



## School Counseling Benchmarks for Grades K - 5th

### School Counseling Benchmarks for **Kindergarten - Third Grade**

#### **Self-Management for Lifelong Learning**

- Understand and participate in a school environment.
- Awareness that attitudes and behaviors are related to academic achievement.
- Awareness of the process of goal setting.

#### **Educational and Career Awareness**

- Awareness of personal interests, abilities, and values.
- Awareness of the benefits of educational achievement.
- Awareness of the relationship between work and learning.
- Awareness of how work relates to the needs and functions of society.
- Awareness of the importance of personal responsibility and good work habits.

#### **Career Planning**

- Awareness of the planning process.
- Awareness of the different occupations and changing male/female roles.

#### **Self-Knowledge and Self-Acceptance**

- Knowledge of the importance of a positive self-concept

#### **Self-Management and Responsible Behavior**

- Awareness of the importance of growth and change
- Develop appropriate attitudes
- Develop awareness of personal safety skills

#### **Problem-Solving and Decision-Making Skills**

- Identify common personal and interpersonal problems.
- Awareness of how to solve problems and make decisions.

#### **Interpersonal and Communication Skills**

- Demonstrate communication skills in speaking, listening, and non-verbal behavior.
- Awareness of how people in a group work together.
- Awareness of way to express thoughts and feelings.
- Awareness of skills to interact with peers and adults.
- Awareness of peer pressure.

#### **Respect and Value Human Diversity**

- Demonstrate awareness of different cultures, lifestyles, attitudes, and abilities.
- Awareness of stereotypes and their impact on self and others.

#### **Community Involvement**

- Demonstrate an awareness of school and community volunteer needs.
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# School Counseling Benchmarks for **Fourth - Fifth Grade**

## **Self-Management for Lifelong Learning**

- Understand and participate in a school environment.
- Understand attitudes and behaviors related to academic achievement.
- Formulate challenging academic goals and plans to reach them.
- Identify effective study habits.
- Identify ways to effectively manage time.

## **Educational and Career Awareness**

- Identify personal interest, abilities, and values.
- Awareness of the benefits of educational achievement.
- Understand the relationship between work and learning.
- Develop skills to understand and use career information.
- Understand how work relates to the needs and functions of society.
- Understand the importance of personal responsibility and good work habits.

## **Career Planning**

- Understand the career planning process.
- Awareness of different occupations and changing male/female roles.

## **Self-Knowledge and Self-Acceptance**

- Develop a positive attitude toward self.

## **Self-Management and Responsible Behavior**

- Awareness of the importance of growth and change.
- Demonstrate appropriate attitudes and behaviors.
- Develop personal safety skills.

## **Problem-Solving and Decision-Making Skills**

- Identify common personal and interpersonal problems.
- Understand how to solve problems and make decisions.

## **Interpersonal and Communication Skills**

- Demonstrate communication skills in speaking, listening, and non-verbal behavior.
- Knowledge of the skills needed for effective participation in a group.
- Identify ways to express thoughts and feelings.
- Demonstrate effective skills for interacting with peers and adults.
- Identify sources and effects of peer pressure.

## **Respect and Value Human Diversity**

- Demonstrate knowledge and appreciation of different cultures, lifestyles, attitudes, and abilities.
- Recognize one's biases and prejudices and evaluate their impact on self and others.

## **Community Involvement**

- Demonstrate an awareness of school and community volunteer needs.