

**DIOCESE OF DES MOINES
SCHOOL COUNSELING
Grade-Level Expectations
Grades K-1-2**

ACADEMIC DEVELOPMENT

STANDARD 1: **The student will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.**

The student will/can....

Benchmark K-2. Guide/AD.S1.B1:	Identify attitudes and behaviors that lead to successful learning.	
	Gr. K:	Demonstrate good listening skills.
	Gr. 1:	Identify positive work habits.
	Gr. 2:	Articulate positive work habits and explain their importance.

Benchmark K-2. Guide/AD.S1.B2:	Use communication skills to know when and how to ask for help when needed.	
	Gr. K:	Identify appropriate ways to ask for help.
	Gr. 1:	Role play ways to ask for help.
	Gr. 2:	Identify appropriate ways to ask for help in a variety of situations.

Benchmark K-2. Guide/AD.S1.B3:	Demonstrates the ability to work independently.	
	Gr. K:	Understand that self-talk can help students avoid distractions, focus attention and work independently.
	Gr. 1:	Identify common phrases of self talk to help avoid distractions, focus attention and work independently.
	Gr. 2:	Identify situations in which self-talk can be helpful for school success.

Benchmark K-2. Guide/AD.S1.B4:	Demonstrate the ability to work cooperatively with other students.	
	Gr. K:	Demonstrate taking turns, sharing materials and respecting personal space.
	Gr. 1:	Demonstrates active listening skills and provides respectful responses.
	Gr. 2:	Show respect for others' ideas and personal space when working with others.

CAREER DEVELOPMENT

STANDARD 1: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions

The student will/can....

Benchmark K-2. Guide/CD.S1.B1:	Describe how work is important and what skills are needed in a variety of occupational settings.	
	Gr. K:	Define work and name various types of work.
	Gr. 1:	Explain why different types of occupations are important to the community.
	Gr. 2:	Identify different types of skills used in the world of work.

PERSONAL/SOCIAL DEVELOPMENT

STANDARD 1: The student will develop interpersonal skills that help him/her understand personal relationships.

The student will/can....

Benchmark K-2. Guide/PSD.S1.B1:	Describe positive characteristics about self and others.	
	Gr. K:	Identify 3 positive personal characteristics of self.
	Gr. 1:	Describe positive characteristics of self and others.
	Gr. 2:	Differentiate between positive and negative personal characteristics

Benchmark K-2. Guide/PSD.S1.B2:	Demonstrates and describe positive social skills.	
	Gr. K:	Name 3 qualities that make a good friend.
	Gr. 1:	Role plays appropriate behaviors in getting along with others.
	Gr. 2:	Describe how personal behavior influences the feelings and actions of others.

Benchmark K-2. Guide/PSD.S1.B3:	Identify how people are unique and demonstrate respect for difference.	
	Gr. K:	Recognize physical and observable difference in others.
	Gr. 1:	Name and discuss individual differences that are not physical.

	Gr. 2:	Role-play ways to show respect for differences (cultures, religions, abilities, etc.).
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Benchmark K-2. Guide/PSD.S1.B4:	Demonstrate skills in problem solving with peers and adults and the importance of forgiveness.	
	Gr. K:	<ul style="list-style-type: none"> Understand the meaning of forgiveness and practice saying, "I'm sorry." Identify problem-solving steps.
	Gr. 1:	<ul style="list-style-type: none"> Name situations where one would need to forgive others. Recall and practice problem-solving steps. Recognize situations that require the use of problem-solving steps.
	Gr. 2:	<ul style="list-style-type: none"> Role plays positive ways to solve problems, including appropriate time to ask for or receive forgiveness.

Benchmark K-2. Guide/PSD.S1.B5:	Explore and identify personal feelings and appropriate ways to express them.	
	Gr. K:	Identify a variety of feelings.
	Gr. 1:	Recognize feelings of self and others through facial expressions and body language.
	Gr. 2:	Model appropriate actions and behaviors to express feelings.

PERSONAL/SOCIAL DEVELOPMENT

STANDARD 2: The student will understand safety and survival skills.

The student will/can....

Benchmark K-2. Guide/PSD.S2.B1:	Describe ways to meet personal safety needs (i.e. physical, emotional, technology).	
	Gr. K:	<ul style="list-style-type: none"> Identify the importance of safety and why safety rules are needed. Illustrate 3 ways to stay safe. Recognize the difference between safe and unsafe choices in given situations.
	Gr. 1:	Demonstrate appropriate safety choices in given situations.
	Gr. 2:	Identify the possible consequences of choosing not to follow safety rules.

Benchmark K-2. Guide/PSD.S2.B2:	Learn about the dangers of the use of various substances.	
	Gr. K:	Identify between healthy and unhealthy choices.
	Gr. 1:	Identify the importance of making healthy choices.
	Gr. 2:	Articulate the differences between safe drugs/medicine and unsafe drugs/medicine.

