

School Counseling PK-12 Framework

[RSU 13 Curriculum Resource Alignment Document](#)

Star (*) represents the grade level the skill is instructed

Mindsets	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being								*	*	*				
M2: Self-confidence in ability to* succeed		*	*	*	*	*	*	*	*	*				
M3: Sense of belonging in the school environment		*	*	*	*	*	*	*	*	*				
M4: Understanding that postsecondary education and life-long learning are necessary for long-term career success								*	*	*				
M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes		*	*	*	*	*	*	*	*	*				
M6: Positive attitude toward work and learning		*	*	*	*	*	*	*	*	*				

Behavior Standards

Learning Strategies	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
B-LS 1: Demonstrate critical-thinking skills to make informed decisions		*	*	*	*	*	*	*	*	*				
B-LS 2: Demonstrate creativity								*	*	*				
B-LS 3: Use time-management, organizational and study skills								*	*	*				
B-LS 4: Apply self-motivation and self- direction to learning		*	*	*	*	*	*	*	*	*				
B-LS 5: Apply media and technology skills								*	*	*				

Learning Strategies Continued	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
B-LS 6: Set high standards of quality								*	*	*				
B-LS 7: Identify long- and short-term academic, career and social/emotional goals				*	*	*	*	*	*	*				
B-LS 8: Actively engage in challenging coursework								*	*	*				
B-LS 9: Gather evidence and consider multiple perspectives to make informed decisions		*	*	*	*	*	*	*	*	*				
B-LS 10: Participate in enrichment and extracurricular activities		*	*	*	*	*	*	*	*	*				

Self-Management Skills	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
B-SMS 1: Demonstrate ability to assume responsibility		*	*	*	*	*	*	*	*	*				
B-SMS 2: Demonstrate self-discipline and self-control		*	*	*	*	*	*	*	*	*				
B-SMS 3: Demonstrate ability to work independently		*	*	*	*	*	*	*	*	*				
B-SMS 4: Demonstrate ability to delay immediate gratification for long-term rewards		*	*	*	*			*	*	*				
B-SMS 5: Demonstrate perseverance to achieve long- and short-term goals		*	*	*	*	*	*	*	*	*				
B-SMS 6: Demonstrate ability to overcome barriers to learning		*	*	*	*	*	*	*	*	*				
B-SMS 7: Demonstrate effective coping skills when faced with a problem		*	*	*	*	*	*	*	*	*				
B-SMS 8: Demonstrate the ability to balance school, home and community activities								*	*	*				

Self-Management Skills Continued	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
B-SMS 9: Demonstrate personal safety skills		*	*	*	*	*	*	*	*	*				
B-SMS 10: Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities								*	*	*				

Social Skills	PK	K	1	2	3	4	5	6	7	8	9	10	11	12
B-SS 1: Use effective oral and written communication skills and listening skills		*	*	*	*	*	*	*	*	*				
B-SS 2: Create positive and supportive relationships with other students		*	*	*	*	*	*	*	*	*				
B-SS 3: Create relationships with adults that support success		*	*	*	*	*	*	*	*	*				
B-SS 4: Demonstrate empathy		*	*	*	*	*	*	*	*	*				
B-SS 5: Demonstrate ethical decision- making and social responsibility		*	*	*	*	*	*	*	*	*				
B-SS 6: Use effective collaboration and cooperation skills		*	*	*	*	*	*	*	*	*				
B-SS 7: Use leadership and teamwork skills to work effectively in diverse teams								*	*	*				
B-SS 8: Demonstrate advocacy skills and ability to assert self, when necessary		*	*	*	*	*	*	*	*	*				
B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment		*	*	*	*	*	*	*	*	*				

School counselors use the [Classroom and Group Mindsets and Behavior Action Plan](#) (click here for a template)