

Counseling and Careers/FOCUS 5K/SK

Course Scope and Sequence and Unit Plans

Maple Dale-Indian Hill School District

Date Approved:

Course Name: 5K/SK Counseling and Careers/FOCUS	Time Frame: Full Year/once per week
Grade Level: 5K	Department: Counseling and Careers
Course Overview: Throughout the Kindergarten, the school counselor will be conducting weekly lessons that will encompass the domains of personal/social, academic and careers.	
Units:	Time Frame:
1. Safety/Wellness	4 lessons/Fall
2. Academic Success	5 lessons/Fall
3. Goal Setting/Decision Making	1 lesson/ beginning of year
4. Citizenship	9 lessons/Winter
5. Diversity	1 lesson/ Spring
6. Self Knowledge/Management	10 lessons/Spring
7. Careers	2 lessons/Spring
8. Transitions	1 lesson/ end of year
Primary Resources Used: Second Step , ACT NOW & Mission:Health & Safety Ranger from Children's Hospital, CC SPARK from Career Cruising.	

Unit 1 Title: Safety/Wellness	Time Frame/Month: 4 lessons/Fall
Unit Description: Students will understand and use safety and wellness skills at school and in the community.	
Standards Addressed:	Standards Assessed:

<p>E.1 Apply self-knowledge in the decision-making or goal-setting process</p> <p>F.1 Acquire and demonstrate self-management and responsibility for health-promoting behavior</p>	
<p>Assessment Plan:</p> <ul style="list-style-type: none"> ● Formative: on-going, in class discussion ● Summative: major/minor reports ● Other: 	<p>Resources Used: Yell/Tell website, Boot Camp, Recess Rodeo, Safety Ranger Program (Children's Hospital)</p>
<p>Academic Vocabulary:</p> <ul style="list-style-type: none"> ● "Dragon Way" ● Bucket Filler ● Safety ● Positive Choices 	<p>Opportunities for differentiation (intervention/enrichment):</p>
<p>Learning Plan/Topics:</p>	
Lesson 1:	<p>Learning Target: Acquire and demonstrate self-management and responsibility</p> <p>Instructional Methods Used: Recess Rodeo stations</p>
Lesson 2:	<p>Learning Target: Acquire and demonstrate self-management and responsibility</p> <p>Instructional Methods Used: Bootcamp stations</p>
Lesson 3:	<p>Learning Target: Apply self-knowledge in the decision-making or goal-setting</p> <p>Instructional Methods Used: Yell & Tell website</p>
Lesson 4:	<p>Learning Target: Apply self-knowledge in the decision-making or goal-setting</p> <p>Instructional Methods Used: Safety Ranger program (Children's Hospital)</p>
Lesson 5:	<p>Learning Target: F.1 Acquire and demonstrate self-management and responsibility for health-promoting behavior</p> <p>Instructional Methods Used: <u>No Ordinary Apple</u> by Marlowe</p>

Unit 2 Title: Academic Success	Time Frame/Month: 5 lessons/Fall
<p>Unit Description: Students will acquire the attitudes, knowledge and skills that contribute to successful learning in school.</p>	

Standards Addressed: A.1 Demonstrate an understanding of and responsibility for self as a learner A.2 Acquire the skills for improving effectiveness as a learner A.3 Demonstrate responsibility for achieving school success	Standards Assessed:										
Assessment Plan: <ul style="list-style-type: none"> ● Formative: In class discussions ● Summative: Examinations throughout year ● Other: 	Resources Used: Second Step Curriculum										
Academic Vocabulary: <ul style="list-style-type: none"> ● Learning to listen ● Focus ● Self Talk ● Attention ● Assertive 	Opportunities for differentiation (intervention/enrichment):										
Learning Plan/Topics: <table border="1" data-bbox="203 1182 1427 1701"> <tr> <td data-bbox="203 1182 409 1283">Lesson 1:</td><td data-bbox="409 1182 1427 1283">Learning Target: Acquire the skills for improving effectiveness as a learner Instructional Methods Used: Second Step- Lesson 1 Learning to Listen</td></tr> <tr> <td data-bbox="203 1283 409 1388">Lesson 2:</td><td data-bbox="409 1283 1427 1388">Learning Target: Acquire the skills for improving effectiveness as a learner Methods Used: Second Step-Lesson 2 Focus Attention</td></tr> <tr> <td data-bbox="203 1388 409 1493">Lesson 3:</td><td data-bbox="409 1388 1427 1493">Learning Target: Demonstrate an understanding of and responsibility for self as Instructional Methods Used: Second Step-Lesson 3 Following directions</td></tr> <tr> <td data-bbox="203 1493 409 1598">Lesson 4:</td><td data-bbox="409 1493 1427 1598">Learning Target: Demonstrate an understanding of and responsibility for self as Instructional Methods Used: Second Step-Lesson 4 Self Talk-Stay on task</td></tr> <tr> <td data-bbox="203 1598 409 1701">Lesson 5:</td><td data-bbox="409 1598 1427 1701">Learning Target: Demonstrate responsibility for achieving school success Instructional Methods Used: Second Step-Lesson 5 Being Assertive</td></tr> </table>		Lesson 1:	Learning Target: Acquire the skills for improving effectiveness as a learner Instructional Methods Used: Second Step- Lesson 1 Learning to Listen	Lesson 2:	Learning Target: Acquire the skills for improving effectiveness as a learner Methods Used: Second Step-Lesson 2 Focus Attention	Lesson 3:	Learning Target: Demonstrate an understanding of and responsibility for self as Instructional Methods Used: Second Step-Lesson 3 Following directions	Lesson 4:	Learning Target: Demonstrate an understanding of and responsibility for self as Instructional Methods Used: Second Step-Lesson 4 Self Talk-Stay on task	Lesson 5:	Learning Target: Demonstrate responsibility for achieving school success Instructional Methods Used: Second Step-Lesson 5 Being Assertive
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Unit 3 Title: Goal Setting/Decision Making	Time Frame/Month: 1 lesson/Fall										

