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, A3  ASCA: 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, C4  ASCA: 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 8  ASCEW: 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: B2  ASCA: 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: A4  ASCA: M4, M5, B-LS 2, B-LS 3, B-LS 4, B-SMS 1, B-SMS 2, B-SMS 5, B-SMS 8  ASCEW: 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: A2  ASCA: M6, B-LS 4, B-LS 7, B-SMS 3, B-SS 1  ASCEW: 13.1.5 A, B, D, E, F, G, H, 13.2.5 D |