

Russell McDowell Intermediate School

3rd GRADE SCHOOL COUNSELING SCHOOL-WIDE CORE CURRICULUM PLAN 2025-2026

1. **Attendance:** I will reduce at-risk students (students who missed 7+ days of school in the previous year) by 55% during the 2025-2026 school year through providing targeted interventions.
2. **Academic:** By October 2026, 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: 3 rd		SCHEDULE: weekly counseling (whole group).					
Topic/ Unit	ASCA Domain/ <u>Mindsets & Behaviors</u> 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	Academic MS: 3, 5 BLS: 3,4 BSM: 1, 3 BSS: 3	Meet your counselor	August	School Counselor Generated Lesson	All 3 rd grade	Students will understand what counseling will look like.	Achievement
		Rules and Procedures	August	School Counselor Generated Lesson	All 3 rd grade	Students will be able to identify and follow the rules and procedures	Behavior
Respect and Responsibility	Academic MS: 3, 5 BLS: 3,4 BSM: 1, 3 BSS: 3	What is Respect? 3R's	August	Character Strong	All 3 rd grade	Students will be able to define respect.	Behavior
		What is Responsibility? 3R's	September	Character Strong	All 3 rd grade	Students will be able to define responsibility.	Attendance, behavior, achievement
	Personal: PS:A2.1, PS:A2.2 PS:A2.3	How can we show respect? 3R's	August	Character Strong	All 3 rd grade	Students will be able to show respect.	Behavior
		How can we show responsibility? 3R's	September	Character Strong	All 3 rd grade	Students will be able to show responsibility.	Attendance, behavior, achievement

		*Too Good for Drugs Intro	September	Too Good for Drugs	All 3rd grade	Students will learn about medication safety and the effect of tobacco.	Behavior and achievement
Bullying/ Empathy	Social and Emotional: PS: A1. 6, PS:A2. 8, PS: A2, B SS.9	What is bullying?	October	Counselor generated	All 3 rd grade	Students will explore what bullying is.	Behavior
		What is an up-stander, bystander?	October	Counselor generated	All 3 rd grade	Students will determine what an up-stander and bystander are.	Behavior
		Different types of bullying	October	Counselor Generated	All 3 rd grade	Students will be able to identify different types of bullying	Behavior
		How to respond to bullying. Empathy	October	Counselor Generated	All 3 rd grade	Students will learn how to respond to bullying. Define Empathy.	Behavior
		Cyberbullying introduction	October	Counselor Generated	All 3rd grade	Students will explore what cyberbullying is.	Behavior
		What is peer pressure?	October	Counselor Generated	All 3rd grade	Students will learn about peer pressure.	Behavior, achievement

Kindness	Personal: PS:A1, PS:B1, PS:C1	What is kindness? How can we show kindness?	November	Character Strong	All 3 rd grade	Students will learn about kindness.	Behavior, achievement
		What can you do if you see someone not being kind?	November	Character Strong	All 3 rd grade	Students learn proper response to unkind behavior.	Behavior, achievement
		Kindness	November	Character Strong	All 3 rd grade	Define ways to show kindness	Behavior, achievement
		What is mindfulness?	November	MindUp	All 3rd Grade	Define mindfulness, and use examples of mindfulness.	Behavior, achievement

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- Continued....	Academic: A:A1.1, A:A2.2, A:A3.1, Personal: PS:A1: 5,	Gratitude	December	Character Strong	All 3 rd grade	Students will explore gratitude and what they are grateful for.	Behavior
		Define feelings	December	Counselor generated	All 3 rd grade	Students will determine what causes feelings.	Behavior
		What are warning signs when we are feeling: sad, angry, mad, happy, excited, upset, etc.?	December	Counselor Generated	All 3 rd grade	Students will be able to identify signs of feelings/emotions	Behavior
		Controlling emotions	December	Counselor Generated	All 3 rd grade	Students will learn ways to control emotions.	Behavior
		Mindfulness	*December	MindUp	All 3 rd 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 3 rd grade	Students will connect emotion to gratitude and be aware of the feeling they feel when grateful.	Behavior
Perseverance (Goal Setting)	Academic: A:B2.1, A:B2.4, A:B2.6, A: B2:2,	What is a goal?	January	Counselor generated	All 3 rd grade	Students will be able to identify goals.	Achievement , attendance, and behavior
		Goal Setting Model -Perseverance	January	Counselor generated	All 3 rd 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 3 rd grade	Students will set a personal goal.	Achievement , attendance, and behavior

		Steps to achieve a goal-Perseverance	January	Character Strong	All 3 rd grade	Students will identify what they need to do to meet the goal.	Achievement , attendance, and behavior
		Celebrate success	January	Counselor Generated	All 3 rd grade	Students will learn how to celebrate when they meet their goal.	Achievement , attendance, and behavior
Courage	Personal: PS:A2.1, PS:A2.5., PS:A2.4., PS:A2.2,	What is courage	February	Character Strong	All 3 rd grade	Students will be able to define courage	Behavior
		Exploration of people in history that showed courage	February	Character Strong	All 3 rd grade	Students will be able to explain how individuals showed courage	Behavior
		Building Courage inside ourselves	February	Character Strong	All 3 rd grade	Students will be able to learn about self and development of courage.	Behavior, achievement

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 3 rd grade	Students will think about problems and explore how they reacted.	Behavior
		How does cooperation look?	March	Character Strong	All 3 rd 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 3 rd grade	Students will learn ways to cope with problems. What can they control and what can't be controlled.	Behavior
		How do we solve our problems in groups?	March	Counselor generated	All 3 rd grade	Students will learn strategies to solve problems with a team..	Behavior

What are ways you can stay safe	March	Counselor	All 3 rd grade	Students will learn	Behavior
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online?		Generated		ways to stay safe online	
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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 3 rd grade	Students will be able to define creativity.	Personal/social
		What is diversity?	April	Counselor generated	All 3 rd grade	Students will be able to define diversity.	Personal/social
		How do we learn about other cultures?	April	Counselor generated	All 3 rd 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 3 rd grade	Students will develop a plan.	Personal/social

Career Exploration/ Honesty	Career: C:A1. C:A2, C:B1, C:C1, C:C2	Explore Careers	May	Counselor generated	All 3 rd grade	Students will be able to define careers and identify careers.	Achievement, attendance
		Interest Inventory	May	Counselor generated	All 3 rd grade	Students will be able to complete an interest inventory.	Achievement, attendance
		Explore what goals/etc. need to be developed for career	May	Counselor generated	All 3 rd 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 3 rd grade	Students will develop a plan.	Achievement, attendance
		Define honesty	May	Character Strong	All 3 rd grade	Students will define honesty and provide ways he/she can be honest even when it is hard	Personal/Social