Unit Description: Students will demonstrate effective goal setting skills.	
Standards Addressed: A.1 Demonstrate an understanding of and responsibility for self as a learner A.2 Acquire the skills for improving effectiveness as a learner A.3 Demonstrate responsibility for achieving school success	Standards Assessed:
Assessment Plan: <ul style="list-style-type: none"> Formative: Individual learning plan (ILP) Summative: Review of plan Other: 	Resources Used: ILP worksheet to be shared with classroom teacher for review.
Academic Vocabulary: <ul style="list-style-type: none"> Goal setting 	Opportunities for differentiation (intervention/enrichment):
Learning Plan/Topics:	
Lesson 1:	Learning Target: A.1 Demonstrate an understanding of and responsibility for self as a learner A.3 Demonstrate responsibility for achieving school success Instructional Methods Used: Individualized Learning Plan worksheet

Unit 4 Title: Citizenship	Time Frame/Month: 9 lessons/Winter
Unit Description: Students will understand how their behavior impacts personal relationships.	
Standards Addressed:	Standards Assessed:

<p>D.2 Acquire and demonstrate acceptable interpersonal skills as they relate to understanding oneself and others</p> <p>F.1 Acquire and demonstrate self-management and responsibility for health-promoting behavior</p>	
<p>Assessment Plan:</p> <ul style="list-style-type: none"> ● Formative: In class discussion, review ● Summative: majors/minors ● Other: 	<p>Resources Used:</p> <ul style="list-style-type: none"> ● ACT NOW ● 4-step apology powerpoint ● Second Step curr. ● <i>Friends</i> by Rob Lewis ● <i>How to be a Friend</i> by Brown/Brown ● <i>The Way I Feel</i> by Cain
<p>Academic Vocabulary:</p> <ul style="list-style-type: none"> ● Bully ● Bystander ● Instigator ● Tattling vs. Telling ● Respect “Golden Rule” ● Friend 	<p>Opportunities for differentiation (intervention/enrichment):</p>
<p>Learning Plan/Topics:</p>	
<p>Lesson 1:</p>	<p>Learning Target: D.2 Acquire and demonstrate acceptable interpersonal skills as they relate to understanding oneself and others</p> <p>Instructional Methods Used: ACT NOW</p>
<p>Lesson 2:</p>	<p>Learning Target: D.2 Acquire and demonstrate acceptable interpersonal skills as they relate to understanding oneself and others</p> <p>Methods Used: 4 step apology</p>
<p>Lesson 3:</p>	<p>Learning Target: F.1 Acquire and demonstrate self-management and responsibility for health-promoting behavior</p> <p>Instructional Methods Used: Second Step Curr. supplemented with <u>Friends</u> by Rob Lewis</p>
<p>Lesson 4:</p>	<p>Learning Target: F.1 Acquire and demonstrate self-management and responsibility for health-promoting behavior</p> <p>Instructional Methods Used: Second Step Curr. supplemented with <u>How to be a Friend</u> by Brown/Brown</p>

