

SALINE AREA SCHOOLS
COURSE OUTCOMES
GUIDANCE AND COUNSELING

GRADES K-4

- I. Career Planning and Exploration
 - A. Exploring Careers
 - 1. Know about different jobs in the community.
 - 2. Know about good work habits.
 - 3. Know some reasons why people work.
 - 4. Know that people need to work together.
 - 5. Know some things I like to do.
 - B. Understanding how being male or female relates to school and work.
 - 1. Know how to work and play with both boys and girls in an activity.
 - 2. Know that boys and girls can do any classroom job.
 - C. Learning how to use leisure time.
 - 1. Know about different hobbies, sports, and activities that I can do during my spare time.
 - 2. Know what I like to do for fun.

- II. Knowledge of Self and Others
 - A. Understanding and accepting myself.
 - 1. Understand and identify a wide variety of feelings.
 - 2. Know how to express those thoughts and feelings that are important to me.
 - 3. Know how to handle my problems or where to get help.
 - 4. Understand my strengths and talents.
 - 5. Understand and like myself.
 - B. Making decisions.
 - 1. Know that I can make choices.
 - 2. Know how to come up with many possible choices to settle a problem.
 - 3. Know how to look at my decisions and how to change poor ones.
 - 4. Know how to accept responsibility for my decisions.
 - C. Understanding and getting along with others.
 - 1. Know how to make and keep friends.
 - 2. Understand that all people are not alike.
 - 3. Know how to get along with both boys and girls.
 - 4. Know how to ask parents, teachers, and other adults for help without tattling.

- D. Knowing how drugs and alcohol affect me and my friends.
 - 1. Know what drugs are and what they can do to people.
 - 2. Know how to say “No” to people who try to get me to use alcohol and other drugs.
 - 3. Know how to deal with the consequences of saying “No” to my friends.
 - 4. Know who to talk to when I need help.
- E. Learning about family responsibilities.
 - 1. Know how to get along with my parents, step-parents, or guardians.
 - 2. Know how to get along with my biological/step-siblings.
 - 3. Know some things that cause problems in families such as moving, divorce, death, or unemployment.
 - 4. Know how to find help when my family has problems.
 - 5. Know how to help with family responsibilities.

III. Educational/Career-Technical Development

- A. Improving study and basic learning skills.
 - 1. Know how to get ready for class.
 - 2. Know how to listen.
 - 3. Know how to ask questions.
 - 4. Know how to start and finish my work well.
- B. Learning from friends and others about school.
 - 1. Know where to go to get help when I have a problem concerning school.
 - 2. Know what will be expected of me in my school.
- C. Planning for school.
 - 1. Know what is expected of me in the next grade.
 - 2. Know how to make choices at school that fit my likes and dislikes.
 - 3. Know that all classes (math, science, reading, etc.) are important in jobs and daily living.

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GRADES 5-6

- I. Career Planning and Exploration
 - A. Exploring Careers
 - 1. Know how to find out more about jobs and careers.
 - 2. Know the importance of good work habits for school and future jobs.
 - 3. Know some reasons why people work.
 - 4. Know that people need to work together.
 - 5. Know some things I like and I can do well.
 - B. Understanding how being male or female relates to school and work.
 - 1. Know how to handle “kidding” from other students if I am interested in activities usually chosen by the opposite sex.
 - 2. Know that I may choose any job that I like and I can do well.
 - C. Learning how to use leisure time.
 - 1. Know about different hobbies, sports, and activities that I can do and enjoy during my spare time.

- II. Knowledge of Self and Others
 - A. Understanding and accepting myself.
 - 1. Understand how to deal with feelings such as happiness, sadness, and anger.
 - 2. Know how to express those thoughts and feelings that are important to me.
 - 3. Know how to handle my problems or where to get help.
 - 4. Understand my strengths and talents.
 - 5. Understand and accept myself.
 - B. Making decisions.
 - 1. Know what things are important to me.
 - 2. Know how to come up with many possible solutions to a problem.
 - 3. Know how to set goals and make plans.
 - 4. Know how to make good decisions and act on them.
 - 5. Know how to look at my decisions and how to change poor ones.
 - 6. Know how to accept responsibility for my decisions.

- C. Understanding and getting along with others.
 - 1. Know how to be a good friend.
 - 2. Understand my friends and classmates.
 - 3. Know how to get along with both boys and girls.
 - 4. Understand people who are different from me.
 - 5. Know how to ask parents, teachers, and other adults for help.
- D. Knowing how drugs and alcohol affect me and my friends.
 - 1. Know what alcohol and other drugs do to a person's body.
 - 2. Know how to say "No" to people who try to get me to use alcohol and other drugs.
 - 3. Know where to get help for myself or a friend who has a problem with alcohol and other drugs.
- E. Learning about family responsibilities.
 - 1. Know how to get along with my parents, step-parents, or guardians.
 - 2. Know how to get along with my biological/step-siblings.
 - 3. Know some things that cause problems in families such as moving, divorce, death, or unemployment.
 - 4. Know how to find help when my family has problems.
 - 5. Know how to help with family responsibilities.

