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: A4ASCA: M5, B-SMS 2, B-LS 4, B-LS 7, B-SMS 2, B-SMS 4, B-SMS 5ASCEW: 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: C1ASCA: 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, A3ASCA: 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, C3ASCA: B-SS 1, B-SS 2, B-SS 6ASCEW: 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, B2ASCA: M2, B-SS 2, B-SS 7, B-SS 8, B-SS 10ASCEW: 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: B4ASCA: 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 9ASCEW: 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, C1ASCA: 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, B1ASCA: 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, A4ASCA: M5, M6, B-LS 4, B-LS 7ASCEW: 13.1.5 A, B, C, D, E, F, G, H, 13.2.5 D |