

MIDDLE SCHOOL COUNSELING CORE CURRICULUM

Academic | Social & Emotional | Career & Postsecondary

6TH GRADE LESSONS

- Intro to Mental Health and Bullying Prevention
- Personal Learning Plan in Middle School
- Tips to be Successful in Middle School
- Core Values



7TH GRADE LESSONS

- Anxiety & Stress Management and Bullying Prevention
- Learning Styles
- Cultural Values
- Postsecondary Planning



8TH GRADE LESSONS

- Depression Awareness, Help Seeking and Bullying Prevention
- Introduction to Individual Advising
- Community Values
- Career Matchmaker and Future Planning
- Preparing for High School



INDIVIDUAL ADVISING & PERSONAL LEARNING PLANS

All 8th grade students receive one 1:1 academic & career advising meeting during the year. Topics vary and can include growth in self-awareness, academic progress, career planning, and postsecondary planning by reviewing the Career Pathways Guide, Matchmaker assessment results in Xello, and short and long term goal setting.