	X	X	X
A:A3.4 demonstrate dependability, productivity, and initiative			X	X		
A:A3.5 share knowledge			X	X	X	X
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	X	X			X	X
A:B1.2 learn and apply critical thinking skills				X	X	X
A:B1.3 apply the study skills necessary for academic success at each level	X	X	X	X	X	X
A:B1.4 seek information and support from faculty, staff, family and peers	X	X	X		X	X
A:B1.5 organize and apply academic information from a variety of sources		X			X	X
A:B1.6 use knowledge of learning styles to positively influence school performance		X	X	X		
A:B1.7 become a self-directed and independent learner	X	X			X	X

Competency B2 Plan to Achieve Goals						
A:B2.1 establish challenging academic goals in elementary, middle/junior high, and high school	X	X	X	X	X	X
A:B2.2 use assessment results in educational planning	X	X		X	X	X
A:B2.3 develop and implement an annual plan of study to maximize academic ability and achievement	X	X			X	X
A:B2.4 apply knowledge of aptitudes and interests to goal setting	X	X	X	X	X	X
A:B2.5 use problem-solving and decision-making skills to assess progress toward educational goals	X	X	X	X	X	X
A:B2.6 understand the relationship between classroom performance and success in school	X	X	X	X	X	X
A:B2.7 identify post-secondary options consistent with interests, achievement, aptitude, and abilities	X	X		X	X	X
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	X	X	X	X	X	X
A:C1.2 seek co-curricular and community experiences to enhance the school experience	X	X	X	X	X	X
A:C1.3 understand the relationship between learning and work			X	X	X	X
A:C1.4 demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining, and maintaining life goals	X	X	X*	X	X	X
A:C1.5 understand that school success is the preparation to make the transition from student to community member		X				
A:C1.6 understand how school success and academic achievement enhance future career and vocational opportunities	X	X	X	X	X	X
CAREER DEVELOPMENT DOMAIN	K-2	3-4	5-6	7-8	9-10	11-12
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 A:1 Develop Career Awareness						
C:A1.1 develop skills to locate, evaluate, and interpret career information	X	X		X	X	X
C:A1.2 learn about the variety of traditional and nontraditional occupations	X	X	X	X	X	X
C:A1.3 develop an awareness of personal abilities, skills, interests, and motivations	X	X	X	X	X	X
C:A1.4 learn how to interact and work cooperatively in teams	X	X	X*	X*		
C:A1.5 learn to make decisions	X	X	X*	X*	X	X
C:A1.6 learn how to set goals	X	X	X*	X*	X	X
C:A1.7 understand the importance of planning		X		X	X	X
C:A1.8 pursue and develop competency in areas of interest		X		X	X	X
C:A1.9 develop hobbies and vocational interests				X	X	X
C:A1.10 balance between work and leisure time			X	X	X	X

Competency A:2 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			X			
C:A2.3 demonstrate knowledge about the changing workplace				X		
C:A2.4 learn about the rights and responsibilities of employers and employees						
C:A2.5 learn to respect individual uniqueness in the workplace			X	X		
C:A2.6 learn how to write a resume				X		X
C:A2.7 develop a positive attitude toward work and learning			X	X		
C:A2.8 understand the importance of responsibility, dependability, punctuality, integrity, and effort in the workplace			X	X		
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 B:1 Acquire Career Information						
C:B1.1 apply decision making skills to career planning, course selection, and career transition				X	X	X
C:B1.2 identify personal skills, interests, and abilities and relate them to current career choice			X	X	X	X
C:B1.3 demonstrate knowledge of the career planning process				X	X	X
C:B1.4 know the various ways in which occupations can be classified				X		
C:B1.5 use research and information resources to obtain career information				X	X	X
C:B1.6 learn to use the internet to access career planning information				X	X	X
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.				X		X
Competency B:2 Identify Career Goals						
C:B2.1 demonstrate awareness of the education and training needed to achieve career goals			X	X	X	X
C:B2.2 assess and modify their educational plan to support career					X	X
C:B2.3 use employability and job readiness skills in internship, mentoring, shadowing, and/or other work experience.						X
C:B2.4 select course work that is related to career interests					X	X
C:B2.5 maintain a career planning portfolio				X	X	X
STANDARD C: Students will understand the relationship between personal qualities, education, training, and the world of work.						
Competency C:1 Acquire Knowledge to Achieve Career Goals						
C:C1.1 understand the relationship between educational achievement and career success	X	X	X	X		
C:C1.2 explain how work can help to achieve personal success and satisfaction			X	X		
C:C1.3 identify personal preferences and interests which influence career choice and success			X	X	X	X
C:C1.4 understand that the changing workplace requires lifelong learning and acquiring new skills			X			
C:C1.5 describe the effect of work on lifestyle			X	X		
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		X		X		

