

# **Proposed Elementary Guidance and Counseling Competencies**

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## **Kindergarten**

### **A - Academic Development**

1. learn the importance of using listening skills at all times in school
2. follow classroom rules and be able to explain what those rules mean
3. follow spoken directions given in school
4. cultivate school success by taking responsibility for one's actions

### **B - Life Skills**

5. express feelings appropriately and recognize the connections between thoughts, feelings, and actions (i.e., learning anger management skills)
6. develop positive attitudes toward self as a unique and worthy person
7. identify and respect similarities and differences of others
8. explore the difference between appropriate and inappropriate touches
9. identify strategies for stopping inappropriate touches

### **C - Career Development**

10. learn about various careers and occupations

## **1st Grade**

### **A - Academic Development**

11. acquire skills to improve learning (i.e., on-task behaviors, positive attitude, perseverance)
12. use listening skills to follow oral and written directions
13. accept mistakes as essential to the learning process
14. learn when and how to ask for help with schoolwork
15. demonstrate personal responsibility in following rules

### **B - Career Development**

16. explore personal likes and dislikes as they relate to various careers and occupations

### **C - Life Skills**

17. demonstrate respect for oneself as well as others
18. learn about ways to handle disagreements without fighting (conflict resolution)
19. learn how to make and keep friends
20. recognize the difference between the feelings associated with appropriate and inappropriate physical contact

## **2nd Grade**

### **A - Academic Development**

21. demonstrate the ability to work independently and cooperatively with other students
22. practice effective listening skills in order to follow directions
23. follow multi-step directions
24. identify attitudes and behaviors that lead to successful learning (i.e., test-taking skills, work habits)

### **B - Career Development**

25. learn connections between education and possible careers and occupations

**C - Life Skills**

26. learn appropriate decision-making skills
27. understand the relationship between behaviors and consequences
28. learn conflict resolution skills
29. demonstrate ways to show respect for self, others, and property
30. recognize the difference between the feelings associated with appropriate and inappropriate physical contact
31. examine and practice safety skills including preventing/stopping sexual abuse

**3rd Grade****A - Academic Development**

32. develop skills to work independently
33. explore effective test-taking strategies and stress management techniques
34. follow both written and spoken directions
35. practice goal setting, time management, and organizational skills

**B - Career Development**

36. understand the difference among various careers and occupations
37. work cooperatively in small groups to solve problems

**C - Life Skills**

38. apply effective problem-solving skills to make safe and healthy choices
39. learn appropriate responses to bullying/harassment
40. identify sources of positive and negative influences (peers, family, community, media)
41. use effective communication skills
42. develop a healthy self-concept by making positive choices
43. examine and practice safety skills including preventing/stopping sexual abuse

**4th Grade****A - Academic Development**

44. identify personal strengths and weaknesses to positively influence school performance
45. learn and apply test-taking strategies
46. utilize organizational and time management skills to complete school assignments
47. learn and apply goal-setting strategies

**B - Career Development**

48. explore how hobbies and personal interests relate to careers
49. use conflict resolution skills to solve problems effectively
50. learn how to prioritize time between work and leisure activities

**C - Life Skills**

51. accept responsibility and understand consequences for personal choices
52. learn effective strategies related to peer pressure
53. identify strategies to cope effectively with personal and classroom difficulties (conflict resolution skills)
54. recognize and appreciate differences in others (culture, ethnicity, students with disabilities)
55. summarize and practice safety skills including preventing and stopping sexual abuse

## 5th Grade

### **A - Academic Development**

56. apply time management and organizational skills to enhance personal and academic success
57. utilize study skills to help achieve goals and reduce test-taking anxiety

### **B - Career Development**

58. identify how hobbies and personal interests influence possible careers and occupations
59. develop skills to locate information about possible careers and occupations

### **C - Life Skills**

60. demonstrate skills needed to cope with challenges in daily life
61. demonstrate behaviors needed to interact with peers effectively (friendship skills, avoiding peer pressure, and bullying)
62. demonstrate respect for and acceptance of differences in others (culture, ethnicity, students with disabilities)
63. demonstrate the use of effective communication skills (verbal and nonverbal) in a variety of settings
64. distinguish between appropriate and inappropriate school behaviors
65. identify neglectful, physical, and sexually abusive situations and strategies for getting help
66. understand the relationship between effective work habits (responsibility, punctuality, and effort) and the world of work