

Russell McDowell Intermediate School

5th GRADE SCHOOL COUNSELING SCHOOL-WIDE CORE CURRICULUM ACTION PLAN 2025-2026

1. **Attendance:** I will reduce at-risk students (students who missed 7+ days of school in the previous year) by 45 percent during the 2025-2026 school year through providing targeted interventions.
2. **Academic:** By October 2025, the number of 3rd-5th grade students scoring novice on the K-PREP test in reading will decrease by 12%.
3. **Personal:** 80% of students in grades 3rd-5th will end the 2025-2026 school year with 0 office referrals due to behavior. Those students that received 2 or more office referrals will decrease by at least 10% for the 2025-2026 school year.

***Mindfulness will be taught school-wide and in Counseling Classes throughout the year.**

| GRADE LEVEL: 5th | | SCHEDULE: Weekly -***During D.A.R.E. counseling will be weekly for 10 weeks | | | | | |
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| Topic/ Unit | ASCA Domain/ Mindsets & Behaviors Standard(s) | Lesson Plan Titles/Objectives | Projected Time (Which Dates or Week of Month) | Curriculum and Materials | Process Data— # Students Impacted | | Outcome Data (Achievement, Attendance, Behavior) |
| Introduction to Counseling/ Respect | Academic MS: 3, 5 BLS: 3,4 BSM: 1, 3 BSS: 3 | Rules and Procedures | August | School Counselor Generated Lesson | All 5th grade | Students will understand what counseling will look like. | Achievement |
| | | Respect | August | Character Strong | All 5th grade | Students will be able to define and explain respect | Behavior |
| D.A.R.E. | Academic MS: 3, 5 BLS: 3,4 BSM: 1, 3 BSS: 3 Personal: PS:A2.1, PS:A2.2 PS:A2.3 | D.A.R.E. | September | School Resource Officer Lessons/Collaboration with Counselor | All 5th grade | Students will work through their D.A.R.E. workout with Officer Tackett. | Behavior |

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| D.A.R.E. | Social and Emotional: PS: A1. 6, PS:A2. 8, PS: A2, B SS.9 | D.A.R.E. | October | School Resource Officer Lessons/Collaboration with Counselor | All 5th grade | Students will work through their D.A.R.E. workout with Officer Tackett. | Behavior |
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| D.A.R.E. | Personal: PS:A1, PS:B1, PS:C1 | D.A.R.E. | November | School Resource Officer Lessons/Collaboration with Counselor | All 5th grade | Students will learn about what drugs are. | Behavior, achievement |
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| Topic/ Unit | ASCA Domain/ Mindsets & Behaviors Standards | Lesson Plan Topics | Projected Time (Which Dates or Week of Month) | Curriculum and Materials | Process Data— # Students Impacted | Perception Data (A, S, K) | Outcome Data (Achievement, Attendance, Behavior) |
|-----------------------------------|--|---|--|--------------------------|--------------------------------------|---|---|
| Gratitude/ Mindfulness | Academic: A:A1.1, A:A2.2, A:A3.1, Personal: PS:A1: 5, | Gratitude | December | Character Strong | All 5th grade | Students will explore gratitude and what they are grateful for. | Behavior |
| | | Define feelings | December | Counselor generated | All 5th grade | Students will determine what causes feelings. | Behavior |
| | | What are warning signs when we are feeling: sad, angry, mad, happy, excited, upset, etc.? | December | Too Good for Drugs | All 5th grade | Students will be able to identify signs of feelings/emotions | Behavior |
| | | Controlling emotions | December | Too Good for Drugs | All 5th grade | Students will learn ways to control emotions. | Behavior |
| | | Mindfulness | *December | MindUp | All 5th grade | Students will explore why we feel the way we feel and learn control/relaxation tech. | Behavior |
| | | Mindfulness-connected to gratitude | December | MindUp/Character strong | All 5th grade | Students will connect emotion to gratitude and be aware of the feeling they feel when | Behavior |

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| | | | | | | grateful. | |
| Perseverance (Goal Setting) | Academic: A:B2.1, A:B2.4, A:B2.6, A: B2:2, | What is a goal? | January | Counselor generated | All 5th grade | Students will be able to identify goals. | Achievement , attendance, and behavior |
| | | Goal Setting Model -Perseverance | January | Counselor generated | All 5th grade | Students will learn steps of the goal setting model. Students will focus on perseverance. | Achievement , attendance, and behavior |

