

## **K12 SCHOOL COUNSELING LESSON DESCRIPTIONS**

**High School** - These lessons occur in the fall semester for freshmen as they transition to high school as well as for seniors as they work through their application process. Sophomore and juniors lessons cover specific topics relevant to their grade which occur in the spring semester.

### **12<sup>TH</sup> GRADE**

Overview of the College Process – Introduction to what we will be covering in CW for the semester. Will provide students with a Senior Checklist to help them navigate through the college application process and review the timeline of applying to college. Students will also review how to access social/emotional supports.

Common Application ~ How To – Students will create a Common App account and each section of the Common Application will be reviewed with the students. Discussion on how to apply to college if the common application is not accepted by the college will also be covered.

Essay and Resume Writing Review – A review of what college admissions counselors are looking for in a college essay and resume will be discussed. The essay questions on the common app will be reviewed as well as completing/updating the resume.

Financial Aid ~ FAFSA and CSS Profile – Go over the financial aid process ~ show students where to sign up for FAFSA ID and where to check to see if the CSS Profile needs to be submitted. Discuss information needed to apply for financial aid as well as timeline.

Scholarships – Review where to find all the various scholarships that are available on Naviance as well as websites to visit.

Wrap it Up ~ Review Lesson – Review all that was discussed throughout the CW ~ hand out the Senior checklist for review and to track progress in the college process.

### **11<sup>TH</sup> GRADE**

Testing - An in-depth look at the taking of, scoring of and interpretation of the ACT and SAT. Students will also look at colleges that are test optional.

College Search - Based on a variety of many factors, students will search for colleges and add them to their “Colleges I’m Thinking About” list in Naviance.

College Search Part Two - Introduce more college search resources and becoming familiar with other admissions terms, teacher recommendations process, college fair info and admissions rep roles.

Course Selection - We will be selecting classes for senior year and analyzing our transcripts and credits.

Common App & Essay - we will be discussing the College essay and familiarizing ourselves with the prompts, and the Common Application getting a jump start on these two critical aspects.

Senior Panel - Students will interact with current seniors serving as a senior panel to learn about the college process.

## 10<sup>TH</sup> GRADE

Welcome to Counselor Workshop! - Review your PSAT Scores

Counselors will review what the semester in counselor workshop looks like and students will learn how to interpret their PSAT results and link to Khan Academy.

Transcript Review and Getting Involved – Students will review their transcripts, set academic goals for year ahead, and learn the importance of extra-curricular activities in the college process.

Do What You Are" Personality Type Indicator – Students will take the Myers Briggs Personality test and find out how their personality styles impact their future career choices.

Course Selection for Junior Year – Students will review the requirements for graduation, learn about new course offerings, and plan their schedules for junior year.

Build Your Resume / Standout Factor – Students will learn how to create a resume and the importance of standing out in the college application process.

Shift Happens – Technology is advancing at an astonishing rate in our world today and students will learn how this impacts their future educational choices.

Internet Safety – Students will review the importance of making good choices regarding texting, social media, and the internet.

Naviance Scavenger Hunt – Students will review the various features of Naviance through an interactive scavenger hunt that aims to help them practice their skills with this valuable program. Students will also understand the social/emotional supports and services they could access.

Career Cruising – What careers are out there for you?

The Career Center Staff will walk students through a career search profiler aimed at helping students find careers that may suit their interests.

Stressed Out? Not anymore! – Students will learn how to view stress in a different way and use it to help them get through life's challenges. They will make a "mind jar" and learn some strategies on reducing anxiety.

Wrap Up! – Students will review what they have done in class and view a power point presentation on how to study for final exams. They will go through all of their Naviance tasks to ensure they are complete.

## 9<sup>TH</sup> GRADE

Scavenger Hunt: The first lesson where you walked around the building to find the nurse's office, library, school counseling offices, teacher offices, etc)

Goal setting on Naviance: This was when you created your login information for Naviance, updated your contact information, and created academic/post-secondary/personal goals for yourself.

Records & Requirements: This was the lesson where we reviewed how to calculate GPAs, what information goes on a transcript, how many credits needed to graduate, and which classes you need to take to graduate.

Mental health lesson: This was the lesson taught by the school psychologists and/or social workers. They asked you to watch a video, look up various mental health disorders and present this information back to the class. Students will also become aware of the social/emotional supports available to them.

Time Management: Students reflect on their own time management skills and work in small groups to brainstorm time management strategies. Students also participate in an activity which allows them to practice prioritizing.

Career lesson: This was the lesson taught by Mrs. Ragaini from the Career Center. She paired you up and you practiced interviewing each other. Then, you signed onto the computer and completed a Career Cluster Inventory.

