School-Connect Curriculum Alignment with
The ASCA Mindsets & Behaviors for Student Success:
K-12 College- and Career-Readiness Standards for Every Student

Each of the following standards from the American School Counselors Association (ASCA) can be applied to academic, career and social/emotional domains. Please see [www.schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf](http://www.schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf) for additional information about these standards. School-Connect lesson titles in the right column are designed to address each objective.

### Category 1: Mindset Standards

| M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being | Integrated throughout the School-Connect curriculum and specifically addressed in...

  Mental balance & well-being:
  - Lesson 1.14: Developing Academic Supports
  - Lesson 1.15: Understanding Mindsets
  - Lesson 1.17: Focusing and Prioritizing
  - Lesson 2.1: Understanding the Teenage Brain
  - Lesson 3.7: Understanding Introverts and Extroverts

  Social/emotional & physical well-being:
  - Lesson 1.3: Introducing Social and Emotional Learning
  - Lesson 2.2: Being Aware of Our Emotions
  - Lesson 2.4: Managing Emotions
  - Lesson 2.5: Defusing Anger
  - Lesson 2.6: Coping with Stress
  - Lesson 2.7: Inducing Positive Emotions
  - Lesson 2.9: Building True Happiness
  - Lesson 3.1: Developing Positive Relationships
  - Lesson 4.6: Rethinking Stress
  - Lesson 4.7: Understanding Mindfulness
  - Lesson 4.19: Skill Building for Mental Health & Well-Being

| M 2. Self-confidence in ability to succeed | Lesson 1.2: Creating First Impressions
Lesson 1.5: Applying Student Success Skills
Lesson 1.7: Celebrating and Building Community
Lesson 1.15: Understanding Mindsets
Lesson 1.16: Cultivating Curiosity and Grit
Lesson 2.11: Forging Your Identity
Lesson 4.3: Motivating Yourself & Moving Forward
Lesson 4.20: Choosing Wisely
Culminating Project: Transitioning Successfully

School counselors encourage the following mindsets for all students:
<table>
<thead>
<tr>
<th>Module</th>
<th>Description</th>
<th>Lessons</th>
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## Lesson 2.14: Envisioning Your Future
Lesson 2.20: Fighting Off Victimitis
Lesson 3.15: Making Personal Decisions
Lesson 4.3:Motivating Yourself & Moving Forward
Lesson 4.6: Rethinking Stress
Lesson 4.9: Interviewing Effectively
Lesson 4.10: Developing a Work Ethic
Lesson 4.14: Responding to Feedback

### Category 2: Behavior Standards

Students will demonstrate the following standards through classroom lessons, activities and/or individual/small-group counseling:

### Learning Strategies (LS)

| B-LS 1. Demonstrate critical-thinking skills to make informed decisions | Lesson 2.10: Outsmarting Media Advertising *(Includes the C.L.E.A.R. Steps of Critical Thinking)*
| Lesson 3.9: Using a Problem-Solving Approach - Part 1 |
| Lesson 3.10: Using a Problem-Solving Approach - Part 2 |
| Lesson 3.11: Using a Problem-Solving Approach - Part 3 |
| Lesson 3.15: Making Personal Decisions |
| Lesson 4.13 Problem Solving in the Workplace |
| Lesson Extensions and Culminating Projects (optional): include multiple research project options that require critical thinking and developing evidence-based conclusions |

| B-LS 2. Demonstrate creativity | The School-Connect Culminating Projects structure is designed to demonstrate creativity and collaboration. Students choose which topics they want to learn more about than design a project (e.g., art, video, research, music-based) that helps them learn more about the topic and share their insights with the class. The projects include a rubric to help guide their preparation, presentation, and final product while still encouraging creativity in their project design and outcomes. Additionally, most of the projects embedded within the lessons and lesson extensions are designed to appeal to multiple kinds of intelligence (spatial, musical, kinesthetic, intrapersonal, interpersonal, etc.), pique curiosity and leave lots of room for creativity. |

