

PETERS TOWNSHIP SCHOOL DISTRICT
CORE BODY OF KNOWLEDGE (CBK)

SCHOOL COUNSELING

5th 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

- Use effective communication skills to know when and how to ask for help.
- Identify how persistence and effort positively affect learning.
- Use effective coping skills.
- Apply conflict resolution skills.
- Academic goal setting.
- Personal goal setting.
- Demonstrate cooperative behavior in a group.

MAJOR UNIT THEMES:

1. ACADEMIC

- Long-term vs. Short-term goals
- Steps to achieving a goal
- Monitoring goals
- Professional letter writing- Thank you letters for Career Day Guest Presenters

2. PERSONAL/SOCIAL DEVELOPMENT

- Stress Management and Stress Reduction
- Recognizing bullying vs. normal peer conflicts
- Standing up to bullying (for self and peers)
- Seeking help/ reporting bullying
- Understand the different types of bullying including cyber-bullying and consequences
- Conflict Resolution

3. CAREER DEVELOPMENT

- Understanding connections between interests and careers
- Relationships between education and careers
- Professional letter writing- Thank you letters for Career Day Guest Presenters

MATERIALS:

- Counselor prepared teaching materials, worksheets, hand-outs and lesson plans
- Bully-Proofing Your School: A Teacher's Manual and Lesson Plans for Elementary Schools" by Garrity, Jens, Porter, Sager and Short-Camilli
- Bully-Proofing Your School: Working with Bullies and Victims in Elementary Schools" by Garrity, Jens, Porter, Sager and Short-Camilli.
- "Discovery Careers: A PHEAA Going Places Video" by PHEAA, EducationPlanner.org
- Student Academic Planners

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