

High School Guidance

Guidance

Grade(s) 9th - 12th, Duration 1 Year
Required Course

Course Overview

Students will master the components of mental health promotion through developmentally appropriate activities. They will consider career possibilities and will explore their personal aptitudes as identified through a variety of assessments. They will meet academic requirements for 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. Growing into adulthood
Ongoing	Career explorations	1. College and career readiness 2. Career and community connections 3. Clubs and interest groups
Ongoing	Graduation	1. Course selection 2. Course completion 3. Citizenship

Materials and Resources

Title IX booklet, "Sexual Harassment: It's Not Academic"
Selected assessments: ACT, Work Keys, KUDER- KS Career Pipeline
Guest speakers addressing a variety of health, safety, and career related topics

Course Details

Unit: Health promotion

Duration: Ongoing

Unit Overview

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

Students will develop an understanding of the interrelationship of mental, physical, social, and emotional health during this challenging period in their lives; they will examine the possible consequences of common risky behaviors, and the benefits of avoiding these behaviors; they will assess the importance of influences from home, community, school, and the media when making health-related choices; and they will explore and practice techniques for effective communication to reduce stress, resolve conflicts, and enhance personal relationships.

Topic: Growing into adulthood

Duration: Ongoing

Topic Overview

Students will extend their understanding of the interrelationship of mental, physical, social, and emotional health during high school.

Learning Targets

Sexual harassment

Students will learn to identify and report instances of sexual harassment at school or during school functions. They will receive a copy of the Title IX booklet and will discuss the differences between teasing, joking, and harassment.

Influence of peers and community

Students will analyze how their peers, family, and community expectations influence the health choices of individuals.

Influence of the media and culture on health choices

Students will explore and discuss the impact of media, including social media, on body image and behavioral choices.

Self management

The student will analyze the short-term and long-term consequences of safe, risky, and harmful behaviors and recognize their responsibility for self-management.

Unit: Career explorations

Duration: Ongoing

Unit Overview

Students will explore selected careers through research, interviews, and possible job-shadowing. Key employability skills will be developed through practice across the curriculum.

Topic: College and career readiness

Duration: 18 Week(s)

Topic Overview

Students will develop skills and strategies which are helpful to become more focused, productive individuals. Students will understand how smart preparation and skill development in high school can lead into expansive career opportunities after they have completed their education and are ready for the working world.

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Learning Targets

Fundamentals

Emphasis will be placed on goal setting, career exploration, teamwork, leadership development, communication skills, employability, and individual issues on the job.

Career clusters

Students will explore college future careers by analyzing career clusters. They will understand the preparation and cost involved in various career choices, whether it is college level, vocational, or military careers.

Topic: Career and community connections

Duration: 36 Week(s)

Topic Overview

This applications level course in CTE extends basic knowledge through activities within and outside of the school day and school environment.

Learning Targets

Teamwork and interpersonal skills in the workplace (theory)

Students will further explore career choices, job seeking skills, team building, conflict resolution, job retention, community support, professional organizations, and volunteer community involvement.

Teamwork and interpersonal relationships in the workplace (practicum)

Students will apply technical skills in a professional learning experience such as an internship (paid or unpaid), community based project (volunteer project based) or an in house training experience.

Topic: Clubs and interest groups

Duration: Ongoing

Topic Overview

Students practice leadership skills in self-selected small groups connected with career fields (Skills USA, FCCLA, FBLA) and social welfare (Student Council, NHS, Blue Krew, etc).

Learning Targets

Effective communication

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

Advocacy

Students develop skills in advocating for health-promoting behaviors among their peers. They may also recruit members for their organizations by explaining the purpose and goals of the group.

Unit: Graduation

Duration: Ongoing

Unit Overview

The mission of USD 343 is to ensure that all students 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

Students and their families will use the PLHS Course Handbook and individual test results (strengths, aptitude, and achievement) to select appropriate classes. The student's plan of study is created in eighth grade or upon arrival in the district as a high school student. It will be adjusted to account for changing interests and needs, with consent of the parents.

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

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Maintain eligibility

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

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 exhibit appropriate healthful behaviors throughout the school experience. They will maintain status of being "in good standing" in order to participate in extra-curricular activities including the commencement ceremony.
