5th Grade Guidance Curriculum Outline

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| **Units/Topics** | **Objectives** | **Standards: The Pennsylvania Career Ready Skills Continuum (PACRS), ASCA Mindsets & Behaviors for Student Success (ASCA), and Academic Standards for Career Education and Work (ASCEW)** |
| **Identifying & Managing Emotions*** Coping Skills
* Growth Mindset
* Positive Self-Talk
 | * Identify a variety of feelings & emotions
* Understand how emotions can affect our behavior in different situations
* Identify healthy coping skills
* Recognize different emotions in self and others
* Understand how to substitute healthy coping skills for unhealthy coping skills
* Understand the effects of stress on the brain & body and explore ways to reduce stress by leading a balanced life
 | PACRS: A1, A2, A3ASCA: M1, B-SMS 1, B-SMS 2, B-SMS 7, B-SMS 8 |
| **“Too Good for Drugs” Curriculum by The Mendez Foundation*** Goal Setting
* Effective Decision Making
* Communication Skills
* Friendship Skills
* Safe use of prescription and OTC medication
* Peer pressure refusal
* Effects of alcohol & drug use
 | * Be able to set and follow through on goals
* Use the decision-making model to make informed decisions in various situations
* Differentiate between a passive and active listener
* Explore healthy and unhealthy characteristics of friendships
* Understand the short-term and long-term effects of alcohol and drugs on the brain and body
* Identify peer pressure refusal strategies and practice applying them in a variety of situations
 | PACRS: A4, B1, B3, C1, B3, C4ASCA: M1, M2, M3, M5, B-LS 1, B-LS 7, B-LS 9, B-SMS 1, B-SMS 6, B-SMS 9, B-SS 1, B-SS 8ASCEW: 13.2.5 A, 13.2.5 E, 13.3.5 C |
| **Bullying Prevention** | * Differentiate between bullying, conflict, and un-kind behavior
* Understand the various types of bullying and how to identify them
* Explore ways to prevent bullying and protect yourself and others from bullying
* Understand bullying from different perspectives (bully, bystander, victim)
 | PACRS: B2ASCA: M2, B-SS 2, B-SS 5, B-SS 8, B-SS 9 |
| **Study Skills and Organization*** Learning Styles
* Time Management
* Prioritization
 | * Learn about effective study habits
* Explore how to study best for your personal learning style
* Define prioritization
* Practice prioritizing tasks
* Define time management
* Practice making a schedule using time management skills
 | PACRS: A4ASCA: M4, M5, B-LS 2, B-LS 3, B-LS 4, B-SMS 1, B-SMS 2, B-SMS 5, B-SMS 8ASCEW: 13.3.5 E |
| **Careers** | * Explore different post-secondary pathways
* Learn information about Cumberland Perry Area Vocational Technical School
* Explore career interests and how they relate to potential career paths
* Conduct independent career research
 | PACRS: A2ASCA: M6, B-LS 4, B-LS 7, B-SMS 3, B-SS 1ASCEW: 13.1.5 A, B, D, E, F, G, H, 13.2.5 D |