III. Educational/Career-Technical Development

- A. Improving study and basic learning skills.
 - 1. Know how to organize my time.
 - 2. Know how to listen and ask questions in class.
 - 3. Know how to organize my class and homework materials.
 - 4. Know how to take good notes.
 - 5. Know how to start and finish my assignments well.
 - 6. Know how to do my best on tests.
- B. Learning from friends and others about middle school.
 - 1. Understand the challenges I may have in middle school.
 - 2. Know where to go to get help when I have problems concerning middle school.
 - 3. Know what will be expected of me in middle school.
 - 4. Know what is expected of me in the next grade.
 - 5. Know how to make choices at school that fit my interests and abilities.
 - 6. Know that all classes such as math, reading, science, etc. are important in jobs and daily living.

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GRADES 7-8

- I. Career Planning and Exploration
 - A. Exploring and planning for careers.
 - 1. Explore careers in which I may be interested.
 - 2. Understand my interests and abilities and how they help me make a career choice.
 - 3. Understand how to prepare for careers in which I may be interested.
 - 4. Understand the importance of making plans for the future, such as jobs, career-technical education, and advanced education.
 - B. Learning how to use leisure time.
 - 1. Develop an awareness of different hobbies, sports, and activities in which I could get involved.
 - 2. Find out which leisure activities are best for me.
 - 3. Become aware of leisure activities I can do when I am older.
 - C. Understanding how being male or female relates to courses and careers.
 - 1. Develop an awareness of non-traditional jobs and careers.
 - 2. Develop an ability to handle adult and peer disapproval of a chosen avocation.

- II. Knowledge of Self and Others
 - A. Making decisions.
 - 1. To identify the real problem when I'm worried or upset.
 - 2. To come up with possible choices to solve a problem.
 - 3. Know what is important to me so I can set goals.
 - 4. Know how to make good decisions.
 - 5. Evaluate my decisions and change poor ones.
 - 6. Accept responsibility for my decisions.
 - B. Understanding and getting along with others.
 - 1. Understand my friends, classmates, and families.
 - 2. Demonstrate effective ways of communicating feelings and thoughts.
 - 3. Understand how to be a good friend.
 - 4. Know how to get along with both boys and girls.
 - 5. Respect other people even though they may be different.
 - 6. Develop the ability to seek help when needed.

- C. Knowing how drugs and alcohol affect me, my friends, and my life.
 - 1. Know where to get help for myself or a friend who has a problem with drugs or alcohol.
 - 2. Understand how to respond to peer pressure to use drugs, alcohol or tobacco.
 - 3. Know how the use of drugs and alcohol may affect my relationships with others.
 - 4. Know what drugs and alcohol do to my body and mind.
- D. Learning about family responsibilities.
 - 1. Know how to get along with my parents, step-parents, guardians, and siblings.
 - 2. Know how to help with family responsibilities.
 - 3. Become acquainted with some things that cause problems in families such as moving, divorce, death, or unemployment.
 - 4. Learn how and where to seek help when my family has problems.

III. Educational/Career-Technical Development

- A. Preparation for finding jobs.
 - 1. Develop knowledge of how to find information about jobs/careers.
 - 2. Recognize what employers expect of workers.
 - 3. Understand how to look for a part-time and summer job.
 - 4. Explore what jobs are available locally.
 - 5. Begin to develop job interview skills.
- B. Improving study and learning skills.
 - 1. Realize why organizing my time is important.
 - 2. Beware of how to listen and ask questions in class.
 - 3. Organize my class and homework materials.
 - 4. Determine how to start and finish my assignments completely.
 - 5. Assess how to study and perform on tests and quizzes.
- C. Planning for school and beyond.
 - 1. Know how academic skills such as math, reading, and science relate to my career goals.
 - 2. Know how to select middle school extra-curricular activities that will meet my interests and future goals.
 - 3. Understand how completing high school will better prepare me for the job market.
 - 4. Understand how completing high school will better prepare me to continue my education (vocational, technical, military, and college).
 - 5. Know the classes offered by my career/technical center.
 - 6. Develop an awareness of career opportunities in a wide variety of fields.
 - 7. Know how to select courses that will help me meet my needs, interests, and career goals.

