



Curriculum Guide

Department: School Counseling

School: Raymond Elementary School

Grade Level: 3rd

[The Role of the School Counselor](#)

Professional school counselors deliver a comprehensive school counseling program that addresses all students' academic, career, and social/emotional development. School counselors are certified professionals with a minimum of a master's degree in school counseling, making them uniquely qualified to address the developmental needs of all students.

[Maine Department of Education - School Counseling](#)

RSU14 staff use the Maine Department of Education to guide services provided to students and to craft each course of study. The below standards and targets are aligned and are updated when changes are made at the state level

- ❑ [American School Counselor Association \(ASCA\) Student Standards: Mindsets and Behaviors for Student Success](#)

Guiding Principles:

- ❑ A Clear and Effective Communicator
- ❑ A Self-Directed and Lifelong Learner
- ❑ An Integrative and Informed Thinker
- ❑ A Responsible and Involved Citizen
- ❑ An Integrated and Informed Thinker

Units may include:

Meet the Counselor
Character lessons based on [“I-CARE” Rules](#)
Bully prevention
Growth Mindset
Kindness and Empathy
Healthy Friendships
Respecting Differences
Size of the Problem
Tattling vs. Reporting
Personal Boundaries and Body Safety: [Link to Maine Statue](#)
Communication Skills
Conflict Resolution
Perspective Taking
Stress Management
Managing Emotions
Hopes and Dreams
Mindfulness
Transitions
Restorative Practices/Peace Path

Curriculum Materials may include:

Zones of Regulation
Social Thinking Curriculum
I Am Human by Susan Verde
My Secret Bully by Trudy Ludwig
Kindness is my Superpower by Alicia Ortego