

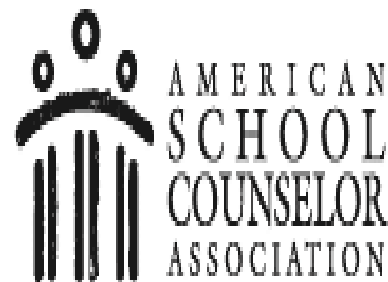
# Tucson Unified K-12 School Counseling Classroom Curriculum

September 25<sup>th</sup>, 2018



# A Comprehensive School Counseling Program

- ▶ American School Counselor Association Model
- ▶ It benefits students, staff, administrators, parents, community and post-secondary institutions
- ▶ Proactive and preventative in nature
- ▶ Guidance curriculum is one component
  - ▶ Can be taught in the classroom and in small groups
  - ▶ Structured lessons appropriate for students' developmental level



# Importance of K-12 School Counseling Curriculum

- ▶ It benefits students, staff, administrators and parents
- ▶ Purpose is to teach ALL students how to become effective learners, build self-confidence, develop interpersonal skills, respect self and others, resolve conflict and make responsible choices
- ▶ Can be aligned with site and district goals and initiatives which focus on student achievement and promoting a safe, positive school climate that is conducive to learning

- ▶ Primary benefits to school counselors teaching in a classroom setting:
  - ▶ Students learn competency based skills in personal/social, academic and career domains
  - ▶ Efficient way to leverage school counselors' time and for ALL students to be taught in systematically
- ▶ There are common elements that span all grade levels: Elementary, Middle and High

# Examples of Skills Taught Per Grade Level

## ▶ Elementary

- ▶ *Empathy building* including listening and recognizing other's feelings
- ▶ The steps toward *problem solving* like brainstorming and choosing a solution

## ▶ Middle

- ▶ Understanding the *Cycle of Bullying* - the bully, victim, and the bystander
- ▶ Self-discovery through *AzCIS Jr* including a learning styles inventory

## ▶ High

- ▶ Self-discovery through *AzCIS* using the Career Interest Inventories
- ▶ *College readiness* skills like budgeting time and adjusting to more independence

# Elementary/K8 School

TUSD School Counseling Dept.

Curriculum Map K-5

	Kindergarten	1st Grade	2nd Grade	3rd Grade	4th Grade	5th Grade
<b>August</b>	Counselor Introduction	Counselor Introduction	Counselor Introduction	Counselor Introduction	Counselor Introduction	Counselor Introduction
	<i>Meet the Counselor PowerPoint&amp;Activity/Kissing Hand/Wemberly Worried</i>	<i>Meet the Counselor PowerPoint&amp;Activity/Only One You/My Teacher's Secret Life</i>	<i>Meet the School counselor/Meet the School Counselor PowerPoint</i>	<i>Amazing Grace/Meet the Counselor</i>	All the Colors of the Earth/Meet the Counselor/Mrs. Potato Head	<i>All the Colors of the Earth and Meet the School Counselor</i>
<b>September</b>	Safety First	Safety First	Safety First	Safety First	Safety First	Safety First
	Safe Touches/Internet Safety/Stranger 911	Safe Touches/Internet Safety/Stranger 911	I choose safety first/Safe Touches/Internet Safety/Stranger 911	I choose safety first/Staying Safe and Internet Safety	Staying Safe and Internet Safety	Staying Safe/ Internet Safety/Keeping Myself Safe
<b>October</b>	Personal Space	Personal Space	Personal Space	Personal Space	Personal Space	Personal Space
	Respect My Bubble	Respect My Bubble	My Personal Bubble	<i>Personal Space Camp</i>	<i>Personal Space Camp</i>	What is a Boundary?
<b>November</b>	Talk it Out	Talk it Out	Talk it Out	Talk it Out	Talk it Out	Talk it Out
	<i>Bootsie Barker Bites/Fish for Feelings</i>	Talking Stick	<i>How to Lose All Your Friends</i>	<i>How Conflict Grows/Love, Hugs, and Hope/Be A Problem Solving Star</i>	"Win Win" Solutions	Conflict Resolution/Friguring out Friendships
<b>December</b>	I am important in the world	I am important in the world	I am important in the world	I am important in the world	I am important in the world	I am important in the world
	<i>Scholastic Interactive Giraffes Can't Dance/Youtube</i>	<i>Scholastic Interactive Giraffes Can't Dance/Youtube &amp; I'm Gonna Like Me/It's Okay to be Different 1,2,3</i>	<i>Eggbert The slightly Cracked Egg/It's Okay to be Different 1,2,3</i>	Amazing Grace/Who Are You?	What Makes a Hero?/What Makes a Hero Inventory/ Figuring Out Friendships	What Makes a Hero?/What Makes a Hero Inventory?
<b>January</b>	I feel...	I feel...	I feel...	I feel...	I feel...	I feel...
	<i>Chrysanthemum/ A to Z Do You Ever Feel like Me?/Create a Feelings Book</i>	<i>Hey, Little Ant/A to Z Do You Ever Feel Like Me?/I Can Express My Feelings</i>	<i>Tools to Control Anger/A to Z Do You Ever Feel Like Me?</i>	<i>Incredible Me!/Wilma Jean the Worry Machine/Everyone has feelings</i>	<i>Wilma Jean the Worry Machine/Emotions &amp; Feelings</i>	Conflict Resolution/I messaging/Feelings
<b>February</b>	We can work it out	We can work it out	We can work it out	We can work it out	We can work it out	We can work it out
	Can do Attitude & Introduction to I Messages	A Bad Case of Tattle Tongue & Introduction to I Messages	Stop, Think & Choose/I Messages	A Bad Case of Tattle Tongue/Practicing I Messages/Becoming a Good	Simon's Hook/ I Messages/Figuring Out Friendships	The Other Side/Peer Pressure
<b>March</b>	Tool Box Strategies	Tool Box Strategies	Tool Box Strategies	Tool Box Strategies	Tool Box Strategies	Tool Box Strategies
	<i>A Color of His Own/Be a Bucket Filler/Color a Bucket</i>	<i>The Recess Queen/ King of the Playground/Be a Bucket Filler/Paper Bucket</i>	<i>Tattlin Madieline/Be a Bucket Filler</i>	Full Esteem Ahead	Full Esteem Ahead	Bullying PowerPoint
<b>April</b>	College Bound	College Bound	College Bound	College Bound	College Bound	College Bound
	Dino-Mite Students/T-Rexplorer PowerPoint/T-Rexplorer printable story	Virginia Career View K-2	School is My Job/Virginia Career View K-2	AzCIS-thinking About Me/School is my Job	Be alert, Be Aware Careers are Everywhere <a href="http://www-tcall.tamu.edu/">www-tcall.tamu.edu/</a> AzCIS	AzCIS-Assessing My Career Clusters/Getting Some Ideas
<b>May</b>	Transition in and out	Transition in and out	Transition in and out	Transition in and out	Transition in and out	Transition in and out
	<i>On Our Way to First Grade</i>	<i>Second Grade Rocks</i>	Getting Ready for Next Year	Getting Ready for Next Year	Middle School Matters	Middle School Matters/Elementary to MS Toolkit