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GRADES 9-12

- I. Plan and Explore Careers.
 - A. Plan for and research careers.
 - 1. Know how to develop a career plan.
 - 2. Know about career options and the world of work.
 - 3. Know how to explore careers in a specific interest area.
 - 4. Know what is necessary to be prepared for careers in a specific interest area.
 - 5. Create a plan for beyond graduation.
 - 6. Synthesize facts about interests and abilities and infer how these can help in making a career choice.
 - 7. Assess career opportunities in the student's area of residence.
 - B. Determine how being male or female relates to jobs and careers.
 - 1. Realize which jobs are usually filled by the opposite sex and assess their availability to both sexes.
 - 2. Select courses appropriate to career choices, even though most often they are taken by the opposite sex.
 - 3. Be prepared to resist criticism if the career interest or choice is a nontraditional one.
 - 4. Relate equally well on the job to members of both sexes.
 - 5. Understand how being male or female affects career choice.
 - C. Make decisions about college.
 - 1. Become acquainted with a variety of colleges and their characteristics..
 - 2. Use the steps necessary in selecting a college.
 - 3. Visit colleges.
 - 4. Realize how to select colleges, which will prepare the student for a specific college.
 - 5. Decide on possible fields of study.
 - 6. Comprehend which majors prepare students for specific careers and what is the future of their careers.
 - 7. Obtain scholarship and financial aid information.
 - 8. Know how to find a place to live while attending college.

- D. Plan high school course work.
 - 1. Become acquainted with the requirements for high school graduation.
 - 2. Develop awareness of courses which will help the student meet personal goals.
 - 3. Realize that it is necessary to select classes that fit both the student's needs and interests.
 - 4. Identify a high school course plan that is personally appropriate and open to periodic review.
- E. Learn how to use leisure time now and in the future.
 - 1. Develop recreational interests in order to enjoy leisure time.
 - 2. Recognize which leisure and recreational activities best fit the student's interests and needs.
 - 3. Comprehend how a job affects leisure time.
 - 4. Realize how friends can affect leisure time.

II. Know Self and Others

- A. Understand and accept self.
 - 1. Identify personal values.
 - 2. Accept and like self.
 - 3. Feel confident in self.
 - 4. Understand how feelings affect behavior.
 - 5. State independent ideas.
 - 6. Assess problems and plan realistic strategies for solutions.
- B. Understand and get along with others.
 - 1. Know how to work toward a greater understanding of others.
 - 2. Know how to get along with family.
 - 3. Practice effective communication skills.
 - 4. Develop and maintain close and lasting relationships.
 - 5. Respect people whose views may be different than their own.
 - 6. Know how to ask for help.
- C. Know how drugs and alcohol affect people.
 - 1. Know the physical and mental effects of drugs and alcohol.
 - 2. Know the penalties and legal consequences of drugs and alcohol use.
 - 3. Know how to identify and help someone who has a problem with drugs and alcohol.
 - 4. Know the community resources for assistance with drugs and alcohol problems.
 - 5. Can cope with peer pressure as it relates to use of drugs and alcohol.
- D. Know what qualities produce healthy marriages and families.
 - 1. Can identify important qualities to consider when choosing a wife or husband.
 - 2. Know what things cause difficulties in a marriage.
 - 3. Know the characteristics of a healthy marriage.
 - 4. Know the effect of children on a marriage.
 - 5. Can explain the kinds of decisions and difficulties an individual will face as a parent.

6. Know the causes and results of divorce.

III. Educational/Career-Technical Skills

- A. Prepare for finding jobs.
 1. Know where and how to find jobs.
 2. Know how to complete an application and develop a resume.
 3. Know how to prepare for a job interview.
 4. Know what employers expect of their employees.
- B. Make decisions.
 1. Be able to establish goals.
 2. Be able to identify the real problem when difficulties arise.
 3. Be able to brainstorm solutions to a problem.
 4. Be able to evaluate solutions to a problem before making a decision.
 5. Be able to follow through on a good decision and change poor decisions.
 6. Be able to get along in a changing world.
- C. Find jobs.
 1. Know jobs available in interest and ability areas.
 2. Know what jobs are available locally.
 3. Know how to find part time and summer work.
 4. Know what job requirements and location of jobs.
 5. Know person(s) and agencies to help find jobs.
 6. Know benefits, working conditions, and opportunities for advancement in jobs.
 7. Know what jobs graduates have found.
 8. Know problems graduates had in finding jobs.
- D. Improve basic skills and study/learning skills.
 1. Be able to take good notes.
 2. Be able to get the most out of study time by knowing how to study.
 3. Develop learning habits and skills to use throughout life.
 4. Improve test taking skills.
 5. Be able to complete tasks and projects.
 6. Improve writing, reading, speaking, listening, and math skills.
 7. Be a life-long learner.
- E. Know which Career/Technical programs are available.
 1. Visit career/technical programs available.
 2. Know enrollment procedures for career/technical programs.
 3. Know prerequisites for career/technical programs.
 4. Know skill requirements for career goals (math, reading, science, etc.)
 5. Know personal vocational interests, aptitude, and abilities.
 6. Know career/job opportunities available for those completing career/technical programs.