

BELHAVEN MIDDLE SCHOOL COUNSELING CURRICULUM

Domain	ASCA Student	21st Century	School
	Competencies	Student Outcomes	Counseling activity
Academic	Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the lifespan.	LIFE AND CAREER SKILLS <ul style="list-style-type: none"> • Work Independently • Work Effectively in Diverse Teams (9.1 L.C.S.) 	
	A: A3 Achieve School Success A:A3.1 Take responsibility for actions	<ul style="list-style-type: none"> • Act responsibly with the interests of the larger community in mind. 	7th grade Girls Only!/Guys Only Leadership training; Study Skills groups; ADD/ADHD support; 5th/6th grade Social Skills groups
	A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students	<ul style="list-style-type: none"> • Monitor, define, prioritize and complete tasks without direct oversight • Respect cultural differences and work effectively with people from a range of social and cultural backgrounds 	5th grade Bullying Prevention; Mix-It-Up at lunch day; 7th grade Ambassador training; 7th grade Girls Only/Guys Only Leadership training; 5th grade Falcon Camp; conflict resolution meetings
	Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial options, including college.	LIFE AND CAREER SKILLS <ul style="list-style-type: none"> • Manage Goals and Time • Be Self-directed Learners (9.1 L.C.S.) 	
	A:B1 Improve Learning A:B1.3 Apply the study skills necessary for academic success at each level.	<ul style="list-style-type: none"> • Utilize time and manage workload efficiently 	Learn to Study 6-session workshop; Study Skills groups/individual interventions; 8th grade conferences
	A:B1.7 Become a self-directed and independent learner	<ul style="list-style-type: none"> • Demonstrate initiative to advance skill levels towards a professional level • Demonstrate commitment to learning as a lifelong process. 	Student/Parent meetings; individual check-ins
	A:B2 Plan to Achieve Goals A:B2.1 Establish challenging academic goals	<ul style="list-style-type: none"> • Set goals with tangible and intangible success criteria 	8th grade Leadership Camp; 8th grade conferences

	A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals	<ul style="list-style-type: none"> • Balance tactical (short-term) and strategic (long-term) goals 	Interim/report card reviews (D/F list, Most Improved); Individual meetings; Powerschool review
Academic	Standard C: Students will understand the relationship of academics to the world of work and to life at home and in the community.	<ul style="list-style-type: none"> • LIFE AND CAREER SKILLS Adapt to Change • Be self-directed learners (9.1 L.C.S.) 	
	A:C1 Relate School to Life Experiences A:C1.1 Demonstrate the ability to balance school, studies, activities and family life.	<ul style="list-style-type: none"> • Adapt to varied, roles, jobs, responsibilities, schedules and context 	How to Manage Stress workshop; Stress management groups; 6th grade Perfectionism lesson; Divorce support groups
	A:C1.2 Seek co-curricular and community experiences to enhance the school experience.		All students: Renaissance service platform; 5th grade Falcon Camp; 7th grade Ambassadors
	A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals.	<ul style="list-style-type: none"> • Demonstrate commitment to learning as a lifelong process 	8th grade course selection; 8th grade High School Fair; All grades, Bridges Career Exploration
Career	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.	INFORMATION LITERACY COMMUNICATION AND COLLABORATION (9.3 L.C.S.)	
	C:A1 Develop Career Awareness C:A1.1 Develop skills to locate, evaluate and interpret career information	<ul style="list-style-type: none"> • Access information efficiently (time) and effectively (sources) 	5th-8th grade Bridges Career lesson

	C:A1.2 Learn about the variety of traditional and nontraditional occupations	<ul style="list-style-type: none"> Evaluate information critically and competently 	6th grade Bridges Career lesson
	C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations		6th-7th grade Bridges Career lesson
	C:A2 Develop Employment Readiness C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills.	<ul style="list-style-type: none"> Demonstrate ability to work effectively and respectfully with diverse teams 	Renaissance service project; Mix-It-Up at lunch day
Career	C:A2.2 Apply job readiness skills to seek employment opportunities		8th grade Summer Job Seminar; Individual Counseling
	C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace.		8th grade High School Fair; 8th grade Summer Job Seminar; 8th grade course selection
	Standard B: Students will employ strategies to achieve future career goals with success and satisfaction.	<ul style="list-style-type: none"> CRITICAL THINKING AND PROBLEM SOLVING Reason Effectively Make Judgments and Decisions (9.2 L.C.S.) 	