# K8 School

	6th Grade	7th Grade	8th Grade
<b>August</b>	Counselor Introduction	Counselor Introduction	Counselor Introduction
<b>September</b>	Safety First Internet Safety/Safeonlinetalk	Safety First Internet Safety/Safeonlinetalk	Safety First Internet Safety/Safeonlinetalk
<b>October</b>	Personal Space Understanding Boundaries/Let's Talk About Personal Space	Personal Space Understanding Boundaries/Let's Talk About Personal Space	Personal Space Understanding Boundaries/Let's Talk About Personal Space
<b>November</b>	Talk it Out Words Hurt/Words Hurt Survey/Shifting Boundaries/Social Skills	Talk it Out Words Hurt/Words Hurt Survey/Shifting Boundaries/Social skills	Talk it Out Words Hurt/Words Hurt Survey/Shifting Boundaries/Social skills
<b>December</b>	I am important in the world Goal Setting/I am Important in my Class	I am important in the world Goal Setting	I am important in the world Goal Setting/Self Esteem-My Positive Traits
<b>January</b>	I feel... I messages/Resolve Conflict/How to Teach Empathy/Drawing lesson	I feel... I messages/Resolve Conflict/How to Teach Empathy/Drawing lesson	I feel... I messages/Resolve Conflict/How to Teach Empathy/Drawing lesson
<b>February</b>	We can work it out Managing Conflict/Conflict Mediation & WS/Resolving Conflict 1&2	We can work it out Conflict Reolution &WS/Resolving Conflict/Ways to	We can work it out Resolving Conflict/Peer Pressure "Bag of Tricks"
<b>March</b>	Tool Box Strategies Bully Activity Step Up/Handling Peer pressure/peer	Tool Box Strategies Bully Lesson Plan/Becoming a Good Friend	Tool Box Strategies Bully Lesson Plans
<b>April</b>	College Bound AzCIS.org/ECAP	College Bound AzCIS.org/ECAP	College Bound AzCIS.org/ECAP
<b>May</b>	Transition in and out	Transition in and out	Transition in and out

