

PETERS TOWNSHIP SCHOOL DISTRICT
CORE BODY OF KNOWLEDGE (CBK)

SCHOOL COUNSELING

1st Grade

For each of the sections that follow, students may be required to understand, apply, analyze, evaluate or create the particular concepts being taught.

COURSE DESCRIPTION

The Peters Township School Counseling Program promotes and enhances the learning process for all students through an integration of Academic, Personal/Social and Career Development. Key areas of focus include assisting students to acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span.

STUDY SKILLS

- Acquire self knowledge to distinguish between appropriate and inappropriate behaviors.
- Demonstrate appropriate behavior in a group.
- Academic goal-setting.
- Personal goal-setting.

MAJOR UNIT THEMES:

1. ACADEMIC DEVELOPMENT

- Develop a positive interest in learning.
- Accept mistakes.
- Take responsibility for their actions.
- Learn to listen and ask for help.
- Develop confidence to try new things.
- Demonstrate the relationship between interests and future work.
- Understand that balance between many interests, skills, and activities.
- Understand the value of life-long learning is essential to achieving life's goals.

2. PERSONAL/SOCIAL DEVELOPMENT

- Learn how to make and keep friends.
- Recognize, accept, respect, and appreciate individual differences.
- Identify and express feelings.
- Practice effective communication.
- Learn calming down strategies.
- Everyone has rights and responsibilities.

3. CAREER DEVELOPMENT

- Traditional and non-traditional occupations.

- Individuals have personal skills, interests, and motivations.
- Setting goals will help make informed career choices.
- Identifying interests, skills, abilities, and how they relate to careers.
- Work cooperatively with others will help develop skills needed for future careers.

MATERIALS (and Supplemental materials used in course):

- Counselor prepared teaching materials and lesson plans
- The Seven Habits of Happy Kids, Sean Covey (2008)
- Covey 8 Habits Poster
- Counselor developed scripts for role playing
- DUSO, Developing Understanding of Self and Others, American Guidance Service
- PATHS Lessons, Promoting Alternative Thinking Strategies, Kusche and Greenberg
- Feelings Bingo
- How to Lose All Your Friends, Nancy Carlson
- Counselor made “Feelings Wheels”
- Stand Tall Molly Lou Mellon, Patty Lovell
- School-to-Career Connection, Activity 2, Feelings and Ownership of Feelings
- School-to-Career Connection, Activity 3, Science and Math Careers Mural
- Career posters or murals (pictures of people in science careers)
- Counselor developed interest inventory
- Career Wheel, Frank Schaffer Publications reproducible

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