| B-LS 3. Use time-management, organizational and study skills | Lesson 1.5: Applying Student Success Skills |
| Lesson 1.6: Playing Plan-O-Rama |
| Lesson 1.17: Focusing and Prioritizing |
| Lesson 1.18: Taking Effective Notes |
| Lesson 1.19: Improving Memory Skills - Part 1 |
| Lesson 1.20: Improving Memory Skills - Part 2 |
| Lesson 2.17: Preparing for Tests - Part 1 |
| Lesson 2.18: Preparing for Tests - Part 2 |
| B-LS 4. Apply self-motivation and self-direction to learning | The “ABCs” (Autonomy, Belonging, and Competence) of student motivation first identified by Deci & Flaste (1995) are an integral part of the School-Connect lesson structure and teaching strategies. Additionally, these lessons specifically address the underpinnings of student motivation and self-direction:  
Lesson 1.15: Understanding Mindsets  
Lesson 1.16: Cultivating Curiosity and Grit  
Lesson 2.3: Recognizing the Power of Thought  
Lesson 2.19: Taking Full Responsibility  
Lesson 2.20: Fighting Off Vicnmitis  
Lesson 4.3: Motivating Yourself & Moving Forward |
| B-LS 5. Apply media and technology skills | School-Connect projects and assignments include Internet searches and research but do not speak directly to technology skills.  
Two lessons directly address the influence of technology and media on student development and decision-making:  
Lesson 1.9: Reviving Digital Zombies  
Lesson 2.10: Outsmarting Media Advertising |
| B-LS 6. Set high standards of quality | Encouraged throughout the School-Connect curriculum and addressed in:  
Lesson 1.5: Applying Student Success Skills  
Culminating Project Rubrics |
| B-LS 7. Identify long- and short-term academic, career and social/emotional goals | Lesson 2.11: Forging Your Identity  
Lesson 2.12: Exploring Career Options  
Lesson 2.13: Planning for College  
Lesson 2.14: Envisioning Your Future  
Lesson 2.15: Setting Life Goals  
Lesson 2.16: Going on a Mission  
Lesson 4.1: Thinking Ahead About Life After High School  
Lesson 4.2: Charting Your Future |
| B-LS 8. Actively engage in challenging coursework | Lesson 1.13: Valuing an Education  
Lesson 1.14: Developing Academic Supports  
Lesson 2.13: Planning for College |
| B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions | Integrated into lesson and lesson extension projects and specifically addressed in:  
Lesson 2.10: Outsmarting Media Advertising (which includes the C.L.E.A.R. Steps of Critical Thinking)  
Lesson 3.2: Standing in the Other Person’s Shoes  
Lesson 3.9: Using a Problem-Solving Approach - Part 1  
Lesson 3.10: Using a Problem-Solving Approach - Part 2  
Lesson 3.11: Using a Problem-Solving Approach - Part 3 |
| B-LS 10. Participate in enrichment and extracurricular activities | Not specifically taught in School-Connect but encouraged in:  
Lesson 2.9: Building True Happiness  
Lesson 3.20: Helping Others |
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<tr>
<th><strong>Self-Management Skills (SMS)</strong></th>
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| **B-SMS 1. Demonstrate ability to assume responsibility** | Lesson 2.19: Taking Full Responsibility  
Lesson 2.20: Fighting Off Victimitis  
Lesson 3.17: Making a Sincere Apology |
| **B-SMS 2. Demonstrate self-discipline and self-control** | Lesson 2.4: Managing Emotions  
Lesson 2.5: Defusing Anger  
Lesson 2.6: Coping with Stress  
Lesson 3.8: Responding to Conflict  
Lesson 3.15: Making Personal Decisions  
Lesson 3.16: Refusing and Persuading  
Lesson 4.20: Choosing Wisely |
| **B-SMS 3. Demonstrate ability to work independently** | School-Connect encourages more collaborative work than independent work, but includes a “Reflection/Application” activity with every lesson that is an opportunity for independent work and reflection. Additionally, many of the culminating projects and lesson extension activities can be done in groups or independently. |
| **B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards** | Lesson 1.17: Focusing and Prioritizing  
Lesson 2.14: Envisioning Your Future  
Lesson 2.15: Setting Life Goals  
Lesson 2.16: Going on a Mission  
Lesson 2.17: Preparing for Tests - Part 1  
Lesson 2.18: Preparing for Tests - Part 2  
Lesson 3.15: Making Personal Decisions  
Lesson 3.16: Refusing and Persuading  
Lesson 4.3: Motivating Yourself and Moving Forward |
| **B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals** | Lesson 1.16: Cultivating Curiosity and Grit  
Lesson 1.17: Focusing and Prioritizing  
Lesson 2.14: Envisioning Your Future  
Lesson 2.15: Setting Life Goals  
Lesson 2.16: Going on a Mission  
Lesson 2.20: Fighting Off Victimitis  
Lesson 4.3: Motivating Yourself and Moving Forward |
| **B-SMS 6. Demonstrate ability to overcome barriers to learning** | Lesson 1.5: Applying Student Success Skills  
Lesson 1.14: Developing Academic Supports  
Lesson 1.15: Understanding Mindsets  
Lesson 1.16: Cultivating Curiosity and Grit  
Lesson 1.17: Focusing and Prioritizing  
Lesson 1.18: Taking Effective Notes  
Lesson 1.19: Improving Memory Skills - Part 1  
Lesson 1.20: Improving Memory Skills - Part 2  
Lesson 2.17: Preparing for Tests - Part 1  
Lesson 2.18: Preparing for Tests - Part 2 |
| **B-SMS 7. Demonstrate effective coping skills when faced with a problem** | Lesson 2.1: Understanding the Teenage Brain  
Lesson 2.2: Being Aware of Our Emotions |
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| B-SMS 8. Demonstrate the ability to balance school, home and community activities | Lesson 2.3: Recognizing the Power of Thought  
Lesson 2.4: Managing Emotions  
Lesson 2.5: Defusing Anger  
Lesson 2.6: Coping with Stress  
Lesson 2.7: Inducing Positive Emotions  
Lesson 3.15: Making Personal Decisions  
Lesson 3.9: Using a Problem-Solving Approach - Part 1  
Lesson 3.10: Using a Problem-Solving Approach - Part 2  
Lesson 3.11: Using a Problem-Solving Approach - Part 3  
Lesson 4.6: Rethinking Stress  
Lesson 1.6: Playing Plan-O-Rama  
Lesson 1.14: Developing Academic Supports  
Lesson 1.17: Focusing and Prioritizing |
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| B-SMS 9. Demonstrate personal safety skills | Lesson 3.13: Addressing and Preventing Bullying  
Lesson 3.14: Managing Social Media and Cyberbullying  
Lesson 3.15: Making Personal Decisions  
Lesson 3.16: Refusing and Persuading  
Lesson 3.19: Understanding Healthy Dating  
Lesson 4.19: Skill Building for Mental Health & Well-Being |
| B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities | School-Connect is used in freshman transition seminars and/or advisory to help students develop essential skills (e.g., emotional management, time management, healthy/supportive relationships) to build in protective factors into their learning environment that help reduce risk factors.  
Module 4: Preparing for College and the Workforce is dedicated to helping students transition successfully from high school to college and/or their careers. |

