4th 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)** |
| **Setting Reachable Goals**   * SMART goal planning * Growth Mindset | * Define a goal * Differentiate short-term and long-term goals * Name a personal goal * Identify resources that can help someone reach a personal goal | PACRS: A4  ASCA: M5, B-SMS 2, B-LS 4, B-LS 7, B-SMS 2, B-SMS 4, B-SMS 5  ASCEW: 13.2.5 D |
| **Making Responsible Decisions** | * Identify and follow the steps of the decision-making model * Identify the benefits and consequences of a particular decision * Determine when decisions should be made alone or with the help of a trusted adult | PACRS: C1  ASCA: M5, B-LS 1, B-SMS 1, B-SMS 9, B-SS 5 |
| **Identifying and Managing Emotions**   * Positive self-talk * Healthy coping skills * Self-care | * Name a variety of emotions * Recognize the physical signals associated with specific emotions * Demonstrate an awareness of one’s own feelings in a variety of situations * Identify healthy and unhealthy ways to express emotions * Identify the value of talking about feelings with parents or other trusted adults * Demonstrate healthy ways to express and manage emotions * Recognize the emotions of others by observing facial expressions | PACRS: A1, A3  ASCA: M1, B-SMS 2, B-SMS 7, B-SMS 10, B-SS 4, B-SS 9 |
| **Effective Communication** | * Define effective communication * Define the roles of the speaker and listener * Differentiate effective and ineffective listening skills * Differentiate effecting and ineffective speaking skills | PACRS: B3, C2, C3  ASCA: B-SS 1, B-SS 2, B-SS 6  ASCEW: 13.2.5 A |
| **Respect for Self and Others**   * Standing up for yourself and others | * Define respect * Recognize the positive effects of self-respect on attitudes, behaviors, and relationships * Discuss the role of cooperation, respect, and communication in friendships * Identify that people can have different points of view about the same situation * Demonstrate respectfully listening to and responding to different points of view | PACRS: B1, B2  ASCA: M2, B-SS 2, B-SS 7, B-SS 8, B-SS 10  ASCEW: 13.3.5 C |
| **Conflict Resolution**   * Cooperation | * Define conflict * Discuss conflict as universal, natural, and normal * Discuss the possible consequences of an unresolved conflict * Differentiate cooperation and competition * Demonstrate the effectiveness of cooperation and the ineffectiveness of competition in a conflict situation * Demonstrate problem solving skills and evaluate the effectiveness of the solution | PACRS: B4  ASCA: B-SMS 1, B-SMS 6, B-SMS 9, B-SS 1, B-SS 2, B-SS 6, B-SS 7, B-SS 8, B-SS 9  ASCEW: 13.2.5 E, 13.3.5 A, 13.3.5 B, 13.3.5 C |
| **Bullying Prevention** | * Understand that bullying is different from conflict * Recognize and identify different types of bullying behaviors * Define bully, target, and witness * Identify the ways the target or the witness can stop a bullying situation * Perform role plays to deal with aggression and/or bullying * Demonstrate assertive responses to bullying behavior | PACRS: B1, B2, C1  ASCA: B-SMS 1, B-SS 2, B-SS 4, B-SS 8 |
| **Being a Positive Role Model** | * Define a role model * Identify the qualities of a positive role model * Name the ways to influence others positively * Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes * Recognize how student role models can positively impact school climate | PACRS: A2, B1  ASCA: M2, B-SMS 1, B-SS 7, B-SS 9 |
| **Careers** | * Identify and explore a variety of career pathways * Take a career interest inventory to learn more about personal interests * Explore careers related to personal interest * Learn about and create a personal resume * Discuss the various ways in which people choose a career path | PACRS: A2, A4  ASCA: M5, M6, B-LS 4, B-LS 7  ASCEW: 13.1.5 A, B, C, D, E, F, G, H, 13.2.5 D |