

# National Standards for School Counseling Programs

I. Academic Development	II. Career Development	III. Personal/Social Development
<p><b>Standard A</b> Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span.</p> <p>1. <i>Improve Academic Self-Concept</i> Students will:</p> <ol style="list-style-type: none"> <li>Articulate feelings of competence and confidence as learners</li> <li>Display a positive interest in learning</li> <li>Take pride in work and in achievement</li> <li>Accept mistakes as essential to the learning process</li> <li>Identify attitudes and behaviors that lead to successful learning</li> </ol> <p>2. <i>Acquire Skills for Improving Learning</i> Students will:</p> <ol style="list-style-type: none"> <li>Apply time-management and task-management skills</li> <li>Demonstrate how effort and persistence positively affect learning</li> <li>Use communication skills to know when and how to ask for help when needed</li> <li>Apply knowledge and learning styles to positively influence school performance</li> </ol> <p>3. <i>Achieve School Success</i> Students will:</p> <ol style="list-style-type: none"> <li>Take responsibility for their actions</li> <li>Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students</li> <li>Develop a broad range of interests and abilities</li> <li>Demonstrate dependability, productivity and initiative</li> <li>Share knowledge</li> </ol>	<p><b>Standard A</b> Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</p> <p>1. <i>Develop Career Awareness</i> Students will:</p> <ol style="list-style-type: none"> <li>Develop skills to locate, evaluate and interpret career information</li> <li>Learn about the variety of traditional and nontraditional occupations</li> <li>Develop an awareness of personal abilities, skills, interests and motivations</li> <li>Learn how to interact and work cooperatively in teams</li> <li>Learn to make decisions</li> <li>Learn how to set goals</li> <li>Understand the importance of planning</li> <li>Pursue and develop competency in areas of interest</li> <li>Develop hobbies and vocational interests</li> <li>Balance between work and leisure time</li> </ol> <p>2. <i>Develop Employment Readiness</i> Students will:</p> <ol style="list-style-type: none"> <li>Acquire employability skills such as working on a team, problem-solving and organization skills</li> <li>Apply job readiness skills to seek employment opportunities</li> <li>Demonstrate knowledge about the changing workplace</li> <li>Learn about the rights and responsibilities of employers and employees</li> <li>Learn to respect individual uniqueness in the workplace</li> <li>Learn how to write a resume</li> <li>Develop a positive attitude toward work and learning</li> <li>Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace</li> <li>Utilize time-and task-management skills</li> </ol>	<p><b>Standard A</b> Students will acquire the attitudes, knowledge, and interpersonal skills to help them understand and respect self and others.</p> <p>1. <i>Acquire Self-Knowledge</i> Students will:</p> <ol style="list-style-type: none"> <li>Develop positive attitudes toward self as a unique and worthy person</li> <li>Identify values, attitudes and beliefs</li> <li>Learn the goal setting process</li> <li>Understand change is a part of growth</li> <li>Identify and express feelings</li> <li>Distinguish between appropriate and inappropriate behavior</li> <li>Recognize personal boundaries, rights and privacy needs</li> <li>Understand the need for self-control and how to practice it</li> <li>Demonstrate cooperative behavior in groups</li> <li>Identify personal strengths and assets</li> <li>Identify and discuss changing personal and social roles</li> <li>Identify and recognize changing family roles</li> </ol> <p>2. <i>Acquire Interpersonal Skills</i> Students will:</p> <ol style="list-style-type: none"> <li>Recognize that everyone has rights and responsibilities</li> <li>Respect alternative points of view</li> <li>Recognize, accept, respect and appreciate individual differences</li> <li>Recognize, accept, and appreciate ethnic and cultural diversity</li> <li>Recognize and respect differences in various family configurations</li> <li>Use effective communication skills</li> <li>Know that communication involves speaking, listening and nonverbal behavior</li> <li>Learn how to make and keep friends</li> </ol>
<p><b>Standard B</b> Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</p> <p>1. <i>Improve Learning</i> Students will:</p> <ol style="list-style-type: none"> <li>Demonstrate the motivation to achieve individual potential</li> <li>Learn and apply critical-thinking skills</li> <li>Apply the study skills necessary for academic success at each level</li> <li>Seek information and support from faculty, staff, family and peers</li> <li>Organize and apply academic information from a variety of sources</li> <li>Use knowledge of learning styles to positively</li> </ol>	<p><b>Standard B</b> Students will employ strategies to achieve future career goals with success and satisfaction.</p> <p>1. <i>Acquire Career Information</i> Students will:</p> <ol style="list-style-type: none"> <li>Apply decision-making skills to career planning, course selection, and career transition</li> <li>Identify personal skills, interests and abilities and relate them to current career choice</li> <li>Demonstrate knowledge of the career planning process</li> <li>Know the various ways which occupations can be classified</li> <li>Use research and information resources to obtain career information</li> <li>Learn to use the Internet to access career-planning</li> </ol>	<p><b>Standard B</b> Students will made decisions, set goals and take necessary action to achieve goals.</p> <p>1. <i>Self-Knowledge Application</i> Students will:</p> <ol style="list-style-type: none"> <li>Use a decision-making and problem-solving model</li> <li>Understand consequences of decisions and choices</li> <li>Identify alternative solutions to a problem</li> <li>Develop effective coping skills for dealing with problems</li> <li>Demonstrate when, where, and how to seek help for solving problems and making decisions</li> <li>Know how to apply conflict resolution skills</li> <li>Demonstrate a respect and appreciation for individual and cultural differences</li> </ol>