	C:B1 Acquire Career Information C:B1.1 Apply decision-making skills to career planning, course selection, and career transition.	<ul style="list-style-type: none"> Use various types of reasoning (inductive, deductive, etc.) as appropriate to the situation 	5th-8th grade career lessons
	C:B1.2 Identify personal skills, interests and abilities and compare them to current career choice.	<ul style="list-style-type: none"> Effectively analyze and evaluate evidence, arguments, claims and beliefs 	6th & 7th grade Bridges Career lesson
	C:B1.56 Learn to use the Internet to access career-planning information	<ul style="list-style-type: none"> Use technology as a tool to research, organize, evaluate and communicate information 	5th-8th grade Bridges Career Lesson
	C:B:2 Identify Career Goals C:B2:1 Demonstrate awareness of the education and training needed to achieve career goals	<ul style="list-style-type: none"> Interpret information and draw conclusions based on the best analysis 	5th-8th grade career lessons
Personal/Social	Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.		
	PS-A1 Acquire Self-knowledge PS-A1.9 Demonstrate cooperative behavior in groups	<ul style="list-style-type: none"> Exercise flexibility and willingness to be helpful in making necessary compromises to accomplish a common goal 	5th grade Bullying Prevention Lesson; conflict resolution meetings; Mix-it-Up at lunch; 8th grade leadership camp
	PS-A1.10 Identify personal strengths and assets		Girls groups/guys clubs (lunch); 7th grade Identity Lesson

PS-A1.11 Identify and discuss changing personal and social roles	<ul style="list-style-type: none"> Use communication for a range of purposes (e.g. to inform, instruct, motivate and persuade) 	7th grade Identity Lesson; Mix-It-Up at lunch; 7th grade Girls Only/Guys Only leadership training; 5th-8th girls groups/guys groups
PS-A1.12 Identify and recognize changing family roles		5th-8th grade divorce support groups; 5th-8th grade grief support groups
PS-A2 Acquire Interpersonal Skills PS-A2.6 Use effective communication skills	<ul style="list-style-type: none"> Communicate effectively in diverse environments 	Friendship groups; Divorce groups
PS-A2-.3 Recognize, accept, respect and appreciate individual differences	<ul style="list-style-type: none"> Be open and responsive to new and diverse perspectives; incorporate group input and feedback into the work 	Mix-It-Up at lunch day; 8th grade Leadership Camp
Standard B: Students will make decisions, set goals and take necessary action to achieve goals.		
PS-B1 Self-knowledge Application PS:B1.4 Develop effective coping skills for dealing with problems		stress management groups; yoga workshop; meditative painting workshop
PS-B1.6 Know how to apply conflict resolution skills	<ul style="list-style-type: none"> Solve different kinds of non-familiar problems in both conventional and innovative ways 	conflict resolution meetings; Olweus Bullying Prevention Program

	PS-B1.8 Know when peer pressure is influencing a decision	<ul style="list-style-type: none"> • Interpret information and draw conclusions based on the best analysis 	7th grade Girls Only/Guys Only leadership training
Personal/Social	PS-B1.9 Identify long- and short-term goals		High-school planning; Student-led conferences pilot; Individual counseling meetings
	PS-B1.11 Use persistence and perseverance in acquiring knowledge and skills		individual student meetings/check-ins
	Standard C: Students will understand safety and survival skills.	<p>CRITICAL THINKING AND PROBLEM SOLVING</p> <ul style="list-style-type: none"> • Solve problems <p>CREATIVITY AND INNOVATION</p> <ul style="list-style-type: none"> • Work creatively with others <p>(9.1 L.C.S.)</p>	
	PS-C1 Acquire Personal Safety Skills PS-C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help		5th grade Bullying Prevention
	PS-C1.6 Identify resource people in the school and community, and know how to seek their help	<ul style="list-style-type: none"> • Identify and ask significant questions that clarify various points of view and lead to better solutions 	5th grade Bullying Prevention; New student groups; New student individual counseling; 5th grade Falcon Camp
	PS-C1.8 Learn about the emotional and physical dangers of substance use and abuse		Health classes; Individual Counseling; School Assembly

