



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 for additional information about these standards. School-Connect lesson titles in the right column are designed to address each objective.

Category 1: Mindset Standards	
School counselors encourage the following mindsets for all students:	
<p>M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being</p>	<p><i>Integrated throughout the School-Connect curriculum and specifically addressed in...</i></p> <p><i>Mental balance & well-being:</i> 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</p> <p><i>Social/emotional & physical well-being:</i> Lesson 1.3: Introducing Social and Emotional Learning Lesson 2.2: Being Aware of Our Emotions 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 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</p>
<p>M 2. Self-confidence in ability to succeed</p>	<p>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</p>

<p>M 3. Sense of belonging in the school environment</p>	<p><i>School-Connectedness inspired our company name (“School-Connect”) and is a fundamental goal within all of lessons. Most of</i> Module 1: Creating a Supportive Learning Environment <i>reinforces a sense of belonging, specifically in:</i> Lesson 1.1: Getting to Know You Lesson 1.4: Creating a Social Contract Lesson 1.7: Celebrating and Building Community Lesson 1.8: Building Rapport with Teachers Lesson 1.9: Reviving Digital Zombies Lesson 1.10: Tuning In to Others Lesson 1.11: Using Active Listening Lesson 1.12: Collaborating Effectively Lesson 1.14: Developing Academic Supports</p> <p><i>And within</i> Module 3: Building Relationships and Resolving Conflicts: 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 3.12: Dealing with Gossip Lesson 3.13: Addressing and Preventing Bullying Lesson 3.14: Managing Social Media and Cyberbullying Lesson 3.17: Making a Sincere Apology Lesson 3.18: Forgiving Others and Ourselves</p>
<p>M 4. Understanding that postsecondary education and life-long learning are necessary for long-term career success</p>	<p>Lesson 1.13: Valuing an Education 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 Lesson 4.3: Motivating Yourself & Moving Forward Lesson 4.4: Navigating College Applications</p>
<p>M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes</p>	<p>Lesson 1.15: Understanding Mindsets Lesson 1.16: Cultivating Curiosity and Grit Lesson 2.8: Recognizing Character Strengths Lesson 2.11: Forging Your Identity Lesson 2.19: Taking Full Responsibility Lesson 2.20: Fighting Off Victimitis Lesson 4.2: Charting Your Future Lesson 4.3: Motivating Yourself & Moving Forward Lesson 3.16: Refusing and Persuading Lesson 4.20: Choosing Wisely</p>
<p>M 6. Positive attitude toward work and learning</p>	<p>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 2.3: Recognizing the Power of Thought</p>

	<p>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</p>
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	<p>Lesson 2.10: Outsmarting Media Advertising (<i>Includes the C.L.E.A.R. Steps of Critical Thinking</i>) 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</p> <p>Lesson Extensions and Culminating Projects (optional): include multiple research project options that require critical thinking and developing evidence-based conclusions</p>
B-LS 2. Demonstrate creativity	<p>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.</p> <p>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.</p>
B-LS 3. Use time-management, organizational and study skills	<p>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</p>

<p>B-LS 4. Apply self-motivation and self-direction to learning</p>	<p>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:</p> <p>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 Victimitis Lesson 4.3: Motivating Yourself & Moving Forward</p>
<p>B-LS 5. Apply media and technology skills</p>	<p>School-Connect projects and assignments include Internet searches and research but do not speak directly to technology skills.</p> <p>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</p>
<p>B-LS 6. Set high standards of quality</p>	<p>Encouraged throughout the School-Connect curriculum and addressed in: Lesson 1.5: Applying Student Success Skills Culminating Project Rubrics</p>
<p>B-LS 7. Identify long- and short-term academic, career and social/emotional goals</p>	<p>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</p>
<p>B-LS 8. Actively engage in challenging coursework</p>	<p>Lesson 1.13: Valuing an Education Lesson 1.14: Developing Academic Supports Lesson 2.13: Planning for College</p>
<p>B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions</p>	<p>Integrated into lesson and lesson extension projects and specifically addressed in:</p> <p>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</p>
<p>B-LS 10. Participate in enrichment and extracurricular activities</p>	<p>Not specifically taught in School-Connect but encouraged in: Lesson 2.9: Building True Happiness Lesson 3.20: Helping Others</p>

Self-Management Skills (SMS)	
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

	<p>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</p>
B-SMS 8. Demonstrate the ability to balance school, home and community activities	<p>Lesson 1.6: Playing Plan-O-Rama Lesson 1.14: Developing Academic Supports Lesson 1.17: Focusing and Prioritizing</p>
B-SMS 9. Demonstrate personal safety skills	<p>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</p>
B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	<p>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.</p> <p>Module 4: Preparing for College and the Workforce is dedicated to helping students transition successfully from high school to college and/or their careers.</p>
Social Skills (SS)	
B-SS 1. Use effective oral and written communication skills and listening skills	<p>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</p> <p>Additionally, students have multiple opportunities for oral presentations from activities within the lessons, lesson extensions and culminating projects.</p>
B-SS 2. Create positive and supportive relationships with other students	<p>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:</p> <p>Lesson 1.1: Getting to Know You Lesson 1.2: Creating First Impressions Lesson 1.4: Creating a Social Contract</p>

	<p>Lesson 1.7: Celebrating and Building Community Lesson 1.11: Using Active Listening 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 3.17: Making a Sincere Apology Lesson 3.18: Forgiving Others and Ourselves Lesson 3.19: Understanding Healthy Dating Lesson 4.11: Practicing Teamwork</p>
B-SS 3. Create relationships with adults that support success	<p>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:</p> <p>Lesson 1.8: Building Rapport with Teachers Lesson 1.14: Developing Academic Supports</p> <p>Additionally, there are multiple take-home activities for students to involve their parent/guardian in their School-Connect lessons and discussions.</p>
B-SS 4. Demonstrate empathy	<p>Embedded throughout School-Connect and specifically addressed in:</p> <p>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</p>
B-SS 5. Demonstrate ethical decision-making and social responsibility	<p>Also embedded throughout the curriculum and specifically addressed in:</p> <p>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</p>
B-SS 6. Use effective collaboration and cooperation skills faced with a problem	<p>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</p> <p><i>Within the employability skills lessons:</i> 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</p>

<p>B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams</p>	<p>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</p>
<p>B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary</p>	<p>Lesson 4.9: Interviewing Effectively Lesson 4.14: Responding to Feedback Lesson 4.15: Negotiating an Agreement</p>
<p>B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment</p>	<p>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</p>