<p>influence school performance</p> <p>g. Become self-directed and independent learners</p> <p>2. <i>Plan to Achieve Goals</i> Students will:</p> <p>a. Establish challenging academic goals in elementary, middle/junior high and high school</p> <p>b. Use assessment results in educational planning</p> <p>c. Develop and implement annual plan of study to maximize academic ability and achievement</p> <p>d. Apply knowledge of aptitudes and interests to goal setting</p> <p>e. Use problem-solving and decision-making skills to assess progress toward educational goals</p> <p>f. Understand the relationship between classroom performance and success in school</p> <p>g. Identify post-secondary options consistent with interests, achievement, aptitude and abilities</p>	<p>information</p> <p>g. Describe traditional and nontraditional occupations and how they relate to career choice</p> <p>h. Understand how changing economic and societal needs influence employment trends and future training</p> <p>2. <i>Identify Career Goals</i> Students will:</p> <p>a. Demonstrate awareness of the education and training needed to achieve career goals</p> <p>b. Assess and modify their educational plan to support career goals</p> <p>c. Use employability and job readiness skills in internships, mentoring, shadowing and/or other world of work experience</p> <p>d. Select coursework that is related to career interests</p> <p>e. Maintain a career-planning portfolio</p>	<p>h. Know when peer pressure is influencing a decision</p> <p>i. Identify long-and short-term goals</p> <p>j. Identify alternative ways of achieving goals</p> <p>k. Use persistence and perseverance in acquiring knowledge and skills</p> <p>l. Develop an action plan to set and achieve realistic goals</p>
<p><b>Standard C</b> Students will understand the relationship of academics to the world of work and to life at home and in the community.</p> <p>1. <i>Relate School to Life Experiences</i> Students will:</p> <p>a. Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life</p> <p>b. Seek co-curricular and community experiences to enhance the school experience</p> <p>c. Understand the relationship between learning and work</p> <p>d. Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals</p> <p>e. Understand that school success is the preparation to make the transition from student to community member</p> <p>f. Understand how school success and academic achievement enhance future career and vocational opportunities</p> <p>Adapted from Campbell, C. Al, &amp; Dahir, C. A. (1997). <i>Sharing the Vision: National Standards for School Counseling Programs</i>. Alexandria, VA: American School Counselor Association.</p>	<p><b>Standard C</b> Students will understand the relationship between personal qualities, education, training and the world of work.</p> <p>1. <i>Acquire Knowledge to Achieve Career Goals</i> Students will:</p> <p>a. Understand the relationship between educational achievement and career success</p> <p>b. Explain how work can help to achieve personal success and satisfaction</p> <p>c. Identify personal preferences and interests that influence career choice and success</p> <p>d. Understand that the changing workplace requires lifelong learning and acquiring new skills</p> <p>e. Describe the effect of work on lifestyles</p> <p>f. Understand the importance of equity and access in career choice</p> <p>g. Understand that work is an important and satisfying means of personal expression</p> <p>2. <i>Apply Skills to Achieve Career Goals</i> Students will:</p> <p>a. Demonstrate how interests, abilities, and achievement relate to achieving personal, social, educational and career goals.</p> <p>b. Learn how to use conflict managements skills with peers and adults</p> <p>c. Learn to work cooperatively with others as a team member</p> <p>d. Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and mentoring experiences</p>	<p><b>Standard C</b> Students will understand safety and survival skills.</p> <p>1. <i>Acquire Personal Safety Skills</i> Students will:</p> <p>a. Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)</p> <p>b. Learn about the relationship between rules, laws, safety and the protection of the rights of the individual</p> <p>c. Learn about the difference between appropriate and inappropriate physical contact</p> <p>d. Demonstrate the ability to set boundaries, rights and personal privacy</p> <p>e. Differentiate between situations requiring peer support and situations requiring adult professional help</p> <p>f. Identify resource people in the school and community and know how to seek their help</p> <p>g. Apply effective problem-solving and decision-making skills to make safe and healthy choices</p> <p>h. Learn about the emotional and physical dangers of substance use and abuse</p> <p>i. Learn how to cope with peer pressure</p> <p>j. Learn techniques for managing stress and conflict</p> <p>k. Learn coping skills for managing life events</p>