

Proposed High School Guidance and Counseling Competencies

9th Grade

A - Academic Development

1. demonstrate study skills and habits that can be used in various educational settings (i.e., time management, test-taking skills, note taking, attendance, etc.)
2. develop a plan to obtain high school diploma, taking into account the value and life/social significance of all courses and the opportunities for future career success
3. identify school rules and student responsibilities and how they contribute to a positive educational environment

B - Career Development

4. explain the relationship between honesty, truthfulness, trustworthiness, fairness, good sportsmanship, and patience to life choices
5. use information from the GCPS Choice Book, the Career Center, as well as information gained from other resources within the community to explore future career choices

C - Life Skills

6. analyze how personal restraint and self-discipline can impact personal and social goals, educational opportunities, and career choices (includes high risk behavior such as alcohol use, sexual activity, violence, and environmental influence)
7. develop skills to recognize depression and its potential risks, including the identification of possible signs of suicidal behaviors
8. identify and appreciate personal strengths and weaknesses and list strategies to make adjustments to behavior with the understanding that the belief in one's self enhances academic performance
9. identify and practice strategies to solve conflicts, manage anger, and/or prevent violence (such as suicide, threats, aggression, etc.)
10. identify behaviors that constitute sexual harassment and procedures which address those behaviors

10th Grade

A - Academic Development

11. demonstrate effective study skills and habits (i.e., attendance, time management, test taking skills, note taking, etc.) and utilization of necessary resources to achieve success

B - Career Development

12. complete a career interest inventory and evaluate results as they relate to career decision making
13. document employability skills developed through volunteer experiences, part-time employment, or apprenticeship programs on a student resume
14. understand the importance of responsibility, dependability, punctuality, integrity, the need to avoid stereotypes, a drug-free life style, and the impact of gender bias in the workplace
15. use a range of career information resources (i.e., career lab, career materials, labor market trends, etc.)

C - Life Skills

16. identify ways to communicate feelings, reactions, and ideas in an appropriate manner as an individual and for the mutual benefit of others
17. recognize diversity within the context of the world in which we live

18. identify and demonstrate decision-making steps and goal setting strategies and make plans for achieving stated goals

11th Grade

A - Academic Development

19. identify and demonstrate skills which are transferable from the educational setting to home and work
20. identify study skills necessary for success in various testing situations and the value of the assessment (classroom, state, occupational, and college placement testing)

B - Career Development

21. develop a student resume and understand effective job interviewing skills
22. research career options, weigh alternatives, and develop a tentative plan for post high school pursuits
23. identify resources and processes for securing entrance and financial assistance into college, technical school, or other job training programs

C - Life Skills

24. demonstrate effective communication skills in handling stressful situations including harassment, personal, and professional relationships

12th Grade

A - Academic Development

25. develop and practice effective communication skills (including refusal skills, conflict resolution, and decision-making skills) which would affect personal relationships, career goals, and academic success
26. identify and complete necessary steps for the transition from high school to the next educational setting or the world of work and understand the differences in expectations in these settings

B - Career Development

27. identify resources and processes for securing entrance and financial assistance into college, technical school, or other job training programs

C - Life Skills

28. determine personal stresses as they apply to all aspects of health, wellness, academics, decision making, goal setting, and career choices
29. identify behaviors that constitute harassment and procedures which address those behaviors including the relationship between potential risks, rules, laws, and the protection of an individual's rights