Benchmark K-2. Guide/PSD.S1.B3:	Contribute to a bully-free school environment.	
	Gr. K:	Know the difference between tattling and reporting (asking for help)
	Gr. 1:	Define bullying and identify strategies help yourself and others
	Gr. 2:	Know and recognize bullying behaviors in self and others

**DIOCESE OF DES MOINES
SCHOOL COUNSELING
Grade-Level Expectations
Grades 3-4-5**

ACADEMIC DEVELOPMENT

STANDARD 1: **The student will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.**

The student will/can....

Benchmark 3-5. Guide/AD.S1.B1:	Demonstrate effective academic and study skills in school and at home.	
	Gr. 3:	Demonstrates the ability to follow written and oral directions.
	Gr. 4:	Describe good homework habits, such as organization of time and materials.
	Gr. 5:	Demonstrate the ability to prioritize tasks and show how to organize time and materials for home and school

CAREER DEVELOPMENT

STANDARD 1: **Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions**

The student will/can....

Benchmark 3-5. Guide/CD.S1.B1:	Describe how learning and skills relate to various life choices and occupations.	
	G 3:	Explain specific skills necessary for various occupations
	Gr 4:	State how school learning relates to specific occupations or life choices
	Gr. 5:	Connects personal skills and abilities to possible future careers.

PERSONAL/SOCIAL DEVELOPMENT

STANDARD 1: The student will develop interpersonal skills that help him/her understand personal relationships.

The student will/can....

Benchmark 3-5. Guide/PSD.S1.B1:	Recognize personal strengths and areas for growth and their impact on self-concept.	
	Gr. 3:	List 3 personal strengths and 3 areas for growth.
	Gr. 4:	Define self-concept and the factors that contribute to a person's self concept.
	Gr. 5:	Explain how self concept affects one's actions and behaviors.

Benchmark 3-5. Guide/PSD.S1.B2:	Describe and demonstrate how personal behavior can influence the feelings and actions of others.	
	Gr. 3:	Describe how personal behavior could influence the actions of others.
	Gr. 4:	Infer and describe the feelings of others based on one's actions and behavior.
	Gr. 5:	Define and describe ways to build empathy.

Benchmark 3-5. Guide/PSD.S1.B3:	Demonstrate skills in resolving conflicts and problem solving with peers and adults and the importance of forgiveness.	
	Gr. 3:	List the steps of effective problem solving
	Gr. 4:	Role-play and practice conflict resolution strategies, emphasizing the importance of forgiveness in maintaining friendships
	Gr. 5:	Evaluate and adjust problem solving and conflict resolution strategies from student's personal experiences.

Benchmark 3-5. Guide/PSD.S1.B4:	Demonstrate awareness and acceptance of different cultures, faiths, lifestyles, attitudes, and abilities.	
	Gr. 3:	Identify one's personal culture, faith, and abilities
	Gr. 4:	Explain the importance of showing respect for differences
	Gr. 5:	Demonstrate ways to show acceptance and respect for differences

Benchmark 3-5. Guide/PSD.S1.B5:	Demonstrate knowledge of concepts of human growth and development as it relates to Catholic teaching.	
	Gr. 3:	Explain healthy ways to care for our changing bodies as God's gift to us.
	Gr. 4:	Understand the ways in which each gender (individually) will change physically and emotionally as we grow.
	Gr. 5:	Understand some of the ways in which both genders will change physically and emotionally as we grow.

Benchmark 3-5. Guide/PSD.S1.B:6	Contribute to a bully-free school environment	
	Gr. 3:	Describe the difference between conflict and bullying and give examples of types of bullying
	Gr. 4:	Define the three roles and responsibilities: Bully, bystander and target
	Gr. 5:	Identify and explain a variety of strategies to use in bullying situations

PERSONAL/SOCIAL DEVELOPMENT

STANDARD 2: The student will understand safety and survival skills.
 The student will/can....

Benchmark 3-5. Guide/PSD.S2.B1:	Acquire personal safety skills	
	Gr. 3:	Discuss potential dangerous situations (stranger awareness, good touch-bad touch, fire, lost, internet, etc)
	Gr. 4:	Create a personal safety plan addressing potential dangerous situations
	Gr. 5:	Evaluate the effectiveness of various safety plans

Benchmark 3-5. Guide/PSD.S2.B2:	Demonstrate appropriate strategies and behaviors in response to peer pressure.	
	Gr. 3:	Define peer pressure and distinguish between negative and positive peer pressures.
	Gr. 4:	Role-play and practice appropriate strategies and behavior in responses to negative peer pressure.
	Gr. 5:	Discuss and Evaluate how peer groups influence our actions.

Benchmark 3-5. Guide/PSD.S2.B3:	Learn about the emotional and physical dangers of substance use and abuse.	
	Gr. 3:	Identify physical dangers of legal drugs (tobacco and alcohol.)
	Gr. 4:	Identify physical dangers of illegal drugs and prescription medications.
	Gr. 5:	Identify the physical, emotional, and legal dangers of substance use and abuse.

