

Elementary School Guidance

Guidance

Grade(s) K - 4th, Duration 1 Year
Required Course

Course Overview

Students will learn the basics components of mental health promotion through developmentally appropriate activities. They will consider career possibilities and will explore their personal aptitudes for different jobs. They will meet academic requirements for all classes.

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.

Timeframe	Unit	Scope And Sequence Instructional Topics
Ongoing	Health promotion	1. Decisions and refusal skills 2. Self Management 3. Interpersonal Communication 4. Asking for assistance
Ongoing	Career explorations	1. College and career readiness 2. Career and community connections 3. Clubs and interest groups
Ongoing	Academic Success	1. Progress in classes 2. Citizenship

Materials and Resources

Various resources selected by the counselor, including First Step.

Course Details

Unit: Health promotion

Duration: Ongoing

Unit Overview

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

Topic: Decisions and refusal skills

Duration: Ongoing

Topic Overview

Students will demonstrate decision making and refusal skills.

Learning Targets

Story time

Teacher will read a story aloud to the class and lead a discussion about decisions made by the characters, and connect the situation to the students' lives.

Practical exercise

Students will role-play various scenarios related to the topic.

Topic: Self Management

Duration: Ongoing

Topic Overview

The student will identify and demonstrate healthy behaviors to reduce health risks.

Learning Targets

Identifying emotions

Students will identify and name specific common emotions (fear, anger, happiness, pride) which they experience. They will also be able to observe the markers for these emotions in others.

Practical exercise

Students will role-play various scenarios related to the topic.

Topic: Interpersonal Communication

Duration: Ongoing

Topic Overview

Students will practice verbal and nonverbal communications skills to enhance healthy relationships.

Learning Targets

Role playing

The students will demonstrate the difference between verbal and nonverbal communication through role playing.

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Responsibility

The student will describe how to be a responsible friend and family member.

Social skills

Students will develop habits of communicating care, consideration, and respect toward others and self.

I-messages

Students will demonstrate healthy ways to express needs, wants, and feelings by doing class projects and working on I-messages.

Refusal and conflict resolution

Students will develop non-violent strategies to reduce conflicts in the classroom and on the playground, through discussion and role-playing exercises.

Topic: Asking for assistance

Duration: Ongoing

Topic Overview

Students will determine which situations require adult assistance, and will obtain assistance in appropriate ways.

Learning Targets

Reporting vs tattling

Students will differentiate between times when an adult should be asked for help (reporting a problem) and when no real help is needed (tattling).

Unit: Career explorations

Duration: Ongoing

Unit Overview

Students will explore selected careers through research, literature, and guest speakers. Key employability skills will be developed through practice across the curriculum.

Topic: College and career readiness

Duration: Ongoing

Topic Overview

Students will begin to develop skills and strategies which are helpful to become more focused, productive individuals.

Learning Targets

Fundamentals

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

Topic: Career and community connections

Duration: Ongoing

Topic Overview

Students will learn about careers in the community by listening to guest speakers and by participating in field trips to various work sites.

Learning Targets

Teamwork and interpersonal skills in the workplace (theory)

Guest speakers will describe their jobs, exposing children to both the tasks and the attitudes necessary in their work.

Teamwork and interpersonal relationships in the workplace (observation)

Students will observe the skills and interpersonal qualities needed in the workplace while visiting sites such as the bank, pizza restaurant, the American Royal, and Kaufman Stadium.

Topic: Clubs and interest groups

Duration: Ongoing

Topic Overview

Students practice leadership skills in self-selected small groups.

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.

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Unit: Academic Success

Duration: Ongoing

Unit Overview

All students will be challenged to reach academic goals, and will be supported when they need assistance in reaching them.

Topic: Progress in classes

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 academic growth

Grades and test scores are evaluated to ensure that the students make progress toward benchmarks. 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 skill in using appropriate healthful behaviors throughout the school experience.