# Middle

## TUSD School Counseling Dept. Middle School Curriculum Map

\*\*Small groups: at least one per semester

	1 <sup>st</sup> Quarter (2x)	2 <sup>nd</sup> Quarter (2x)	3 <sup>rd</sup> Quarter (2x)	4 <sup>th</sup> Quarter (2x)
6 <sup>th</sup>	<ul style="list-style-type: none"><li>• Goal Setting</li><li>• Career/Post Secondary</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• Career/Post Secondary</li></ul>	<ul style="list-style-type: none"><li>• Conflict Resolution</li><li>• Career/Post Secondary</li></ul>	<ul style="list-style-type: none"><li>• Character Building</li><li>• Career/Post Secondary</li></ul>
7 <sup>th</sup>	<ul style="list-style-type: none"><li>• Organizational Skills</li><li>• Career/Post Secondary</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• Career/Post Secondary</li></ul>	<ul style="list-style-type: none"><li>• Conflict Resolution</li><li>• Career/Post Secondary</li></ul>	<ul style="list-style-type: none"><li>• Character Building</li><li>• Career/Post Secondary</li></ul>
8 <sup>th</sup>	<ul style="list-style-type: none"><li>• Study Skills</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Conflict Resolution</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• High School Transition/4 Year Plan</li><li>• ECAP Lesson</li></ul>

Websites to possibly use (also look on SharePoint for TONS of information):

- AzCIS Jr (<https://azcis.intocareers.org>)
- [www.careeronestop.org](http://www.careeronestop.org)
- [www.mynextmove.org](http://www.mynextmove.org)
- [www.cacareerzone.org/ip](http://www.cacareerzone.org/ip)
- [www.bls.gov/ooh](http://www.bls.gov/ooh)
- [www.collegecareerlifeplanning.com](http://www.collegecareerlifeplanning.com)



# High

## TUSD School Counseling Dept. High School Curriculum Map

\*\*Small groups: at least one per semester



	1 <sup>st</sup> Quarter	2 <sup>nd</sup> Quarter	3 <sup>rd</sup> Quarter	4 <sup>th</sup> Quarter
9 <sup>th</sup>	<ul style="list-style-type: none"><li>• Transition to HS</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Personal/Social</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Academic Success</li><li>• ECAP Lesson</li></ul>
10 <sup>th</sup>	<ul style="list-style-type: none"><li>• Academic Success</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Personal/Social</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Academic Success</li><li>• ECAP Lesson</li></ul>
11 <sup>th</sup>	<ul style="list-style-type: none"><li>• Academic Success</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Personal/Social</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Academic Success</li><li>• ECAP Lesson</li></ul>
12 <sup>th</sup>	<ul style="list-style-type: none"><li>• Academic Success</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Red Ribbon Campaign</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• Personal/Social</li><li>• ECAP Lesson</li></ul>	<ul style="list-style-type: none"><li>• <u>Post-Secondary</u> Transition</li><li>• ECAP Lesson</li></ul>



Websites to possibly use (also look on SharePoint for TONS of information):

- AzCIS (<https://azcis.intocareers.org>)
- [www.careeronestop.org](http://www.careeronestop.org)
- [www.mynextmove.org](http://www.mynextmove.org)
- [www.cacareerzone.org/ip](http://www.cacareerzone.org/ip)
- [www.bls.gov/ooh](http://www.bls.gov/ooh)
- [www.collegecareerlifeplanning.com](http://www.collegecareerlifeplanning.com)

# Arizona Career Information System (AzCIS)

\*Curriculum meets the ASCA National Standards for Mindsets and Behaviors

## AZCIS CONTENT

### Career Clusters

Explore the world of work with 16 career clusters and 81 pathways. Identify skills, education requirements, anticipated earnings, and employment outlook.

### Finding and Keeping a Job\*

Get helpful hints for organizing and conducting a job search and find real-life skills to help you keep your job.

### Occupations

Explore the world of work with information covering the duties, requirements, employment, wages, skills, and preparation for over 500 occupations.

### Programs of Study

Learn about postsecondary education opportunities, from associate to professional degrees, and link to schools offering those programs.

### Military Employment\*

Investigate careers in the military, military work life, and education and training opportunities.



### Self-Employment

Look at the rewards and costs of self-employment from a career planning perspective.

### U.S. Colleges and Universities

Look at detailed information about admission requirements, tuition, and programs of study for all accredited, public and private, two-year or four-year colleges and universities in the United States. Also, you can get detailed Arizona schools information on technical schools, colleges, or universities.

### Universal Encouragement Programs

Guidance program software to help you identify and address guidance concerns more effectively and efficiently.

## SPECIAL FEATURES

### ECAP Portfolio

Create an online portfolio to store assessment results, personal reflections, plans, educational, and work history.

### Course Planner

Generate an academic course plan for 9th grade through postsecondary years based on career and educational goals.

### Résumé Writer

The information entered in the portfolio can generate a variety of résumé styles.

### Internet Links

Links to websites for colleges, online applications, professional associations, licensing organizations, apprenticeships, JOBCentral, and other resources help to expand research and planning opportunities.

### Real World Interviews

Career profiles present personal perspectives on working in a specific occupation. Occupations come alive with short clips and narrated descriptions.

### Practical Learning Activities

More than 600 activities are available for educators to use in the classroom for career lessons. Online materials, reference guides, worksheets, and curriculum resources make applying AzCIS modules easy for educators.

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# Curriculum Lesson

*“All the Colors of the Earth”*  
by Sheila Hamanaka