

Middle School Guidance

Guidance

Grade(s) 5th - 8th, Duration 1 Year
Required Course

Course Overview

Students will learn the components of mental health promotion through developmentally appropriate activities. They will begin to consider career possibilities and will explore their personal aptitudes as identified through a variety of self-assessments. They will meet academic requirements for 8th grade graduation.

Instruction may be provided in whole-class, small group, or individual settings. The counselor will work with teachers and administrators to ensure seamless delivery and developmental appropriateness of the material.

Scope And Sequence

Timeframe	Unit	Instructional Topics
Ongoing	Health promotion	1. Changes in puberty 2. Avoiding risky behaviors 3. Influences on behavior choices 4. Effective communication
Ongoing	Career exploration	1. Research into 21st Century Careers 2. Career Fair
Ongoing	Academic preparation for high school	1. Course selection 2. Course completion 3. Citizenship

Materials and Resources

Various materials selected by the guidance counselor and classroom teachers.

Course Details

Unit: Health promotion

Duration: Ongoing

Unit Overview

The student will comprehend concepts related to well-being, including decision-making and refusal skills.

Materials and Resources

Guest speakers
DARE program

Topic: Changes in puberty

Duration: Ongoing

Topic Overview

Students will develop an understanding of the interrelationship of mental, physical, social, and emotional health during this challenging period in their lives.

Learning Targets

Research

Students will research the changes to be expected during puberty.

Sharing information

Students will work individually or in groups to create a poster, report, or electronic product sharing the information learned during the research phase of this topic.

Peer and family influences

Students will describe the influence of peers and family on adolescent health decisions.

Media and social media influences

Students will describe the influence of media and social media on adolescent health decisions.

Topic: Avoiding risky behaviors

Duration: Ongoing

Topic Overview

Students will examine the possible consequences of common risky behaviors, and the benefits of avoiding these behaviors.

Learning Targets

Bodily risks of intentional behaviors

Students will research consequences of behaviors such as harassment, bullying, assault, and use of controlled substances.

Bodily risk of unintentional behaviors

Students will research consequences of behaviors leading to motor vehicle accidents, kitchen injuries, classroom injuries, or injuries resulting from improper use of athletic equipment.

Avoiding dangerous actions

Students will demonstrate refusal and decision-making skills on a variety of scenarios

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Advocate for healthy choices

Students will gather information and work together to create a brochure, poster, or digital product supporting a healthy lifestyle.

Topic: Influences on behavior choices

Duration: Ongoing

Topic Overview

Students will assess the importance of influences from home, community, school, and the media when making health-related choices.

Learning Targets

Person-to-person influences

Students will consider the impact of role models at home, at school, and in the community.

Media influences

Students will learn how they can be manipulated by marketers, and how body image can be adversely affected by the media to which they choose to expose themselves.

Topic: Effective communication

Duration: Ongoing

Topic Overview

Students will explore and practice techniques for effective communication to reduce stress, resolve conflicts, and enhance personal relationships.

Learning Targets

Stress management and reduction

Students will learn to express their wants and needs in such a way as to encourage cooperation and reduce stressful interactions.

Conflict resolution

Students will explore ways to resolve conflicts, and will understand their roles (target, perpetrator, bystander) in bullying and harassment situations. They will correctly identify "drama" as opposed to "bullying behavior".

Building and maintaining relationships

Students demonstrate communication skills to build and maintain a variety of healthy relationships, face-to-face and online.

Refusal and negotiation skills

Students will role-play effective refusal and negotiation skills in DARE lessons provided by the School Resource Officer. They will then demonstrate mastery of these skills throughout the year.

Unit: Career exploration

Duration: Ongoing

Unit Overview

The student will begin to identify personal aptitudes which could lead to a satisfying career, and will be exposed information about a variety of possible careers. Parents will become involved in these discussions through conferences with teachers and the counselor.

Materials and Resources

Guest speakers

KUDER assessment, O*Net, other selected interest inventories

Field trips

Topic: Research into 21st Century Careers

Duration: Ongoing

Topic Overview

Students will research key aspects of contemporary career options including educational requirements, entry level pay, projected growth in the field, and necessary skills and aptitudes for a good "fit".

Learning Targets

Research project, grades 6 and 7

The student will survey a field in which he or she has an interest, to discover the range of jobs available.

Research project, grade 8

The student will focus on one particular job and gather pertinent information about it through interviews and online sources.

Topic: Career Fair

Duration: 2 Week(s)

Topic Overview

Students will participate in a career fair at which adults from a variety of jobs are present to be interviewed by the students.

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Learning Targets

Interview

Students will conduct a structured interview with a number of professionals, then process the information in writing.

Business card

Students will design and print a business card to distribute to participants in the career fair.

Unit: Academic preparation for high school

Duration: Ongoing

Unit Overview

The mission of USD 343 is to ensure that all incoming freshmen have the opportunity to graduate on time. The path to the goal includes emphasis on interpersonal and self-management skills, personal goal-setting, and academic support.

Topic: Course selection

Duration: Ongoing

Topic Overview

Students will be assisted in selecting a series of courses leading to graduation, based on their life goals.

Learning Targets

Four-year plan of study (grade 8)

Students and their families will use the PLHS Course Handbook and individual test results (strengths, aptitude, and achievement) to select appropriate classes.

Enrolling in elective courses (grades 6-8)

Students will choose from a list of elective courses after consultation with their family and the counselor.

Topic: Course completion

Duration: Ongoing

Topic Overview

Student grades will be monitored regularly to ensure that adequate progress is achieved. Students are given support to assist them in achieving successful outcomes.

Learning Targets

Maintain eligibility

Students whose grades in two or more classes slip are counseled and assisted to analyze the deficiency and take steps to correct it.

Maintain academic growth

Grades and test scores are evaluated to ensure that adequate progress is achieved and benchmarks are being reached. Targeted instruction in weak areas is provided, and its effects are monitored regularly.

Topic: Citizenship

Duration: Ongoing

Topic Overview

Students will be encouraged and supported as they maintain high academic standards.

Learning Targets

Intellectual property rights

Students will avoid plagiarism. They will cite all sources used in any writing assignment across the curriculum.

Self-management

Students will develop and exhibit appropriate healthful behaviors throughout the school experience.

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