3rd 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 * Responsibility and self-discipline | * Defining goals * Identifying steps to setting and reaching goals * Naming a personal goal * Describing personal progress toward a goal | PACRS: A4  ASCA: M5, B-SMS 2, B-LS 4, B-LS 7, B-SMS 2, B-SMS 4, B-SMS 5  ASCEW: 13.2.3 D, 13.3.3 A |
| **Responsible Decision Making** | * Identify the steps of the decision-making model * Generate alternative solutions and evaluate their consequences for a range of academic and social situations * Determine when decisions should be made alone or with the help of a trusted adult * Discuss decisions and consequences | 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 * Demonstrate awareness of one’s own physical signals associated with specific emotions * Describe a range of emotions and the situations that cause them * Recognize the emotions of others by observing facial expressions and body language * Demonstrate using an I-message and other healthy ways to express emotion | PACRS: A1, A3  ASCA: M1, B-SMS 2, B-SMS 7, B-SMS 10, B-SS 4, B-SS 9 |
| **Effective Communication**   * Active vs. passive listening | * Differentiate effective and ineffective listening skills * Demonstrate active listening: look, lean-in, and ask * Discuss active listening to show caring and respect * Use listening skills to identify feelings and perspectives of others * Demonstrate effective speaking skills | PACRS: B3, C2, C3  ASCA: B-SS 1, B-SS 2, B-SS 6  ASCEW: 13.2.3 A |
| **Friendship Skills**   * Honesty & tact * Respect | * Compare healthy and unhealthy friendship qualities * Identify examples of pro-social behaviors * Describe approaches for making and keeping friends * Demonstrate ways to being, continue, and end a conversation | PACRS: B1, B3, C3  ASCA: M2, B-SS 2, B-SS 6  ASCEW: 13.2.3 E, 13.3.3 C |
| **Respect for Self and Others**   * Standing up for yourself and others | * Define respect * Identify examples of respect for self, others, and property * Demonstrate the ability to be respectful in different situations * Discuss the role of respecting differences and communication on connecting with others | PACRS: B1, B2  ASCA: M2, B-SS 2, B-SS 7, B-SS 8, B-SS 10  ASCEW: 13.3.3 A |
| **Conflict Resolution**   * Cooperation | * Define peace and conflict * Discuss conflict as a normal and natural part of human experience * Discuss the role of understanding other points of view in resolving conflict * Recognize your capacity to learn and use skills for managing conflict * Demonstrate nonviolent strategies to manage conflict | 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: 13.3.3 A, 13.3.3 B |
| **Bullying Prevention** | * Differentiate between bullying behavior and conflict * Define bully, target, and witness * Identify ways the target or witness can respond to a bullying situation | PACRS: B1, B2, C1  ASCA: B-SMS 1, B-SS 2, B-SS 4, B-SS 8 |
| **Problem Solving** | * Define and demonstrate brainstorming in a cooperative group * Recognize capacity to learn and use skills for problem solving * Identify a variety of solutions when working to solve a problem * Demonstrate working together to stimulate creative problem solving | PACRS: B4  ASCA: M3, M5, B-LS 1, B-LS 2, B-SMS 6, B-SS 6  ASCEW: 13.2.3 E, 13.3.3 A, 13.3.3 B, 13.3.3 C |
| **Careers** | * Identify personal strengths, skills, and interests * Draw connections between personal characteristics and career choice * Identify a variety of career pathways | PACRS: A2, A4  ASCA: M5, M6, B-LS 4, B-LS 7  ASCEW: 13.1.3 A, B, D, E, F, G, H, 13.2.3 C, 13.4.3 A |