

PHARR- SAN JUAN- ALAMO ISD

2023-2024 High School Guidance Lessons



PHARR-SAN JUAN-ALAMO ISD
Office of Counseling & Guidance Dept.
Virginia R. Saenz, Director

Month	Activity	Content	Goal	SEL Comp
August				
	Aug. 28, 2023 No Guidance Lesson - First Week of School	-----		-----
September				
Week 1	Sept. 4, 2023 Welcome Back- Student Expectations	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Self-Management
Week 2	Sept. 11, 2023 Roadmap to Graduation	Intrapersonal Effectiveness	I.B.ii Goal: Students will be able to develop a plan of action	Self-Management
Week 3	Sept. 18, 2023 Social Media	Interpersonal Effectiveness	II.C. ii. Goal: Students will understand individual rights and privacy needs of others	Responsible Decision Making
Week 4	Sept. 25, 2023 Building Healthy Relationships	Interpersonal Effectiveness	II.E.i. Goal: Students will define healthy and unhealthy relationships	Relationship Skills
October				
Week 5	Oct. 2, 2023 Emotional Intelligence	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self-Awareness
Week 6	Oct. 9, 2023 Understanding Your Report Card & Credits	Post-secondary Planning and Career Readiness	III.A. ii. Goal: Students will take advantage of their educational opportunities	Responsible Decision-Making
Week 7	Oct. 17, 2023 Anti-Bullying	Personal Health & Safety	IV.C. ii. Goal: Students will demonstrate an appreciation for the rights of others to have a physically, emotionally, and socially safe environment	Responsible Decision Making
Week 8	Oct. 23, 2023 Social Awareness: Civility & Respect	Interpersonal Effectiveness	II. A. ii. Goal: Students will respect others as individuals and accept	Social Awareness

			them for the cultural membership	
	Oct. 30, 2023- National Red Ribbon Week <i>(Refer to Campus/District Activities)</i>	-----		-----
November				
Week 9	Nov. 6, 2023 Domestic Violence	Interpersonal Effectiveness	II.E. ii. Goal: Students will identify characteristics of healthy and unhealthy relationships	Relationship Skills
Week 10	Nov. 13, 2023 PSJA 2 STC & South Texas College Programs	Post-secondary Planning and Career Readiness	III.A. ii. Goal: Students will take advantage of their educational opportunities	Responsible Decision Making
	Nov. 20, 2023 No Guidance Lesson - Thanksgiving Break	-----		-----
Week 11	Nov. 27, 2023 Anxiety - Self Awareness Skills	Intrapersonal Effectiveness	I.A.iii Goal: Students will develop self-regulation skill	Self-Awareness
December				
	Dec. 4, 2023 No Guidance Lesson - State Testing	-----		-----
	Dec. 11, 2023 No Guidance Lesson - State Testing	-----		-----
Week 12	Dec. 18, 2023 Your life Matters and Every Second Counts <i>(Preventing Teen Suicide)</i>	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self concepts	Self-Awareness
	Dec. 25-29, 2023 No Guidance Lesson – Christmas Holidays	-----		-----
January				
	Jan. 1-5, 2024 No Guidance Lesson – Christmas Holidays			
Week 13	Jan. 9, 2024 What Kind of Mindset do you Have? <i>(Growth/Fixed Mindset)</i>	Intrapersonal Effectiveness	I.C.iii Goal: Students will develop self-management skills	Self-Management
Week 14	Jan. 15, 2024 Self-Efficacy	Intrapersonal Effectiveness	I.B.i Goal: Students will develop effective decision-making skills	Self-Awareness
Week 15	Jan. 22, 2024 Teen Pregnancy- Relationships and Facts About Having Sex	Personal Health & Safety	IV.B. i. Goal: Students will effectively manage change	Responsible Decision Making

Week 16	Jan. 29, 2024 Controlling Anger before it Controls You (<i>Anger Management</i>)	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Self-Management
February				
Week 17	Feb. 5, 2024 Self-Care	Personal Health & Safety	IV.A.i. Goal: Students will understand wellness as an element of healthy functioning	Self-Awareness
Week 18	Feb. 13, 2024 School Violence	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Relationship Skills
Week 19	Feb. 19, 2024 College Connected	Post-secondary Planning and Career Readiness	III.D.i. Goal: Students will demonstrate awareness that education and training is needed to achieve career goals	Responsible Decision Making
Week 20	Feb. 26, 2024 Have you Set your Goals? (<i>Goal Setting</i>)	Intrapersonal Effectiveness	I.B.iii Goal: Students will be able to engage in goal setting	Self-Management
March				
Week 21	Mar. 4, 2024 Positive Self-Image	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self-Awareness
	Mar. 11-15, 2024 No Guidance Lesson - Spring Break	-----		-----
Week 22	Mar. 18, 2024 Distracted Driving?	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Responsible Decision Making
Week 23	Mar. 25, 2024 Mindfulness	Interpersonal Effectiveness	II.B.i. Goal: Students know that communication involves speaking, listening, and nonverbal behavior	Social Awareness
April				
Week 24	April 1, 2024 Test Taking Anxiety/Strategies	Intrapersonal Effectiveness	I.B.iv Goal: Students will be able to engage in effective problem solving	Self-Management
	April 8, 2024 No Guidance Lesson - STAAR Testing	-----		-----
	April 15, 2024 No Guidance Lesson - STAAR Testing	-----		-----
	April 22, 2024	-----		-----

	No Guidance Lesson - STAAR Testing			
	April 29, 2024 No Guidance Lesson - STAAR Testing	----		----
May	Mental Health Awareness Month			
Week 25	May 6, 2024 Mental Health Awareness	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self-Awareness
Week 26	May 13, 2024 Resiliency and Mental Health	Personal Health & Safety	IV.B. i. Goal: Students will effectively manage change	Self-Awareness
Week 27	May 20, 2024 Depression- Self Awareness Skills	Intrapersonal Effectiveness	I.A.iii Goal: Students will develop self-regulation skill	Self-Awareness
Week 28	May 28, 2024 Self-Esteem and Mental Health	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self-Awareness
June				
Week 29	June 3, 2024 Summer Counseling Resources	Post-Secondary Planning & Career Readiness	III.E. ii. Goal: Students will understand the relationship between educational achievement and career success	Self-Management
<i>Use as needed</i>				
	College 101	Post-secondary Planning and Career Readiness	III.A. ii. Goal: Students will take advantage of their educational opportunities	Responsible Decision Making
	Which College is Right for Me?	Post-secondary Planning and Career Readiness	III.C.iii. Goal: Students will apply decision-making skills to career planning, course selection and career transition	Responsible Decision Making

REVISED- 6/19/2023