

PUBLIC SCHOOLS OF EDISON TOWNSHIP
OFFICE OF CURRICULUM AND INSTRUCTION

High School Counseling

Length of Course:	Term
Elective/Required:	Required
Schools:	High School
Eligibility:	Grade 9-12
Credit Value:	N/A
Date Approved:	August 26, 2019

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STATEMENT OF PURPOSE

The mission of school counselors at the high school level is to enhance the social and emotional well-being of our students so that they may grow into successful and productive adult community members. It is our belief that education extends far beyond academics and includes personal/social development, mental health/wellness, character education and college/career development. All students will be provided a counseling curriculum that is developmentally appropriate and takes into account the vastly different learning styles of children. The school counseling curriculum will also respect the various races, cultures, religions, sexual orientations, and all other diversifying factors that make up our society; which will nurture the growth of compassion, empathy and humanity within our students.

The Edison Township Public School District and School Counseling Program is based on the beliefs that:

- All students can and have the right to learn, grow, and succeed.
- A school counseling program includes awareness of the need for students to achieve personal, emotional, social, and academic growth.
- Personal, emotional, and social growth is an integral aspect of academic success and plays a significant role in our students becoming contributing and functional members of society.
- A school counseling program should provide opportunities for all of our students to prepare to attain college/career readiness and life-long career and personal success.
- A comprehensive counseling program is achieved through a partnership of counselors, administrators, teachers, students, families, and community members who take an active role in the success of the student as a whole.

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AMERICAN SCHOOL COUNSELOR ASSOCIATION NATIONAL STANDARDS FOR STUDENTS

The American School Counselor Association (ASCA) is a worldwide nonprofit organization founded in 1952 to support school counselors' efforts to help students focus on academic, personal/social and career development so they not only achieve success in school, but are prepared to lead fulfilling lives as responsible members of society.

The ASCA National Standards focus on three domains of student development:

Academic Development

ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

Career Development

ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the lifespan.

Personal/Social Development

ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.

New Jersey Student Learning Standards: 21st Century Life and Careers

In today's global economy, students need to be lifelong learners who have the knowledge and skills to adapt to an evolving workplace and world. To address these demands, NJ Student Learning Standard 9: 21st Century Life and Careers, establishes clear guidelines for what students need to know and be able to do in order to be successful in their future careers and to achieve financial independence.

For students to be college and career ready they must have opportunities to understand career concepts and financial literacy. This includes helping students make informed decisions about their future personal, educational, work, and financial goals. By integrating Standard 9 into instruction, New Jersey students will acquire the necessary academic and life skills to not only achieve individual success but also to contribute to the success of our society.

Personal Financial Literacy

This standard outlines the important fiscal knowledge, habits, and skills that must be mastered in order for students to make informed decisions about personal finance. Financial literacy is an integral component of a student's college and career readiness, enabling students to achieve fulfilling, financially-secure, and successful careers.

Career Awareness, Exploration, and Preparation

This standard outlines the importance of being knowledgeable about one's interests and talents, and being well informed about postsecondary and career options, career planning, and career requirements.

Career and Technical Education

This standard outlines what students should know and be able to do upon completion of a CTE Program of Study.

COUNSELING OBJECTIVES

Grades 9-12

- Address student competencies as defined through the use of small group counseling, large group counseling and school wide initiatives
- Provide support for students by working together with counselors, administrators, teachers, students, families, and community members who take an active role in the success of the student as a whole
- Provide brief, solution-focused counseling skills in individual and group settings with students and families, as appropriate
- Assist students and families in making appropriate referrals to community agencies, when necessary
- Collaborate with counselors across grade levels in order to assist in the implementation of the counseling curriculum as well as to facilitate effective transition between grade levels
- Adhere to the National Standards for School Counseling Programs and Ethical Standards as set forth by the American School Counselor Association
- Participate in ongoing professional development
- Support college/career education programming for all students
- Increase awareness, understanding, and tolerance of diversity in all forms

	PS:B1.8; PS:B1.12; PS:C1.7	
Group Counseling	A:A1.1; A:A1.5; A:A2.3; A:A3.1; A:B1.1; A:B2.1; A:C1.4; A:C1.4; C:A1.4; C:A1.5; C:A1.6; C:A1.4; C:B1.1; C:B2.4; C:C1.3; C:C2.2; C:C2.3; PS:A1; PS:A2; PS:B1; PS:C1	
Personal Growth	A:A1; A:A2; A:A3; A:B2; A:C1; C:A2; C:C2; PS:A1; PS:A2; PS:B1; PS:C1	

* *View sample lesson plans and other materials by following the link provided for each theme.*

** *School needs and duties assigned by district/building administrators may necessitate flexibility and dictate the activities/duties carried out by counselors.*

PERSONAL/SOCIAL GOALS*

WELCOME AND INTRODUCTION TO SCHOOL COUNSELOR'S ROLE

- Introduction to high school
- Introduction to School Counselor and role
- Learn location of School Counseling Department
- Understand and identify how and when to access School Counselor

GOAL SETTING

- Understand the definition of goal and goal setting
- Identify the difference between long and short-term goals
- Practice setting realistic/SMART goals
- Identify steps necessary to achieve goals

CAREER

- Introduction to the Naviance program
- Complete inventories to identify potential career choices
- Identify how abilities, skills, and interests in relation to career options
- Learn about a variety of occupations and related training, programs, and education

STRESS MANAGEMENT AND MINDFULNESS

- Learn the definitions of mindfulness and stress management
- Understand how stress impacts the body and how mindfulness can help to reduce stress
- Identify mindfulness/stress management techniques
- Practice mindfulness/stress management techniques

TRANSITION AND ACADEMIC PLANNING

- Identify points of transition and change
- Identify potential questions/problems with upcoming transitions
- Identify and practice solutions to questions/problems related to transition
- Create an academic plan for high school and beyond
- Understand the importance of tracking academic progress
- Explore elective course options
- Understand district placement criteria

COLLEGE COUNSELING

- Understand the full range of college options

- Identify the level of education needed for various careers
- Explore academic majors/minors
- Learn about the various differences between college campuses and program offerings
- Understand cost of attendance and various types of financial aid
- Understand the benefits of college entrance exam test preparation
- Complete college applications
- Choose a college that challenges the student academically and aligns with interests, values, and career goals

TIME MANAGEMENT/ORGANIZATION

- Acquire attitudes, knowledge, and skills that contribute to effective learning in school and across the lifespan
- Utilize skills to control anxiety, increase productivity, and improve school success
- Develop and implement a plan that supports balance, efficiency, and effectiveness as a student
- Analyze student time-use and management and make plans for revision as needed

GROUP COUNSELING

- Understand the benefits of group counseling
- Offer and secure support from peers
- Initiate interaction between students and boost self-esteem within the group
- Implement new, healthy behaviors as a result of group support
- Develop a sense of belonging within the group
- Promote interpersonal learning and provide helpful feedback towards peers

PERSONAL GROWTH

- Develop positive attitudes toward self as a unique and worthy person
- Identify values, attitudes and beliefs
- Understand the need for self-control and how to practice it
- Apply effective problem-solving and decision-making skills to make safe and healthy choices
- Identify the difference between healthy and unhealthy relationships
- Demonstrate the ability to set boundaries, rights, and personal privacy
- Identify personal strengths and assets
- Identify and discuss changing personal and social roles

**Personal/Social Goals may be modified to address the needs of individual schools.*

RESOURCES

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