

**Boulder Valley School District
Comprehensive School Counseling Curriculum**

High School Curriculum

Standard 1: Students will demonstrate attitudes, knowledge, and skills associated with successful learning.

To achieve this standard, 9th grade students will:

- Expand knowledge of learning styles to include more sophisticated models (e.g., LSA or multiple intelligences) and apply knowledge of one's own style to developing effective learning strategies,
- Refine and apply the study skills that are personally most effective for enhancing academic success,
- Know the various resources available for academic assistance at the high school level and develop strategies for self-advocating to obtain academic help,
- Review to-date academic performance and set a goal for improvement,
- Use problem-solving and decision-making skills to monitor one's academic progress and respond appropriately, and
- Learn effective time management skills and the importance of completing tasks on time as it applies to personal, academic, and career goals.

To achieve this standard, 10th grade students will:

- Refine and apply study skills to enhance success in more rigorous academic course work,
- Review to-date academic performance and set a goal for improvement,
- Use problem-solving and decision-making skills to monitor one's academic progress and respond appropriately, and
- Identify any attitudes or behaviors that inhibit successful learning in high school and use problem-solving and decision-making skills to respond appropriately.

To achieve this standard, 11th grade students will:

- Review to-date academic performance and set a goal for improvement, and
- Use problem-solving and decisions-making skills to monitor one's academic progress and respond appropriately.

To achieve this standard, 12th grade students will:

- Continue to apply knowledge and skills related to this standard.

Standard 2: Students will graduate with the academic preparation that allows them to choose from a wide range of post-secondary options, including college.

To achieve this standard, 9th grade students will:

- Identify the significant differences between middle level and high school and address the challenges these differences present,
- Understand the relationship between academic decisions, including participation in co-curricular activities, and career and educational opportunities,

- Use decision-making strategies to establish an educational goal and identify strategies for achieving it, and
- Develop and implement a four-year academic plan consistent with personal educational goals.

To achieve this standard, 10th grade students will:

- Review the transition to high school and continue to address the remaining challenges,
- Review and revise personal educational goals with an awareness of the future implications of one's choices,
- Review and modify as appropriate the four-year academic plan consistent with personal educational goals,
- Identify post-secondary goals consistent with interests, abilities, and academic achievement, and
- Develop knowledge of the college admissions process.

To achieve this standard, 11th grade students will:

- Continue to review and revise personal educational goals with an awareness of the future implications of one's choices,
- Evaluate and modify four-year academic plans consistent with personal educational and post-secondary goals,
- Demonstrate understanding of the entrance process for college and other post-secondary institutions, including admissions tests and requirements, and how to obtain information about different colleges and other post-secondary options, and
- Develop knowledge of various sources of financial support for post-secondary education and awareness of the process to access them.

To achieve this standard, 12th grade students will:

- Continue to review and revise personal educational goals with an awareness of the future implications of one's choices,
- Evaluate and modify four-year academic plans consistent with personal educational and post-secondary goals,
- Know how to complete the entrance process for college and other post-secondary institutions as appropriate, and
- Know how to complete the process of applying for financial support for post-secondary education.

Standard 3: Students will demonstrate the ability to investigate the world of work and to make informed career decisions.

To achieve this standard, 9th grade students will:

- Locate and interpret career information, using multiple resources, and
- Identify personal skills, interests, and abilities, and relate them to career choices.

To achieve this standard, 10th grade students will:

- Develop and demonstrate an awareness of changing societal patterns regarding gender and racial/ethnic roles in different occupations,
- Continue to locate and interpret career information, using multiple resources,

- Demonstrate an understanding of the connection between careers, occupations and jobs,
- Continue to identify personal skills, interests, and abilities, and relate them to career choices, and
- Learn how to search for a job, including learning job requirements and determining how one meets them.

To achieve this standard, 11th grade students will:

- Continue to interpret and evaluate career information,
- Continue to identify personal skills, interests, and abilities, and relate them to career choices, and
- Write a resume and demonstrate how to interview well.

To achieve this standard, 12th grade students will:

- Use effective decision-making skills in career planning.

Standard 4: Students will understand the relationship between personal qualities, education and training, and the world of work.

To achieve this standard, 9th grade students will:

- Identify how personal responsibility, personal integrity, and a sense of justice are important in school and personal life,
- Develop an awareness of the importance of good work habit in both the world of academics and the world of work, and
- Continue to develop understanding of the relationship between academic achievement and career success.