Making Positive Choices: This was the lesson presented by Officer Chapman about being aware of your decision making in multiple situations and how to make positive choices.

Learning style/study skills BINGO: This was the lesson where you completed the Learning Style Inventory on Naviance, found tips based on your learning style report, and played study skills BINGO.

Transition: Students will review graduation requirements, discuss transition to grade 10 and develop a 4 year plan. They will be introduced to their 10<sup>th</sup> -12<sup>th</sup> grade counselors, will make an appointment with this counselor for course selection, and complete a "Getting to Know You" handout.

Jeopardy Review: This was the lesson where we played Jeopardy to review all lessons from Counselor Workshop.

**Middle School** - Depending upon the topic and time of year, these lessons can occur monthly or bi-monthly.

## **8<sup>TH</sup> GRADE**

Self-Doubt – Counselors will instruct students on how to use Roadtrip Nation to understand that self-doubt is a normal feeling that affects everyone, including adults, but it can be overcome by shedding The Noise and working to turn doubt into confidence. Students will watch "Leader Interviews" on Roadtrip Nation and reflect back on how they overcame self-doubt. Based on what they have learned, students will reflect in Naviance on how can they overcome self-doubt and keep moving forward.

Support Network – In a classroom lesson with their counselor, students will use Roadtrip Nation to understand why a support network is important and how to build their own support network. Students will watch a video from the Leader Interviews on Roadtrip Nation and will reflect in Naviance on the skills, experience, and qualities necessary for someone to be a part of their support network. This information will be entered into Naviance through the exit survey.

Discover Your Interests – Students will begin to learn that their Road will combine their interests and thereby create greater possibilities for their future. In a lesson instructed by their counselor, students will explore the interview archive by interest and they will use the roadmap provided to combine their foundations and two interests to create their Roads. This information will be entered into Naviance.

Career Day - The 7 Roadtrip Nation lessons completed in 7th and 8th grade will culminate in a Career Day for 8th grade students organized by their counselors. Students will select three presentations from 25 parent presenters and further explore how their unique qualities, talents, and passions can lead to future career paths.

Growth Mindset- Students will identify if they have a Growth Mindset, a Fixed Mindset or somewhere in between. This will be done through Junior Advisory.

Bullying - Through Junior Advisory lessons, students will recognize and identify bullying within social or friendship groups. They will understand what they can do about bullying within relationships and how a bystander can be part of the problem or the solution. Sexual harassment will be discussed and defined. Students will be given strategies to recognize warning signs be given tools for coping and reporting.

Healthy Relationships- 8<sup>th</sup> grade students will learn about how to create healthy relationships and be aware of warning signs of unhealthy relationships. Done in collaboration with the Health class and Womens' Center of Danbury.

High School Planning- 8<sup>th</sup> grader students will be instructed by their counselors on the high school transition process and taught how to access information needed for course selection. This includes information on the program of studies and how to navigate the high school website to identify important resources.

\*\*\*Other lessons are also taught on as needed basis, in collaboration with cluster teachers, and based on student needs.

## **7<sup>TH</sup> GRADE**

6th Grade Transition Lesson- middle school counselors will visit Reed Intermediate school with 7th grade students to discuss transition and to answer questions for the incoming 7th grade.

7<sup>th</sup> grade Survey and Goals- 7<sup>h</sup> grade students will take a survey on their thoughts regarding post-secondary plans, rate their confidence in 7<sup>th</sup> grade skills, and reflect on their transition in Naviance. They will also create goals for 7<sup>th</sup> grade in Naviance.

Growth Mindset- Students will identify if they have a Growth Mindset, a Fixed Mindset or somewhere in between. This will be done through Junior Advisory.

Define Your Own Road in Life- In a lesson taught by their counselor, students will use a program called Roadtrip Nation to explore their interests and will then complete an exit survey in Naviance.

I am an Individual – Students will use Roadtrip nation in a counselor directed lesson to reject the “herd mentality” and will identify what their best qualities are, what makes them unique, and how do they see things differently from people around them. Exit surveys will be completed in Naviance.

The Noise – Utilizing Roadtrip Nation, students will explore with their counselors how to block out the conflicting messages that come from the media, peers, or culture, in order to define their own concepts like success, beauty and happiness. Exit surveys will be completed in Naviance.

New Definition of Success - In a counselor directed lesson, students will use Roadtrip nation to explore the foundation for their definition of success by thinking about what makes them happy, the classes that they like, and their favorite things to do after school. Exit surveys will be completed in Naviance.

Cybersafety - 7<sup>th</sup> graders learn about cybersafety in friendships/relationships. This will be done in collaboration with The Womens' Center of Danbury.

