

PHARR- SAN JUAN- ALAMO ISD

2025-2026 High School Guidance Lessons



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

Month	Activity	Content	Goal	SEL Comp	Sustainability Goals
August					
	Aug. 29, 2025 No Guidance Lesson- First Week of School	----	----	----	----
September					
Week 1	Sept. 5, 2025 Welcome Back- Student Expectations	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Self- Management	4 QUALITY EDUCATION
Week 2	Sept. 12, 2025 Roadmap to Graduation	Intrapersonal Effectiveness	I.B.ii Goal: Students will be able to develop a plan of action	Self- Management	4 QUALITY EDUCATION
Week 3	Sept. 19, 2025 Social Media	Interpersonal Effectiveness	II.C. ii. Goal: Students will understand individual rights and privacy needs of others	Responsible Decision Making	3 GOOD HEALTH AND WELL-BEING
Week 4	Sept. 26, 2025 Building Healthy Relationships	Interpersonal Effectiveness	II.E.i. Goal: Students will define healthy and unhealthy relationships	Relationship Skills	3 GOOD HEALTH AND WELL-BEING
October					
Week 5	Oct. 3, 2025 Emotional Intelligence	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self-Awareness	3 GOOD HEALTH AND WELL-BEING
Week 6	Oct. 10, 2025 Understanding Your Report Card & Credits	Post- secondary Planning and	III.A. ii. Goal: Students will take advantage of their	Responsible Decision-Making	4 QUALITY EDUCATION

		Career Readiness	educational opportunities		
Week 7	Oct. 17, 2025 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	3 GOOD HEALTH AND WELL-BEING 
Week 8	Oct. 24, 2025 Social Awareness: Civility & Respect	Interpersonal Effectiveness	II. A. ii. Goal: Students will respect others as individuals and accept them for the cultural membership	Social Awareness	3 GOOD HEALTH AND WELL-BEING 
November					
Week 9	Oct. 31, 2025- National Red Ribbon Week (Refer to Campus/District Activities)	-----	-----	-----	-----
Week 10	Nov. 7, 2025 Domestic Violence	Interpersonal Effectiveness	II.E. ii. Goal: Students will identify characteristics of healthy and unhealthy relationships	Relationship Skills	3 GOOD HEALTH AND WELL-BEING 
Week 11	Nov. 14, 2025 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	4 QUALITY EDUCATION 
Week 12	Nov. 21, 2025 Anxiety - Self Awareness Skills	Intrapersonal Effectiveness	I.A.iii Goal: Students will develop self-regulation skill	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
	Nov. 28, 2025 No Guidance Lesson- Thanksgiving Break	-----	-----	-----	-----
December					
	Dec. 5, 2025 No Guidance Lesson- State Testing	-----	-----	-----	-----

	Dec. 12, 2025 No Guidance Lesson - State Testing	----	----	----	----
Week 13	Dec. 19, 2025 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	3 GOOD HEALTH AND WELL-BEING 
	Dec. 26, 2025 No Guidance Lesson- Christmas Holidays	----	----	----	----
January					
	Jan. 2, 2026 No Guidance Lesson- Christmas Holidays	----	----	----	----
Week 14	Jan. 9, 2026 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	3 GOOD HEALTH AND WELL-BEING 
Week 15	Jan. 16, 2026 Self-Efficacy	Intrapersonal Effectiveness	I.B.i Goal: Students will develop effective decision-making skills	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
Week 16	Jan. 23, 2026 Teen Pregnancy- Relationships and Facts About Having Sex	Personal Health & Safety	IV.B. i. Goal: Students will effectively manage change	Responsible Decision Making	3 GOOD HEALTH AND WELL-BEING 
Week 17	Jan. 30, 2026 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	3 GOOD HEALTH AND WELL-BEING 
February					
Week 18	Feb. 6, 2026 Self-Care	Personal Health & Safety	IV.A.i. Goal: Students will understand wellness as an element of healthy functioning	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
Week 19	Feb. 13, 2026 School Violence	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Relationship Skills	3 GOOD HEALTH AND WELL-BEING 
Week 20	Feb. 20, 2026 College Connected	Post-secondary Planning and	III.D.i. Goal: Students will demonstrate awareness that	Responsible Decision Making	4 QUALITY EDUCATION 

		Career Readiness	education and training is needed to achieve career goals		
Week 21	Feb. 27, 2026 Have you Set your Goals? (Goal Setting)	Intrapersonal Effectiveness	I.B.iii Goal: Students will be able to engage in goal setting	Self-Management	3 GOOD HEALTH AND WELL-BEING 
March					
Week 22	Mar. 6, 2026 Positive Self-Image	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self-Awareness	3 GOOD HEALTH AND WELL-BEING 
Week 23	Mar. 13, 2026 Distracted Driving?	Intrapersonal Effectiveness	I.C.i Goal: Students will behave in a responsible manner	Responsible Decision Making	3 GOOD HEALTH AND WELL-BEING 
	Mar. 20, 2026 No Guidance Lesson-Spring Break	-----	-----	-----	-----
Week 24	Mar. 27, 2026 Mindfulness	Interpersonal Effectiveness	II.B.i. Goal: Students know that communication involves speaking, listening, and nonverbal behavior	Social Awareness	3 GOOD HEALTH AND WELL-BEING 
April					
	April 3, 2026 No Guidance Lesson-Easter Break	-----	-----	-----	-----
	April 10, 2026 No Guidance Lesson-STAAR Testing	-----	-----	-----	-----
	April 17, 2026 No Guidance Lesson-STAAR Testing	-----	-----	-----	-----
	April 24, 2026 No Guidance Lesson-STAAR Testing	-----	-----	-----	-----
May	Mental Health Awareness Month				
	May 1, 2026 No Guidance Lesson-STAAR Testing	-----	-----	-----	-----

Week 25	May 8, 2026 Mental Health Awareness	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
Week 26	May 15, 2026 Resiliency and Mental Health	Personal Health & Safety	IV.B. i. Goal: Students will effectively manage change	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
Week 27	May 22, 2026 Depression- Self Awareness Skills	Intrapersonal Effectiveness	I.A.iii Goal: Students will develop self-regulation skill	Self-Awareness	3 GOOD HEALTH AND WELL-BEING 
Week 28	May 29, 2026 Self-Esteem and Mental Health	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
June					
Week 29	June 5, 2026 No Guidance Lesson- Last Day of School	-----	-----	-----	-----
Use as needed					
Extra Lessons #1	College 101	Post-secondary Planning and Career Readiness	III.A. ii. Goal: Students will take advantage of their educational opportunities	Responsible Decision Making	4 QUALITY EDUCATION 
Extra Lesson #2	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	4 QUALITY EDUCATION 
Extra Lesson #3	Test Taking Anxiety/Strategies	Intrapersonal Effectiveness	I.B.iv Goal: Students will be able to engage in effective problem solving	Self-Management	4 QUALITY EDUCATION 
Extra Lesson #4	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	4 QUALITY EDUCATION 

Extra Lesson #5	May 29, 2026 Self-Esteem and Mental Health	Intrapersonal Effectiveness	I.A.i Goal: Students will have accurate self-concepts	Self- Awareness	3 GOOD HEALTH AND WELL-BEING 
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REVISED- 6/23/2025