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: A4ASCA: M5, B-SMS 2, B-LS 4, B-LS 7, B-SMS 2, B-SMS 4, B-SMS 5ASCEW: 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: 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
* 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, A3ASCA: 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, C3ASCA: B-SS 1, B-SS 2, B-SS 6ASCEW: 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, C3ASCA: M2, B-SS 2, B-SS 6ASCEW: 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, B2ASCA: M2, B-SS 2, B-SS 7, B-SS 8, B-SS 10ASCEW: 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: 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: 13.3.3 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, C1ASCA: 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: B4ASCA: M3, M5, B-LS 1, B-LS 2, B-SMS 6, B-SS 6ASCEW: 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, A4ASCA: M5, M6, B-LS 4, B-LS 7ASCEW: 13.1.3 A, B, D, E, F, G, H, 13.2.3 C, 13.4.3 A |