

# Billings Public Schools Elementary Counseling First Grade

## Philosophy

Elementary School Counseling services are an integral part of the total school program and complement learning in the classroom. The school counseling program reaches every student and will focus on the knowledge, skills, and attitudes needed for successful academic achievement, career development, and social-emotional growth. Services are child-centered, culturally-responsive, proactive, and developmental. Our professional school counselors spend their time working directly with students to maximize the benefits every student will receive from the program. This will be accomplished through the use of instruction, appraisal and advisement and responsive services. School counseling services are comprehensive in scope, preventative in design, developmental in nature, and intended to enhance the potential of ALL elementary students.

Therefore, as an educational system, we believe we can teach all children and all children can learn. We believe accessing knowledge, reasoning, questioning, and problem solving are the foundations for learning in an ever-changing world. We believe education enables students to recognize and strive for higher standards. Consequently, we will commit our efforts to help students develop a positive attitude toward learning, effective learning strategies, self-management and social skills and an understanding that lifelong learning is a part of long-term career success.

## **National Standards (American School Counseling Association)**

*Each of the following can be applied to academic, career, and social/emotional domains.*

### **Category 1: Mindset Standards**

School Counselors encourage the following mindsets for all students:

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 2. Sense of acceptance, respect, support and inclusion for self and others in the school environment.
- M 3. Positive attitude toward work and learning
- M 4. Self Confidence in ability to succeed
- M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes
- M 6. Understanding that postsecondary education and lifelong learning are necessary for long-term success

## **Category 2: Behavior Standards**

School Counselors provide culturally sustaining instruction, appraisal and advisement, and counseling to help all students demonstrate:

### **Learning Strategies**

- B-LS 1. Critical thinking skills to make informed decisions
- B-LS 2. Creative approach to learning, tasks and problem solving
- B-LS 3. Time-management, organizational and study skills
- B-LS 4. Self-motivation and self direction for learning
- B-LS 5. Media and technology skills to enhance learning
- B-LS 6. High-quality standards for tasks and activities
- B-LS 7. Long- and short-term academic, career and social/emotional goals
- B-LS 8. Engagement in challenging coursework
- B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias
- B-LS 10. Participation in enrichment and extracurricular activities

### **Self Management Skills**

- B-SMS 1. Responsibility for self and actions
- B-SMS 2. Self-discipline and self-control
- B-SMS 3. Independent work
- B-SMS 4. Delayed gratification for long-term rewards
- B-SMS 5. Perseverance to achieve long- and short-term goals
- B-SMS 6. Ability to identify and overcome barriers
- B-SMS 7. Effective coping skills
- B-SMS 8. Balance of school, home and community activities
- B-SMS 9. Personal safety skills
- B-SMS 10. Ability to manage transitions and adapt to change

### **Social Skills**

- B-SS 1. Effective oral and written communication skills and listening skills
- B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them
- B-SS 3. Positive relationships with adults to support success
- B-SS 4. Empathy
- B-SS 5. Ethical decision-making and social responsibility
- B-SS 6. Effective collaboration and cooperation skills
- B-SS 7. Leadership and teamwork skills to work effectively in diverse groups
- B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary
- B-SS 9. Social maturity and behaviors appropriate to the situation and environment
- B-SS 10. Cultural awareness, sensitivity and responsiveness