To achieve this standard, 10th grade students will:

- Identify how personal responsibility, personal integrity, and a sense of justice are important in the work place,
- Review current academic achievement and develop strategies that will enhance opportunities for future career success, and
- Identify and evaluate one's academic and personal strengths and limitations and how they relate to broad career paths.

To achieve this standard, 11th grade students will:

- Demonstrate understanding of how and why such personal characteristics as self-motivation and discipline, persistence, independence, confidence, curiosity, flexibility, open-mindedness, openness to change, and willingness to take risks are values in the workplace,
- Review current academic achievement and develop strategies that will enhance opportunities for future career success, and
- Continue to identify and evaluate one's academic and personal strengths and limitations and how they relate to broad career paths.

To achieve this standard, 12th grade students will:

- Develop understanding of how interests, abilities and achievement relate to achieving personal, educational and career goals,

- Review current academic achievement and identify strategies that will enhance opportunities for future career success, and
- Demonstrate an understanding of how interests, abilities, and achievement relate to achieving personal, educational, and career goals.

Standard 5: Students will demonstrate the knowledge and interpersonal skills to help them understand and respect self and others.

To achieve this standard, 9th grade students will:

- Demonstrate respect for others,
- Continue to develop an understanding of the cultural, religious, ethnic, gender identity, age, and ability differences that characterize our society,
- Use effective inter-personal communication skills to express feelings and resolve conflicts,
- Develop personal skills and techniques for managing anger and stress, including maintaining self-control and accessing resources for support, and
- Develop an understanding of the continuum of relationships one may have in friendships, dating relationships, and other interactions.

To achieve this standard, 10th grade students will:

- Demonstrate respect for others,
- Continue to develop an understanding of the cultural, religious, ethnic, gender identity, age, and ability differences that characterize our society, and
- Develop independence, self-confidence, self-advocacy, and resiliency as a learner and a member of society.

To achieve this standard, 11th grade students will:

- Demonstrate respect for others,
- Demonstrate an understanding of the cultural, religious, ethnic, gender identity, age, and ability differences that characterize our society and the workplace, and
- Demonstrate the capacity to work well with a variety of people, including the ability to compromise and solve problems in a mutually respectful manner.

To achieve this standard, 12th grade students will:

- Demonstrate respect for others,
- Demonstrate an understanding of the cultural, religious, ethnic, gender identity, age, and ability differences that characterize our society and the workplace, and
- Exhibit independence, self-confidence, self-advocacy and resiliency as a learner and member of society.

Standard 6: Students will demonstrate the knowledge and skills necessary to make decisions, set goals, and take action to achieve goals.

To achieve this standard, 9th grade students will:

- Develop personal awareness of the relationship between personal/social goals, actions, and outcomes, and
- Understand the concept of resiliency and the need to adapt to achieve personal goals.

To achieve this standard, 10th grade students will:

- Develop and apply an effective decision-making and problem-solving model to a variety of situations,
- Develop an action plan to set and achieve realistic personal goals,
- Describe and reflect on how one's own thoughts or actions have resulted in specific outcomes, and
- Review the concept of resiliency and the need to adapt to achieve personal goals effectively.

To achieve this standard, 11th grade students will:

- Continue to apply the skills and knowledge related to this standard.

To achieve this standard, 12th grade students will:

- Continue to apply the skills and knowledge related to this standard.

Standard 7: Students will understand how interpersonal skills and knowledge enhance personal safety.

To achieve this standard, 9th grade students will:

- Develop strategies for seeking assistance and coping with the reactions when harassed, bullied, or discriminated against at school or within the community,
- Review and demonstrate effective skills for resisting negative peer pressure and influence,
- Demonstrate understanding of the need to set personal boundaries and protect rights and personal privacy in the high school environment,
- Continue to understand the personal importance of distinguishing between appropriate and inappropriate physical contact,
- Differentiate between situations requiring peer support and situations requiring adult professional help in the high school environment (e.g., substance abuse, mental health, etc.), and
- Develop knowledge of the expectations for caring for others, showing respect, kindness and compassion, tolerance, and civility at the high school level.

To achieve this standard, 10th grade students will:

- Continue to demonstrate effective skills for resisting negative peer pressure and influence,
- Demonstrate strategies for setting personal boundaries and protecting rights and personal privacy in the high school environment,
- Understand the generally accepted standards for appropriate and inappropriate physical contact, and
- Demonstrate understanding of the importance of caring for others, including showing respect, kindness and compassion, tolerance, and civility in reducing conflict with others.

To achieve this standard, 11th grade students will:

- Continue to apply the skills and knowledge related to this standard.

To achieve this standard, 12th grade students will:

- Continue to apply the skills and knowledge related to this standard.