



Seventh Grade Classroom Counseling Course Curriculum Guide

Course Name: Classroom Counseling Seventh Grade

Grade Level (s): 7th

Course Description: Lessons are designed to support students' social-emotional learning (SEL) by building essential life skills in a supportive and engaging environment. Through one lesson per month, students will explore topics such as self-awareness, emotional regulation, healthy relationships, responsible decision-making, and effective communication. Lessons are developmentally appropriate, interactive, and aligned with schoolwide expectations, helping students strengthen coping skills, increase empathy, and develop positive strategies for success both in and out of the classroom.

[SDWD Essential Learning Standards](#)
[Wisconsin State Standards Link](#)

Unit Outlines:

Unit Title	Major Topics
Respect & Empathy <u>Key Terms & Vocabulary</u> Humanity, Initiate, Respect, Honesty, Social, Empathy, Sympathy, Aggressive, Assertive, Communication	• Explore the different ways respect is experienced • How respect applies to school settings • Explore the harm of put-downs • Explore the popularity of negativity in our culture • Significance of showing concern for others • Distinguish assertiveness from aggression and passivity
Integrity & Honesty <u>Key Terms & Vocabulary</u> Influence, Values, Honesty, Obstacle	• How values guide actions and decisions • What honesty looks like, feels like, sounds like • Obstacles to practicing honesty
Compromise & Conflict <u>Key Terms & Vocabulary</u> Compromise, Conflict, Assertiveness, Empathy, Conflict Resolution	• Creating solutions for situations that require compromise • Strategies to prevent conflicts from worsening • Approaches to handle conflicts
Emotions <u>Key Terms & Vocabulary</u> Emotion, Intensity, Scenario, Strategy, Grounding	• Learn about the brain and its role in emotions • Learn how to name emotions and determine their intensity • Learn emotional regulation strategies

Suicide Prevention: Analyzing Influences on Mental & Emotional Health <u>Key Terms & Vocabulary</u> Influence, Mental Health, Brain Development, Emotions, Media, Technology, Bullying, Harassment, Stereotyping, Bias, Prejudice, Discrimination, Stigma	● Explain how internal and external factors can influence mental health ● Describe how stigma impacts mental health and help seeking ● Locate and access trusted adults and resources that can help when someone is at risk of harming self or others ● Describe how stereotyping, bullying, harassment, bias, prejudice, and discrimination can impact mental and emotional health ● Identify warning signs when a person may be at risk for harming themselves or others and may need help
Growth Mindset & Well-Being <u>Key Terms & Vocabulary</u> Growth Mindset, Potential, Respect, Actions, Community, Well-Being	● Reframe what it means to fail ● Reflect on previous failures and what can be learned ● Learn the 3 elements of well-being
Academic & Career Planning <u>Key Terms & Vocabulary</u> Pathway, College, University, Admissions, FAFSA, Transcript, Tuition, SAT, ACT, GPA	● Learn about careers in various fields, including, but not limited to: ○ Health Science ○ Sports ○ Arts & Design ○ General Pathways ○ Forestry ○ Banking & Finance ○ Law & Criminology ○ STEM ○ Military ○ Trades

Textbook/Other Resources:

- [CharacterStrong Curriculum](#)
- [Wisconsin DPI: Youth Suicide Prevention Curriculum](#)
- Academic & Career Planning Activities
- Hope House Presentations (various)
- Xello