### Social Skills (SS)

| B-SS 1. Use effective oral and written communication skills and listening skills | Lesson 1.10: Tuning In to Others  
Lesson 1.11: Using Active Listening  
Lesson 1.12: Collaborating Effectively  
Lesson 4.8: Writing a Resume  
Lesson 4.9: Interviewing Effectively  
Lesson 4.14: Responding to Feedback  
Additionally, students have multiple opportunities for oral presentations from activities within the lessons, lesson extensions and culminating projects. |
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| B-SS 2. Create positive and supportive relationships with other students | Supportive student-to-student relationships are an essential goal within School-Connect. In addition to relationship-building opportunities throughout the curriculum, several lessons address positive relationship directly:  
Lesson 1.1: Getting to Know You  
Lesson 1.2: Creating First Impressions  
Lesson 1.4: Creating a Social Contract |
| B-SS 3. Create relationships with adults that support success | The School-Connect Teacher's Guide includes research-based and time-tested approaches for building meaningful, lasting relationships between School-Connect teachers and their students. Student-adult relationships are addressed directly in:

Lesson 1.8: Building Rapport with Teachers
Lesson 1.14: Developing Academic Supports

Additionally, there are multiple take-home activities for students to involve their parent/guardian in their School-Connect lessons and discussions. |
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| B-SS 4. Demonstrate empathy | Embedded throughout School-Connect and specifically addressed in:

Lesson 1.10: Tuning In to Others
Lesson 1.11: Using Active Listening
Lesson 3.2: Standing in the Other Person's Shoes
Lesson 3.3: Empathizing with Others
Lesson 3.4: Appreciating Diversity |
| B-SS 5. Demonstrate ethical decision-making and social responsibility | Also embedded throughout the curriculum and specifically addressed in:

Lesson 3.15: Making Personal Decisions
Lesson 3.16: Refusing and Persuading
Lesson 4.10: Developing a Work Ethic
Lesson 4.16: Building a Budget
Lesson 4.17: Understanding Financial Literacy |
| B-SS 6. Use effective collaboration and cooperation skills faced with a problem | Lesson 1.12: Collaborating Effectively
Lesson 3.9: Using a Problem-Solving Approach - Part 1
Lesson 3.10: Using a Problem-Solving Approach - Part 2
Lesson 3.11: Using a Problem-Solving Approach - Part 3

*Within the employability skills lessons:*
Lesson 4.11: Practicing Teamwork
Lesson 4.12: Providing Customer Service
Lesson 4.13: Problem Solving in the Workplace
Lesson 4.14: Responding to Feedback
Lesson 4.15: Negotiating an Agreement
Lesson 4.18: Living on Your Own & w/ Roommates |
| B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams | Lesson 1.12: Collaborating Effectively  
Lesson 3.1: Developing Positive Relationships  
Lesson 3.2: Standing in the Other Person's Shoes  
Lesson 3.3: Empathizing with Others  
Lesson 3.4: Appreciating Diversity  
Lesson 4.10: Developing a Work Ethic  
Lesson 4.11: Practicing Teamwork |
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| B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary | Lesson 4.9: Interviewing Effectively  
Lesson 4.14: Responding to Feedback  
Lesson 4.15: Negotiating an Agreement |
| B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment | School-Connect Lessons 1.1 – 4.20 (All 80 lessons), most specifically in:  
Lesson 1.10: Tuning In to Others  
Lesson 1.11: Using Active Listening  
Lesson 1.12: Collaborating Effectively  
Lesson 2.2: Being Aware of Our Emotions  
Lesson 2.4: Managing Emotions  
Lesson 3.15: Making Personal Decisions  
Lesson 3.16: Refusing and Persuading  
Lesson 4.20: Choosing Wisely |