

Course Title:	Grade 10 School Counseling
Grade(s):	10

Course Description
The 10th grade counseling curriculum is centered on helping students deepen their self-awareness and explore how their interests, strengths, and skills connect to future opportunities. Students reflect on the question, <i>“Who am I and what are my interests?”</i> as they engage in activities focused on self-discovery, career exploration, and meaningful engagement in their academic and personal growth. Throughout the year, students participate in lessons that support strength identification, career cluster exploration, resume writing, and the development of a professional identity. Counseling experiences encourage students to make connections between their abilities, interests, and potential career pathways while continuing to build confidence and independence. By the end of 10th grade, students will have a clearer understanding of their strengths, stronger career awareness, and an increased ability to make informed decisions about their future academic and career goals.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Resume Building	In this resume-building unit, students develop foundational career readiness skills by learning how to create and maintain a professional resume. Through guided instruction and hands-on activities using Naviance, students explore how resumes communicate their experiences, accomplishments, skills, and goals to colleges, employers, and scholarship organizations. Students learn the purpose and structure of a resume while identifying the key components that make a resume effective, including contact information, education, work and volunteer experience, extracurricular activities, skills, achievements, and references. Counselors guide students through the Naviance	Semester 1

	Resume Builder, helping them organize and present their experiences in a professional format. Students also learn how to strengthen their resumes by using action-oriented language, highlighting accomplishments, and tailoring information for different opportunities. Throughout the unit, students reflect on how their academic experiences, activities, leadership roles, and community involvement contribute to their personal and professional growth. The lesson emphasizes that resumes are “living documents” that should be continuously updated as students gain new experiences, skills, and achievements throughout high school.	
Unit 2: Understanding My Personality and Career Fit	In this self-awareness and career exploration unit, students examine how personality influences the way they learn, interact with others, and approach future career opportunities. Through the Naviance AchieveWorks Personality Assessment, students gain insight into their individual personality styles and explore how their natural strengths connect to academic success, relationships, and career pathways. Students complete the personality assessment and analyze their results to better understand their preferences, strengths, and working styles. Through guided reflection activities, students consider how their personality traits influence collaboration, decision-making, communication, and learning environments. Students also explore careers that align with their personality profiles and discuss how understanding themselves can help them make informed academic and career choices. Throughout the unit, counselors emphasize that there is no “best” personality type and that all personalities bring valuable strengths and perspectives. Students are encouraged to reflect honestly on their results, recognize their individual strengths with confidence, and consider how self-awareness can support future growth and success.	Semester 2