

Proposed Middle School Guidance and Counseling Competencies

6th Grade

A - Academic Development

1. apply learned strategies to successfully transition to middle school
2. explore the relationship between classroom performance and success in school
3. recognize the importance of becoming a self-directed and independent learner
4. establish and implement challenging academic goals

B - Career Development

5. explore the relationship between interests and talents

C - Life Skills

6. demonstrate an understanding of how feelings affect behaviors
7. demonstrate knowledge of ways to deal with others who display bullying behaviors (including cyber/media)
8. demonstrate respect for the diversity among people (ideas, cultures, abilities, religion, politics, age, health, opinions, etc.)
9. explain the importance of thinking for oneself and demonstrate an understanding of how one can be influenced by peers
10. identify ways to say "NO" to risky behaviors utilizing refusal skills
11. identify skills needed for making and keeping friends while recognizing the importance of expressing feelings honestly and appropriately

7th Grade

A - Academic Development

12. identify ways to improve study skills (including time management, goal setting, and organizational skills)
13. identify ways to take tests and how to control test anxiety
14. utilize assessment data to direct educational goals/plans

B - Career Development

15. identify benefits of a positive work environment and how work ethics contribute to such an environment (include characteristics and responsibilities associated with a strong work ethic and/or drug free work place)
16. acquire skills to explore career choices in relation to skills and interests
17. identify skills and behaviors which will help one be successful in a chosen career

C - Life Skills

18. demonstrate ways to control emotions and behaviors (including ways to appropriately express anger and frustrations)
19. identify the ways that verbal and nonverbal communication skills can help to solve problems and improve relationships while demonstrating ways to mediate peacefully and settle conflicts
20. identify ways to resist negative peer pressure and protect personal safety
21. recognize the importance of being responsible for one's actions

8th Grade

A - Academic Development

22. understand how school success and academic achievement enhance future opportunities
23. demonstrate study skills and habits that can be used in various educational settings (i.e., time management, test-taking skills, note-taking, etc.)
24. identify school rules and student responsibilities and how they contribute to a positive educational environment
25. apply learned strategies to successfully transition to high school

B - Career Development

26. develop a tentative schedule for ninth grade taking into consideration academic strengths, academic majors, and career interests
27. identify how their interests and talents relate to career choices
28. identify skills and behaviors which will help one be successful in the world of work

C - Life Skills

29. identify skills necessary for dealing with life changes
30. identify ways to recognize and respond to bullying/harassment (including cyber/media)