

# Comprehensive Counseling and Guidance Elementary

- ◆ **Increase Self-Awareness**
  - a. Identify personal traits, feelings, learning styles and personal strengths.
  - b. Recognize personal responsibility.
  - c. Develop awareness of personal strengths.
  - d. Understand how interests and abilities affect career choice.
- ◆ **Develop Self-Management skills**
  - a. Manage emotions
    - (1) Use strategies to deal with anger.
    - (2) Increase positive self-talk.
    - (3) Develop relationship skills through the use of “I feel” messages.
    - (4) Use stress reduction techniques.
    - (5) Name and use personal support system
  - b. Demonstrate integrity and honesty
    - (1) Choose positive role models
    - (2) Employ decision-making skills to make good decisions
  - c. Develop skills and behavior that contribute to a strong work ethic.
- ◆ **Increase Social Awareness and Management Skills**
  - a. Interact effectively with others
    - (1) Recognize that people have different perspectives
    - (2) Demonstrate consideration for others
    - (3) Use refusal skills when faced with peer pressure
    - (4) Develop good listening habits
  - b. Develop constructive relationships
    - (1) Develop skills on how to join a group
    - (2) Identify positive and negative peer pressure
    - (3) Choose friends wisely and use friendship skills.
  - c. Deal with interpersonal conflicts effectively
    - (1) Practice strategies for handling bullying behavior
    - (2) Use skills to resolve conflicts
    - (3) Use mediation skills to help solve problems
- ◆ **Encourage Student Achievement**
  - a. Learn and apply study and homework skills.
  - b. Provide individual support through academic interventions
  - c. Set goals for achievement
  - d. Understand the relationship between education and career choice