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| Academic: A:B2.1, A:B2.4, A:B2.6, A: B2:2, | What is a goal? | January | Counselor generated | All 5th grade | Students will be able to identify goals. | Achievement, attendance, and behavior |
| | Goal Setting Model -Persevera nce | January | Counselor generated | All 5th grade | Students will learn steps of the goal setting model. Students will focus on perseverance. | Achievement, attendance, and behavior |
| | Setting personal Goals | January | Counselor Generated | All 5th grade | Students will set a personal goal. | Achievement, attendance, and behavior |
| | Steps to achieve a goal-Perse verance | January | Character Strong | All 5th grade | Students will identify what they need to do to meet the goal. | Achievement, attendance, and behavior |
| | Celebrate success | January | Counselor Generated | All 5th grade | Students will learn how to celebrate when they meet their goal. | Achievement, attendance, and behavior |
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| Courage/ EI | Personal: PS:A2.1, PS:A2.5., PS:A2.4., PS:A2.2, | What is courage | February | Character Strong | All 5th grade | Students will be able to define courage | Behavior |
| | | Exploration of people in history that showed courage | February | Character Strong | All 5th grade | Students will be able to explain how individuals showed courage | Behavior |
| | | Building Courage inside ourselves | February | Character Strong | All 5th grade | Students will be able to learn about self and | Behavior, achievement |

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| | | | | | | development of courage. | |
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| Cooperation-Internet Safety | Social and Emotional: B-LS.1, B-SMS 7, B-SS.2, B-SS-6 | What happens when a problem comes up? | March | Counselor Generated | All 5th grade | Students will think about problems and explore how they reacted. | Behavior |
| | | How does cooperation look? | March | Character Strong | All 5th grade | Students will explore appropriate reactions to peers. | Behavior |
| | | What do we do when a problem presents itself in a group? | March | Counselor Generated/ Character Strong | All 5th grade | Students will learn ways to cope with problems. What can they control and what can't be controlled. | Behavior |
| | | How can you stay safe online? | March | Counselor generated | All 5th grade | Students will learn strategies to stay safe online? | Behavior |

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| Creativity/Diversity | Personal: PS:A2.1, PS:A2.5., PS:A2.4., PS:A2.2, | What is creativity? | April | Character Strong | All 5th grade | Students will be able to define creativity. | Personal/social |
| | | What is diversity? | April | Counselor generated | All 5 rd grade | Students will be able to define diversity. | Personal/social |
| | | How do we learn about other cultures? | April | Counselor generated | All 5th grade | Students will be able to explore other cultures and people with different abilities. | Personal/social |
| | | How can we build friendships from someone different than ourselves? | April | Counselor generated | All 5th grade | Students will develop a plan. | Personal/social |

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| Career Exploration/Honesty | Career: C:A1. C:A2, C:B1, C:C1, C:C2 | Explore Careers | May | Counselor generated | All 5th grade | Students will be able to define careers and identify careers. | Achievement, attendance |
| | | Interest Inventory | May | Counselor | All 5th | Students will be | Achievement, |

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| | | | | generated | grade | able to complete an interest inventory. | attendance |
| | | Explore what goals/etc. need to be developed for career | May | Counselor generated | All 5th grade | Students will be able to explore goals. | Achievement, attendance |
| | | Goal setting: what can you do now for your career choice? | May | Counselor generated | All 5th grade | Students will develop a plan. | Achievement, attendance |
| | | Define honesty | May | Character Strong | All 5th grade | Students will define honesty and provide ways he/she can be honest even when it is hard | Personal/Social |
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| Transition To Middle School | Social and Emotional: B-LS.1, B-SMS 7, B-SS.2, B-SS-6 | Middle School review of rules and expectations | May | Counselor Generated | All 5th grade | Students will review the student handbook from RMS. | Behavior |
| | | Review expectations and what the schedule looks like at RMS. | May | Counselor Generated | All 5th grade | Students will explore expectations and schedule options. | Behavior |
| | | How to use a combination | May | Combination practice counselor generated | All 5th grade | Students will practice opening a combination lock. | Behavior |