



Student Competencies

CCSD Elementary School Counseling Classroom Instruction Topics

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Academic Support Skills (4 Lessons)	Growth Mindset: Believing in Yourself	Growth Mindset: Self-Efficacy	Growth Mindset: Power of Yet	Growth Mindset: Learning from Mistakes	Growth Mindset: Perseverance	Growth Mindset: Brain Basics
	School Success Skills (Listening, Following Directions, Paying Attention, Asking for Help, or Growth Mindset)	School Success Skills (Listening, Following Directions, Paying Attention, Asking for Help, or Growth Mindset)	School Success Skills (Listening, Following Directions, Paying Attention, Asking for Help, or Growth Mindset)	School Success Skills (Organization, Staying Focused, Accepting Feedback, Planning, Goal Setting, or Growth Mindset)	School Success Skills (Organization, Staying Focused, Accepting Feedback, Planning, Goal Setting, or Growth Mindset)	School Success Skills (Organization, Staying Focused, Accepting Feedback, Planning, Goal Setting, or Growth Mindset)
	School Success Skills (Listening, Following Directions, Paying Attention, Asking for Help, or Growth Mindset)	School Success Skills (Listening, Following Directions, Paying Attention, Asking for Help, or Growth Mindset)	School Success Skills (Listening, Following Directions, Paying Attention, Asking for Help, or Growth Mindset)	School Success Skills (Organization, Staying Focused, Accepting Feedback, Planning, Goal Setting, or Growth Mindset)	School Success Skills (Organization, Staying Focused, Accepting Feedback, Planning, Goal Setting, or Growth Mindset)	School Success Skills (Organization, Staying Focused, Accepting Feedback, Planning, Goal Setting, or Growth Mindset)
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Interpersonal Skills (4 Lessons)	Conflict Resolution: Using Kind Words	Conflict Resolution: Expected vs. Unexpected Behaviors	Conflict Resolution: Size of Problems	Conflict Resolution: I-Statements	Conflict Resolution: Types of Conflict (Rude/Mean/Bullying)	Conflict Resolution: Being an Upstander
	Interpersonal Skills (Personal Space, Sharing & Taking Turns, Tattling vs. Reporting, Being Kind, or Friendship)	Interpersonal Skills (Personal Space, Sharing & Taking Turns, Tattling vs. Reporting, Being Kind, or Friendship)	Interpersonal Skills (Perspective Taking, Problem Solving, Teamwork, Tone of Voice, Empathy, or Apologizing)	Interpersonal Skills (Perspective Taking, Problem Solving, Teamwork, Tone of Voice, Empathy, or Apologizing)	Interpersonal Skills (Teamwork, Problem Solving, Friendship Skills, Effective Communication, Empathy, or Peer Pressure)	Interpersonal Skills (Teamwork, Problem Solving, Friendship Skills, Effective Communication, Empathy, or Peer Pressure)
	Interpersonal Skills (Personal Space, Sharing & Taking Turns, Tattling vs. Reporting, Being Kind, or Friendship)	Interpersonal Skills (Personal Space, Sharing & Taking Turns, Tattling vs. Reporting, Being Kind, or Friendship)	Interpersonal Skills (Perspective Taking, Problem Solving, Teamwork, Tone of Voice, Empathy, or Apologizing)	Interpersonal Skills (Perspective Taking, Problem Solving, Teamwork, Tone of Voice, Empathy, or Apologizing)	Interpersonal Skills (Teamwork, Problem Solving, Friendship Skills, Effective Communication, Empathy, or Peer Pressure)	Interpersonal Skills (Teamwork, Problem Solving, Friendship Skills, Effective Communication, Empathy, or Peer Pressure)
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Personal Skills (4 Lessons)	Identifying Feelings	Understanding Feelings	Expanding Feelings Vocabulary	Dealing with Negative Emotions	Resilience	Dealing with Change & Challenges
	Settling My Body	Using My Senses	Settling Down Strategies	Healthy Personal Skills	Circle of Control	Positive/Negative/Neutral Personal Skills
	Personal Skills (Anger Management, Worries, Settling Down Strategies, or Self-Control)	Personal Skills (Anger Management, Worries, Settling Down Strategies, or Self-Control)	Personal Skills (Exploring Feelings, Anxiety/Worry, Anger Management, Self-Control, Making Safe Choices, or Consequences)	Personal Skills (Exploring Feelings, Anxiety/Worry, Anger Management, Self-Control, Making Safe Choices, or Consequences)	Personal Skills (Decision Making, Self-Control, Stress & Anger Management, Systems of Support, or Self-Advocacy)	Personal Skills (Decision Making, Self-Control, Stress & Anger Management, Systems of Support, or Self-Advocacy)
	Personal Skills (Anger Management, Worries, Settling Down Strategies, or Self-Control)	Personal Skills (Anger Management, Worries, Settling Down Strategies, or Self-Control)	Personal Skills (Exploring Feelings, Anxiety/Worry, Anger Management, Self-Control, Making Safe Choices, or Consequences)	Personal Skills (Exploring Feelings, Anxiety/Worry, Anger Management, Self-Control, Making Safe Choices, or Consequences)	Personal Skills (Decision Making, Self-Control, Stress & Anger Management, Systems of Support, or Self-Advocacy)	Personal Skills (Decision Making, Self-Control, Stress & Anger Management, Systems of Support, or Self-Advocacy)
Core Lessons (4 Lessons)	Introduction to the Counselor	Introduction to the Counselor	Introduction to the Counselor	Introduction to the Counselor	Introduction to the Counselor	Introduction to the Counselor
	Suicide Prevention	Suicide Prevention	Suicide Prevention	Suicide Prevention	Suicide Prevention	Suicide Prevention
	Career Awareness	Career Awareness	Career Exploration	Career Exploration	Career Exploration	Career Exploration
	End-of-Year Transition	End-of-Year Transition	End-of-Year Transition	End-of-Year Transition	End-of-Year Transition	Middle School Transition