Course Title:	Grade 7 School Counseling
Grade(s):	7

Course Description
The 7th grade counseling curriculum helps students develop the decision-making and self-management skills needed to navigate increasing academic, social, and personal responsibilities. Through lessons focused on thoughtful decision-making, self-control, and evaluating consequences, students learn how their choices affect both themselves and others. Students practice using strategies to pause, think through options, and make responsible decisions in real-life situations. By the end of 7th grade, students will have a stronger understanding of how to make positive choices, manage challenges, and build healthy relationships both in and out of school.
Approved Curricular Materials/Textbook(s)
CSCA Standards ASCA Standards

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Pause & Choose: Making Smart Decisions	This counseling unit helps 7th-grade students develop the decision-making skills needed to navigate academic, social, and personal challenges. Through discussion, reflection, and scenario-based activities, students learn how to pause, consider their options, and evaluate the consequences of their choices before acting. Students practice applying the “Pause & Choose” strategy to real-life situations involving peer pressure, friendships, academics, and social interactions. The unit emphasizes self-control, personal responsibility, and thoughtful decision-making while helping students understand how their choices affect themselves and others.	Winter

	By the end of the unit, students will have a stronger understanding of how making positive, responsible decisions can lead to better outcomes and healthier relationships.	