	PS-C1.9 Learn how to cope with peer pressure	<ul style="list-style-type: none"> • Reflect critically on learning experiences and processes 	Divorce groups; Friendship groups; Health classes
	PS-C1.10 Learn techniques for managing stress and conflict	<ul style="list-style-type: none"> • View failure as an opportunity to learn; understand that creativity and innovation is a long-term, cyclical process of small successes and frequent mistakes 	Advisory; Stress Management groups; Olweus Bullying Prevention Program

Belhaven Middle School Counseling Calendar

<p><u>September</u></p> <ul style="list-style-type: none"> • New students meet with buddies • Update all 504 plans-share with teachers • Schedule changes/modifications • Learn names of all 5th grade students • Identity lesson-7th grade • Back to school night-prepare schedule and presentation • Meet with all 8th graders-annual goals and study skills • “Talk About It” re-launch • Start Newcomers Club • Oversee Olweus bullying prevention • John Hopkins/GT • Interim/report card meetings-most improved • Meet with School Safety Team (training) • HIB/Bullying prevention training for staff (agreement form signing) • Suicide prevention training for staff • Oversee Olweus Bullying Prevention Program • Investigate HIB reports • Complete all responsibilities as attendance officer • STAT/I&RS interventions/meetings 	<p><u>October</u></p> <ul style="list-style-type: none"> • 504 plan re-eval meetings • CASCA Conference • NJSCA Conference • Make a Difference Day • Develop Student Council outreach • Peer Mediation Training • 5th grade lesson: Bullying Prevention Overview • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Begin fall/winter counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I&RS interventions/meetings • NJ Week of Respect 	<p><u>November</u></p> <ul style="list-style-type: none"> • High School Fair • Career Videoconference • Start study skills group • Report Cards <ul style="list-style-type: none"> ◦ Individual meetings: D/F list students ◦ Most Improved students • Train new teachers in Olweus Bullying Prevention Program • Parent workshop: Bullying Prevention • CASCA Fall Meeting • Oversee Olweus Bullying Prevention Program • Investigate HIB reports • Continue fall/winter counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I&RS interventions/meetings
<p><u>December</u></p> <ul style="list-style-type: none"> • Service Learning Project • Participate in conferences • Career Videoconference • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Continue fall/winter counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I&RS interventions/meetings 	<p><u>January</u></p> <ul style="list-style-type: none"> • High school course selection <ul style="list-style-type: none"> ◦ Meet with high school representatives to review changes ◦ 8th grade lesson: choosing your high school courses • Leadership Exchange • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Wrap-up fall/winter counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I&RS interventions/meetings 	<p><u>February</u></p> <ul style="list-style-type: none"> • School Counseling Week • Mix-it-Up at Lunch Day • Report Cards <ul style="list-style-type: none"> ◦ Individual Meetings: D/F list students ◦ Most improved students • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Begin winter/spring counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I&RS interventions/meetings

<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>
<ul style="list-style-type: none"> • 6th grade study and test taking skills • Career Videoconference • Meet with teachers during in-service to begin planning schedule for upcoming school year • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Begin winter/spring counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I &RS interventions/meetings 	<ul style="list-style-type: none"> • 6th grade study and test taking skills • Prepare ASK schedules • Individual meetings to address test anxiety issues • Organize class lists and groupings from teachers to begin 2010-2011 scheduling • Career Videoconference • Report Cards <ul style="list-style-type: none"> ○ Individual meetings: D/F list students ○ Most Improved students • 5th grade Lesson: No Name-Calling • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Continue winter/spring counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I &RS interventions/meetings 	<ul style="list-style-type: none"> • Attend Traumatic Loss Coalition meeting • Girls-Only workshop • Recruit and interview 7th grade Ambassadors • Oversee Olweus Bullying Prevention Program • Continue to investigate HIB reports • Continue winter/spring counseling lunch groups • Complete all responsibilities as attendance officer • Continue STAT/I &RS interventions/meetings 	<ul style="list-style-type: none"> • 4th grade transition: <ul style="list-style-type: none"> ○ Visit 4th grade at Seaview ○ Train 7th grade mentors ○ Plan and organize Falcon Club • Group closure • 8th grade transition/celebration • Eighth grade academic awards • Order materials for next school year • Complete Professional Development Plan & SGO • Implement June workshops available to all students • Wrap up all groups • Complete all responsibilities as attendance officer • Continue STAT/I &RS interventions/meetings • Meet with elementary school counselor for transition information