Lesson 5:	Learning Target: F.1 Acquire and demonstrate self-management and responsible health-promoting behavior Instructional Methods Used: Second Step Curr. supplemented with <u>The Way I Feel</u>
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Unit 5 Title: Diversity	Time Frame/Month: 1 lesson/Spring
Unit Description: Students will acquire the knowledge, attitudes and interpersonal skills to understand themselves and appreciate the diverse backgrounds and experiences of others (ongoing).	
Standards Addressed: D.2 Acquire and demonstrate acceptable interpersonal skills as they relate to understanding oneself and others	Standards Assessed:
Assessment Plan: <ul style="list-style-type: none"> ● Formative: In class discussion ● Summative: ● Other: 	Resources Used: Second Step-Accepting Differences
Academic Vocabulary: <ul style="list-style-type: none"> ● Differences ● Empathy 	Opportunities for differentiation (intervention/enrichment):
Learning Plan/Topics:	
Lesson 1:	Learning Target: D.2 Acquire and demonstrate acceptable interpersonal skills as they relate to understanding oneself and others Instructional Methods Used: Second Step-Accepting Differences lesson

Unit 6 Title: Self Knowledge/Management	Time Frame/Month: 10 lessons/ Spring
Unit Description: Students will be able to identify individual strengths and opportunities for growth. Students will also demonstrate responsible behavior and time/task management skills.	

Standards Addressed: D.1 Acquire and demonstrate self-awareness and self-acceptance as they relate to understanding oneself E.1 Apply self-knowledge in the decision-making or goal-setting process	Standards Assessed:
Assessment Plan: <ul style="list-style-type: none"> ● Formative: In class discussion ● Summative: ● Other: 	Resources Used: <ul style="list-style-type: none"> ● Zones of Regulation ● Second Step ● <u>Hands off Harry</u> by Wells ● Things that Bug Me Worksheet ● <u>But it's not my Fault</u> by Cook ● <u>The Tin Forest</u> by Ward
Academic Vocabulary: <ul style="list-style-type: none"> ● Understanding Perspectives ● Feelings ● Compassion ● Emotions 	Opportunities for differentiation (intervention/enrichment):
Learning Plan/Topics:	
Lesson 1:	Learning Target: E.1 Apply self-knowledge in the decision-making or goal-setting process Instructional Methods Used: <u>Hands off Harry</u> by Wells & Second Step principles
Lesson 2:	Learning Target: E.1 Apply self-knowledge in the decision-making or goal-setting process Methods Used: <u>But it's not my Fault</u> by Cook & Second Step principles
Lesson 3:	Learning Target: D.1 Acquire and demonstrate self-awareness and self-acceptance as they relate to understanding oneself Instructional Methods Used: Mission:Health program by Children's Hospital
Lesson 4:	Learning Target: D.1 Acquire and demonstrate self-awareness and self-acceptance as they relate to understanding oneself Instructional Methods Used: Things that Bug me worksheet & Second Step principles
Lesson 5:	Learning Target: D.1 Acquire and demonstrate self-awareness and self-acceptance as they relate to understanding oneself Instructional Methods Used: <u>The Tin Forest</u> by Ward & Second Step principles
Lesson 6-10	Learning Target: D.1 Acquire and demonstrate self-awareness and self-acceptance as they relate to understanding oneself

	Instructional Methods Used: Zones of Regulation
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Unit 7 Title: Career		Time Frame/Month: 2 lessons/Spring	
Unit Description: Students will explore individual strengths and how this relates to careers.			
Standards Addressed: G.1 Develop the ability to make informed career decisions based on self-knowledge G.2 Develop positive interpersonal skills necessary to be effective in the world of work G.3 Integrate personal growth and change into career development H.1 Attain educational achievement and performance levels needed to reach personal and career goals		Standards Assessed:	
Assessment Plan: <ul style="list-style-type: none">● Formative: In class discussion● Summative:● Other:		Resources Used: CCSPARK from Career Cruising	
Academic Vocabulary: <ul style="list-style-type: none">● Career● Self-knowledge● Development		Opportunities for differentiation (intervention/enrichment):	
Learning Plan/Topics:			
Lesson 1:		Learning Target: How does self-knowledge affect and influence career awareness, exploration, and planning? Instructional Methods Used: CCSPARK from Career Cruising	

Unit 8 Title: Transitions		Time Frame/Month: 1 lessons/End of year	
Unit Description: Students will understand the skills necessary to make successful transitions and setting new goals.			
Standards Addressed: H.1 Attain educational achievement and performance levels needed to reach personal and career goals A.1 Demonstrate an understanding of and responsibility for self as a learner A.2 Acquire the skills for improving effectiveness as a learner A.3 Demonstrate responsibility for achieving school success		Standards Assessed:	
Assessment Plan: <ul style="list-style-type: none">● Formative: In class discussion● Summative:● Other:		Resources Used: Fears in a Bucket activity	
Academic Vocabulary: <ul style="list-style-type: none">● Responsibility● Assertive● Behavior Management		Opportunities for differentiation (intervention/enrichment):	
Learning Plan/Topics:			
Lesson 1:	Learning Target: Talk about concerns and answer questions about upcoming grades Instructional Methods Used: Fears in a bucket activity.		