

Course Title:	Grade 8 School Counseling
Grade(s):	8

Course Description
The 8th grade counseling curriculum helps students explore how the choices they make today can impact their future success. Through lessons focused on goal setting, decision-making, and personal responsibility, students learn to connect their daily actions to future academic, career, and personal goals. By the end of 8th grade, students will have a stronger understanding of how positive choices and perseverance can help them achieve success as they prepare for high school.
Approved Curricular Materials/Textbook(s)
CSCA Standards ASCA Standards

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Today's Choices Shape Tomorrow	This counseling unit helps 8th-grade students recognize the connection between their current choices and future goals as they prepare for the transition to high school. Through discussion, self-reflection, and goal-setting activities, students explore how daily decisions related to academics, behavior, effort, and relationships can influence future opportunities and outcomes. Students learn the importance of setting both short-term and long-term goals and develop an understanding of how perseverance, responsibility, and positive decision-making contribute to success. Through scenario-based activities, students analyze real-life situations, identify potential consequences, and consider how their actions align with their personal aspirations. The unit emphasizes personal accountability and encourages students to take ownership of their growth and future planning.	Spring

	As part of the lesson, students complete a personalized “Future Me Plan,” where they identify meaningful academic or career goals, reflect on current habits that support or hinder those goals, and create actionable steps for continued progress. Students leave the lesson with a clearer understanding of how small choices made today can have a lasting impact on their future success.	
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