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			X	X	X	X
C:C2.2 learn how to use conflict management skills with peers and adults		X	X	X*		
C:C2.3 learn to work cooperatively with others as a team member		X				
C:C2.4 apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and/or mentoring experiences						X
PERSONAL/SOCIAL DOMAIN	K-2	3-4	5-6	7-8	9-10	11-12
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	X	X	X		X	X
PS:A1.2 identify values, attitudes and beliefs		X	X	X*	X	X
PS:A1.3 learn the goal-setting process		X	X	X		
PS:A1.4 understand change is a part of growth	X	X	X*	X*		
PS:A1.5 identify and express feelings	X	X	X*	X*		
PS:A1.6 distinguish between appropriate and inappropriate behavior	X	X	X*	X*		
PS:A1.7 recognize personal boundaries, rights, and privacy needs	X	X				
PS:A1.8 understand the need for self-control and how to practice it	X	X	X	X*		
PS:A1.9 demonstrate cooperative behavior in groups	X	X	X			
PS:A1.10 identify personal strengths and assets		X	X	X	X	X
PS:A1.11 identify and discuss changing personal and social roles		X				
PS:A1.12 identify and recognize changing family roles			X			
Competency A2 Acquire Interpersonal Skills						
PS:A2.1 recognize that everyone has rights and responsibilities	X	X	X			
PS:A2.2 respect alternative points of view	X	X				
PS:A2.3 recognize, accept, respect and appreciate individual differences	X	X	X			
PS:A2.4 recognize, accept and appreciate ethnic and cultural diversity	X	X				
PS:A2.5 recognize and respect differences in various family configurations	X	X				
PS:A2.6 use effective communications skills	X	X	X	X*		
PS:A2.7 know that communication involves speaking, listening, and nonverbal behavior	X	X	X	X*		
PS:A2.8 learn how to make and keep friends	X	X	X	X*		

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	X	X	X	X*	X*	
PS:B1.2 understand consequences of decisions and choices	X	X	X	X*	X*	
PS:B1.3 identify alternative solutions to a problem	X	X	X	X*	X	X
PS:B1.4 develop effective coping skills for dealing with problems	X	X	X			
PS:B1.5 demonstrate when, where and how to seek help for solving problems and making decisions	X	X	X		X	X
PS:B1.6 know how to apply conflict resolution skills	X	X	X	X*		
PS:B1.7 demonstrate a respect and appreciation for individual and cultural differences	X	X				
PS:B1.8 know when peer pressure is influencing a decision	X	X	X	X*	X*	
PS:B1.9 identify long- and short-term goals			X	X	X	X
PS:B1.10 identify alternative ways of achieving goals			X*	X*	X	X
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			X	X	X	X
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)	X					
PS:C1.2 learn about the relationship between rules, laws, safety, and the protection of rights of the individual	X	X			X*	
PS:C1.3 learn about the differences between appropriate and inappropriate physical contact	X	X	X*	X*		
PS:C1.4 demonstrate the ability to set boundaries, rights and personal privacy	X	X				
PS:C1.5 differentiate between situations requiring peer support and situations requiring adult professional help	X	X	X		X*	
PS:C1.6 identify resource people in the school and community, and know how to seek their help	X	X	X*	X*	X*	
PS:C1.7 apply effective problem-solving and decision-making skills to make safe and healthy choices	X	X	X	X*	X*	
PS:C1.8 learn about the emotional and physical dangers of substance use and abuse			X*	X*	X*	
PS:C1.9 learn how to cope with peer pressure	X	X	X	X*	X*	
PS:C1.10 learn techniques for managing stress and conflict	X	X	X	X*	X*	
PS:C1.11 learn coping skills for managing life events	X	X	X	X*		

X* - indicates work done by Health Instructor