Healthy Relationships - 7<sup>th</sup> grader students will learn about how to create healthy relationships and be aware of warning signs of unhealthy relationships. Done in collaboration with the Health class and Womens' Center of Danbury.

Bullying - Through Junior Advisory lessons, students will recognize and identify bullying within social or friendship groups. They will understand what they can do about bullying within relationships and how a bystander can be part of the problem or the solution.

\*\*\*Other lessons are also taught on as needed basis, in collaboration with cluster teachers, and based on student needs.

**Reed School** - These lessons occur throughout the school year.

## 6<sup>TH</sup> GRADE

Introduction to School Counselor: Draw from students previous knowledge of what a school counselor does to remind students of our role. Students create posters in small groups to illustrate how a school counselor can help. Students complete sentence starters regarding their interests and goals for the year.

Cluster Finder Lesson on Naviance- Counselors review career clusters from grade 5 lesson and discuss the importance of tying your interests into your career choices. Students complete the cluster finder survey on Naviance and save their top choices to their student success plan.

Coping Skills: Students will define coping skills, discuss how the size of their reactions should match size of the problem and be introduced to 9 coping skills and discuss. Students will work together through scenarios to identify which coping skills match the problem

Relational/Social Aggression: Students will identify socially aggressive comments and behaviors while reading *Just Kidding* or *My Secret Bully* by Trudy Ludwig in a small group setting. They will also identify what coping strategies the characters used to deal with the problem and brainstorm other ideas that could be used if they personally experience a person or group of people being socially aggressive towards them.

Middle School Transition Lesson: In order to prepare students for the middle school transition counselors visit each clusters to discuss students questions and concerns. The counselors then relay this information to the middle school counselors to help them prepare for their visit to Reed.

## 5<sup>TH</sup> GRADE

Fourth grade to Fifth grade Transition Lesson- Reed counselors visit each elementary school with students and administration to discuss and answer questions. Elementary students visit Reed and are given student led tours and a chance to ask additional questions.

Introduction to School Counselor: Introduce grade 5 students to their Reed school counselor and how we can be a support to them here at Reed. Students participate in a getting to know you activity and complete sentence starters to share their interests and goals.

Career Lesson: Students are introduced to career clusters and complete a written interest survey and learn how their interests can relate to future careers.

Empathy Lesson: Students will define empathy and learn 5 steps toward being more empathetic. Students will be able to practice the 5 steps toward empathy in groups

Introduction to Naviance: Students are introduced to the concept of Student Success Plans through Naviance. Students complete a goal related survey on Naviance.

**Elementary Schools** – Below are the topics that are addressed in Kindergarten through 4th grade yearly via classroom counseling lessons and schoolwide programs across the four elementary schools. Additional concepts and lessons are delivered based on teacher concerns and student need, which vary among grade, school year, and building.

### **4<sup>TH</sup> GRADE**

Transition to Reed: In this lesson, students will discuss and ask questions about the upcoming transition to Reed Intermediate School and how to navigate social situations, self-advocate, and recognize their own strengths and weaknesses.

Identifying careers: In this lesson, students will explore how their own individual likes, dislikes, and talents could contribute to their future career path.

Diversity and kindness: Through this lesson, students will understand the value of including others and appreciating their differences.

### **3<sup>RD</sup> GRADE**

Navigating social situations: In this lesson, students will learn about peer pressure, and respecting others.

Growth mindset: In this lesson, students will understand when to utilize characteristics such as perseverance, grit, and empathy.

Self-control: Students will learn how to identify, manage, and regulate their emotions.

### **2<sup>ND</sup> GRADE**

Respecting differences: Through this lesson, students will discuss diversity and identify and celebrate individual differences.

Friendship skills: In this lesson, students will explore ways to practice kindness and navigate mean behavior.

Investigating careers: In this lesson, students will explore their individual interests and talents.

### **1<sup>ST</sup> GRADE**

Identifying feelings: In this lesson, students will learn how to name their emotions and ways to solve problems, as well as be reminded of the role of the school counselor.

Empathy and kindness: Through this lesson, students will learn of and reflect on the impact that their actions have on others.

Skills for learning: Through this lesson, students will identify the importance of using a growth mindset and practicing whole body listening skills.

## **KINDERGARTEN**

Introduction to role of school counselor: In this lesson, students will learn the role of the school counselor and when to utilize their support.

Peer relationships: Through this lesson, students will learn how to practice listening skills, identify friendship skills, and learn how to practice kindness.

Exploring careers: Through this lesson, students will learn of various careers in the workplace, teamwork & collaboration.