

**Boulder Valley School District
Comprehensive School Counseling Curriculum**

Middle Level Curriculum

Standard 1: Students will demonstrate attitudes, knowledge, and skills associated with successful learning.

To achieve this standard, 6th grade students will:

- Develop an awareness of basic learning styles and which style is personally strongest (auditory, visual, kinesthetic),
- Demonstrate understanding of the importance of effective study skills (e.g., note-taking, test-taking, or task management),
- Know the various resources available for academic assistance, identify when needed, and implement strategies for accessing, as appropriate,
- Develop and implement structured routines for organizing and planning school work, and
- Identify the attitudes and behaviors that lead to successful learning.

To achieve this standard, 7th grade students will:

- Continue to implement structured routines for organizing and planning school work, and
- Develop an understanding of the difference between internal and external motivation.

To achieve this standard, 8th grade students will:

- Describe how one has used knowledge of basic learning styles to help one's self as a learner,
- Apply the study skills that are personally most effective for enhancing academic success,
- Evaluate the effectiveness of routines for planning and organizing school work and identify areas for improvement, and
- Demonstrate understanding of what motivates one's self and set goals that help maintain a positive interest in learning.

Standard 2: Students will graduate with the academic preparation that allows them to choose from a wide range of post-secondary options, including college.

To achieve this standard, 6th grade students will:

- Identify the significant differences between elementary and middle school and address the challenges these differences present, and
- Select 7th grade courses with a beginning awareness of long-term educational goals and to maximize academic achievement.

To achieve this standard, 7th grade students will:

- Identify the significant differences between 6th and 7th grade and address the challenges these differences present,
- Explore personal academic aptitudes and interests, and
- Select 8th grade courses with an awareness of long-term educational goals and to maximize academic achievement.

To achieve this standard, 8th grade students will:

- Identify the significant differences between 7th and 8th grade and address the challenges these differences present,
- Apply knowledge of personal academic aptitudes and interests to educational goal setting,
- Use decision-making strategies to establish an educational goal and to identify strategies for achieving it,
- Prepare for the transition to high school by developing an awareness of four-year academic planning, and
- Develop an awareness of how educational planning impacts post-secondary options.

Standard 3: Students will demonstrate the ability to investigate the world of work and to make informed career decisions.

To achieve this standard, 7th grade students will:

- Develop an awareness of the dignity of all careers and that all careers are accessible to any gender or racial/ethnic group, and
- Develop an awareness of resources for career exploration.

To achieve this standard, 8th grade students will:

- Demonstrate knowledge of career exploration and develop skills to locate, evaluate and interpret career information, and
- Identify personal preferences, interests and skills influencing career choice and success.

Standard 4: Students will understand the relationship between personal qualities, education and training, and the world of work.

To achieve this standard, 6th grade students will:

- Understand the importance of responsibility, dependability, punctuality, integrity and effort in school and personal life.

To achieve this standard, 7th grade students will:

- Apply the skills and/or knowledge related to this standard as appropriate.

To achieve this standard, 8th grade students will:

- Develop an awareness of personal qualities and motivations, and
- Develop understanding of the relationship between academic achievement and career success.

Standard 5: Students will demonstrate the knowledge and interpersonal skills to help them understand and respect self and others.

To achieve this standard, 6th grade students will:

- Demonstrate respect for others,
- Develop awareness of and demonstrate respect and appreciation for individual and cultural differences,
- Develop effective coping skills for dealing with problems, including learning how to access resources for support,
- Develop skills in resolving conflicts with peers and adults,
- Identify personal strengths and assets, and
- Develop good listening skills.

To achieve this standard, 7th grade students will:

- Demonstrate respect for others,
- Continue to develop and demonstrate respect and appreciation for individual and cultural differences,
- Develop expanded skills in conflict resolution and effective coping skills,
- Develop knowledge and understanding of alternative points of view, and
- Develop effective communication skills.

To achieve this standard, 8th grade students will:

- Demonstrate respect for others,
- Develop understanding of the cultural, religious, ethnic, gender identity, age, and ability differences that characterize our society, and
- Demonstrate respect for alternative points of view.

Standard 6: Students will demonstrate the knowledge and skills necessary to make decisions, set goals, and take action to achieve goals.

To achieve this standard, 6th grade students will:

- Learn that decisions and choices have consequences, and
- Learn when, where and how to seek help for solving problems and making decisions.

To achieve this standard, 7th grade students will:

- Learn a model for decision making and problem solving,
- Identify short- and long-term goals and strategies for achieving them,
- Understand the consequences of decisions and choices, and
- Demonstrate when, where and how to seek help for solving problems and making decisions.

To achieve this standard, 8th grade students will:

- Demonstrate use of a decision-making model in a given personal situation.

Standard 7: Students will understand how interpersonal skills and knowledge enhance personal safety.

To achieve this standard, 6th grade students will:

- Define bully, victim, and bystander behavior,
- Identify effective strategies for responding to bullying/harassment as a bully, victim, or bystander,
- Identify strategies for seeking assistance when harassed, bullied, or discriminated against at school,
- Develop an understanding of the need for resisting negative peer pressure and influence,
- Understand how to set personal boundaries, assert individual rights, and protect personal privacy,
- Identify the generally accepted standards for appropriate and inappropriate touching,
- Differentiate between situations requiring peer support and situations requiring adult or professional assistance, and
- Understand how caring and kindness, showing respect, and acting with civility reduce conflict with others.

To achieve this standard, 7th grade students will:

- Develop personal awareness of one's own behavior as a bully, victim, or bystander,
- Continue to identify strategies for seeking assistance when harassed, bullied, or discriminated against at school.
- Develop effective skills for resisting negative peer pressure and influence,
- Develop skills for setting personal boundaries, asserting individual rights, and protecting personal privacy,
- Review the differences between appropriate and inappropriate touching,
- Continue to differentiate between situations requiring peer support and situations requiring adult or professional assistance, and
- Demonstrate how caring and kindness, showing respect, and acting with civility reduce conflict with others.

To achieve this standard, 8th grade students will:

- Demonstrate effective skills for resisting negative peer pressure and influence,
- Continue to develop skills for setting personal boundaries, asserting individual rights, and protecting personal privacy, and
- Understand the personal importance of knowing the differences between appropriate and inappropriate touching.