**DIOCESE OF DES MOINES
SCHOOL COUNSELING
Grade-Level Expectations
Gr 6-7-8**

ACADEMIC DEVELOPMENT

STANDARD 1: **The student will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.**

The student will/can....

Benchmark 6-8. Guide/AD.S1.B1:	Explain how continued learning and school courses enhance the ability to achieve goals.	
	Gr. 6:	Identify steps of achieving goals.
	Gr. 7:	Explain the relationship between classroom performance and the achievement of goals.
	Gr. 8:	Create personal goals that integrate student interests and abilities

Benchmark 6-8. Guide/AD.S1.B2:	Demonstrate effective study skills.	
	Gr. 6:	Identify effective study and test-taking skills.
	Gr. 7:	Evaluate the effectiveness of their personal study skills
	Gr. 8:	Demonstrate effective study skills based on student learning style.

CAREER DEVELOPMENT

STANDARD 1: **Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions**

The student will/can...

Benchmark 6-8. Guide/CD.S1.B1:	Develop career awareness	
	Gr. 6:	Understand career clusters and various career paths associated with those clusters to include non-traditional, self-employment, volunteerism and religious vocations.
	Gr. 7:	Recognize personal abilities, skills and interests and how they relate to the career clusters
	Gr. 8:	Match students' abilities, interests, and talents to various occupations and how it fulfills a purpose in one's life.

Benchmark 6-8. Guide/CD.S1.B2:	Develop employment readiness	
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	Gr. 6:	Understand the importance of a positive attitude toward work and learning
	Gr. 7:	Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace.
	Gr. 8:	Evaluate individual employment readiness skills

PERSONAL/SOCIAL DEVELOPMENT

STANDARD 1: The student will develop interpersonal skills that help him/her understand personal relationships.

The student will/can....

Benchmark 6-8. Guide/PSD.S1.B1:	Evaluate societal influences on attitudes, behaviors, and personal potential.	
	Gr. 6:	Identify various influences on attitudes, behaviors and personal potential.
	Gr. 7:	Discuss societal influences on personal attitudes, behaviors, and personal potential.
	Gr. 8:	Name positive and negative societal influences on attitudes, behaviors, and personal potential.

Benchmark 6-8. Guide/PSD.S1.B2:	Demonstrate respect and acceptance of different cultures, faiths, lifestyles and abilities.	
	Gr. 6:	Explore and learn about a variety of cultures, faiths, lifestyles, disabilities and abilities
	Gr. 7:	Compare and contrast different cultures, faiths, and lifestyles.
	Gr. 8:	Demonstrate respect for diversity and how all work to improve our society.

Benchmark 6-8. Guide/PSD.S1.B3:	Demonstrate knowledge of concepts of human growth and development as it relates to Catholic teaching.	
	Gr. 6:	Discuss the importance of respect for the human body and life as God's creation.
	Gr. 7:	Identify the concepts of human sexuality, including reproduction, sexually transmitted diseases, and pregnancy.
	Gr. 8:	Connect human growth and sexuality as they relate to morality and Catholic teaching.

PERSONAL/SOCIAL DEVELOPMENT

STANDARD 2: The student will understand safety and survival skills.

The student will/can....

Benchmark 6-8. Guide/PSD.S2.B1:	Acquire personal safety skills (stranger awareness, babysitting, riding in cars, internet, healthy relationships, etc)	
	Gr. 6:	<ul style="list-style-type: none"> ● Discuss potential dangerous situations ● Recognize the difference between safe and unsafe choices in given situations.
	Gr. 7:	Demonstrate appropriate safety choices in given situations and identify the possible consequences of choosing not to follow safety rules.
	Gr. 8:	Demonstrate the ability to assert boundaries, rights, and personal privacy.

Benchmark 6-8. Guide/PSD.S2.B2:	Recognize signs of stress and learn and practice coping strategies.	
	Gr. 6:	Recognize stressors in own life and list various coping strategies.
	Gr. 7:	Identify physical and emotional symptoms of stress and recognize how one reacts to and deals with stress.
	Gr. 8:	Develop a personal stress-management plan

Benchmark 6-8. Guide/PSD.S2.B3:	Learn about the life long dangers of substance use and abuse.	
	Gr. 6:	Explore the influence of multimedia sources on substance use and abuse (TV, music videos, video games)
	Gr. 7:	Identify the legal consequences of substance use and abuse.
	Gr. 8:	Analyze how substance use and abuse can affect all aspects of life (relationships, career path, health and goals).

Benchmark 6-8. Guide/PSD.S2.B4:	Contribute to a bully-free school environment	
	Gr. 6:	Identify different types of bullying and harassment (physical, verbal, emotional, relational, cyber) and strategies to successfully deal with bullying and harassment issues
	Gr. 7:	Recognize the various roles and their effect o school climate
	Gr. 8:	Demonstrate effective ways to impact a positive school climate

