

Academic Development

ASCA Student Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

Academic Development ASCA Standard A Students will acquire the attitudes, knowledge, and skills contributing to effective learning in school and across the lifespan.	Academic Development ASCA Standard B Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.	Academic Development ASCA Standard C Students will understand the relationship of academics to the world of work and to life at home and in the community.
Students will:	Students will:	Students will:
A:A1 Improve Academic Self-concept A:A1.1 Articulate feelings of competence and confidence as learners A:A1.2 Display a positive interest in learning A:A1.3 Take pride in work and achievement A:A1.4 Accept mistakes as essential to the learning process A:A1.5 Identify attitudes and behaviors that lead to successful learning	A:B1 Improve Learning A:B1.1 Demonstrate the motivation to achieve individual potential A:B1.2 Learn and apply critical-thinking skills A:B1.3 Apply the study skills necessary for academic success at each level A:B1.4 Seek information and support from faculty, staff, family and peers A:B1.5 Organize and apply academic information from a variety of sources A:B1.6 Use knowledge of learning styles to positively influence school performance A:B1.7 Become a self-directed and independent learner	A:C1 Relate School to Life Experiences A:C1.1 Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life A:C1.2 Seek co-curricular and community experiences to enhance the school experience A:C1.3 Understand the relationship between learning and work A:C1.4 Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals A:C1.5 Understand that school success is the preparation to make the transition from student to community member A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities
A:A2 Acquire Skills for Improving Learning A:A2.1 Apply time-management and task-management skills A:A2.2 Demonstrate how effort and persistence positively affect learning A:A2.3 Use communications skills to know when and how to ask for help when needed A:A2.4 Apply knowledge and learning styles to positively influence school performance A:A3 Achieve School Success A:A3.1 Take responsibility for their actions A:A3.2 Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students A:A3.3 Develop a broad range of interests and abilities A:A3.4 Demonstrate dependability, productivity and initiative A:A3.5 Share knowledge	A:B2 Plan to Achieve Goals A:B2.1 Establish challenging academic goals in elementary, middle/ jr. high and high school A:B2.2 Use assessment results in educational planning A:B2.3 Develop and implement annual plan of study to maximize academic ability and achievement A:B2.4 Apply knowledge of aptitudes and interests to goal setting A:B2.5 Use problem-solving and decision-making skills to assess progress toward educational goals A:B2.6 Understand the relationship between classroom performance and success in school A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities	

Career Development

ASCA Student Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.

Career Development ASCA 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.	Career Development ASCA Standard B Students will employ strategies to achieve future career goals with success and satisfaction.	Career Development ASCA Standard C Students will understand the relationship between personal qualities, education, training, and the world of work.
Students will:	Students will:	Students will:
C:A1 Develop Career Awareness C:A1.1 Develop skills to locate, evaluate and interpret career information C:A1.2 Learn about the variety of traditional and nontraditional occupations C:A1.3. Develop an awareness of personal abilities, skills, interests and motivations C:A1.4 Learn how to interact and work cooperatively in teams C:A1.5 Learn to make decisions C:A1.6 Learn how to set goals C:A1.7 Understand the importance of planning C:A1.8 Pursue and develop competency in areas of interest C:A1.9 Develop hobbies and vocational interests C:A1.10 Balance between work and leisure time	C:B1 Acquire Career Information C:B1.1 Apply decision-making skills to career planning, course selection and career transition C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice C:B1.3 Demonstrate knowledge of the career-planning process C:B1.4 Know the various ways in which occupations can be classified C:B1.5 Use research and information resources to obtain career information C:B1.6 Learn to use the Internet to access career-planning information C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice C:B1.8 Understand how changing economic and societal needs influence employment trends and future training	C:C1 Acquire Knowledge to Achieve Career Goals C:C1.1 Understand the relationship between educational achievement and career success C:C1.2 Explain how work can help to achieve personal success and satisfaction C:C1.3 Identify personal preferences and interests influencing career choice and success C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills C:C1.5 Describe the effect of work on lifestyle 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

Personal/Social Development

ASCA Student Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.

Personal /Social Development ASCA Standard A Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.	Personal/ Social Development ASCA Standard B Students will make decisions, set goals, and take necessary action to achieve goals.	Personal /Social Development ASCA Standard C Students will understand safety and survival skills.
Students will:	Students will:	Students will:
PS:A1 Acquire Self-knowledge PS:A1.1 Develop positive attitudes toward self as a unique and worthy person PS:A1.2 Identify values, attitudes and beliefs PS:A1.3 Learn the goal-setting process PS:A1.4 Understand change is a part of growth PS:A1.5 Identify and express feelings PS:A1.6 Distinguish between appropriate and inappropriate behavior PS:A1.7 Recognize personal boundaries, rights and privacy needs PS:A1.8 Understand the need for self-control and how to practice it PS:A1.9 Demonstrate cooperative behavior in groups PS:A1.10 Identify personal strengths and assets PS:A1.11 Identify and discuss changing personal and social roles PS:A1.12 Identify and recognize changing family roles	PS:B1 Self-knowledge Application PS:B1.1 Use a decision-making and problem-solving model PS:B1.2 Understand consequences of decisions and choices PS:B1.3 Identify alternative solutions to a problem PS:B1.4 Develop effective coping skills for dealing with problems PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions PS:B1.6 Know how to apply conflict resolution skills PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences PS:B1.8 Know when peer pressure is influencing a decision PS:B1.9 Identify long- and short-term goals PS:B1.10 Identify alternative ways of achieving goals 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	PS:C1 Acquire Personal Safety Skills PS:C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact) PS:C1.2 Learn about the relationship between rules, laws, safety and the protection of rights of the individual PS:C1.3 Learn about the differences between appropriate and inappropriate physical contact PS:C1.4 Demonstrate the ability to set boundaries, rights and personal privacy PS:C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help PS:C1.6 Identify resource people in the school and community, and know how to seek their help PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse PS:C1.9 Learn how to cope with peer pressure PS:C1.10 Learn techniques for managing stress and conflict PS:C1.11 Learn coping skills for managing life events
PS:A2 Acquire Interpersonal Skills PS:A2.1 Recognize that everyone has rights and responsibilities PS:A2.2 Respect alternative points of view PS:A2.3 Recognize, accept, respect and appreciate individual differences PS:A2.4 Recognize, accept and appreciate ethnic and cultural diversity PS:A2.5 Recognize and respect differences in various family configurations PS:A2.6 Use effective communications skills PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior PS:A2.8 Learn how to make and keep friends		

