

| ASCA Standard | Grade 9 | | | | |
|--|--|---|--|--|--|
| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being | What is SEL?, Growth Mindset | Body Budget: Eating Healthy, Stress Management Mandalas | Reflection, Healthy Relationships, Apologies and Forgiveness | Gratitude, Empathy and Compassion | |
| M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment | | | Healthy Relationships, Apologies and Forgiveness | Problem Solving, Gratitude, Being Assertive and Using Refusal Strategies | Resilience and Perseverance, Flexible Thinking |
| M3: Positive attitude toward work and learning | | Stress Management Mandalas | Apologies and Forgiveness, Reflection | Being Assertive and Using Refusal Strategies, Gratitude, Empathy and Compassion | SMART Goals Part 1/Part 2 |
| M4: Self-confidence in ability to succeed | | | Healthy Relationships | Empathy and Compassion, Problem Solving, Being Assertive and Using Refusal Strategies | SMART Goals Part 1/Part 2, Resilience and Perseverance |
| M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes | Values, Growth Mindset | SCOPE- IT strategy, Stress Management Mandalas | Reflection, Healthy Relationships, Apologies and Forgiveness | Gratitude, Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2, Resilience and Perseverance, Flexible Thinking |
| M6: Understanding that postsecondary education and life-long learning are necessary for long-term success | | | | | SMART Goals Part 1/Part 2 |
| B-LS 1. Critical-thinking skills to make informed decisions | Growth Mindset, Values | SCOPE-IT Strategy | Reflection, Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2, Resilience and Perseverance, Flexible Thinking, |
| B-LS 2. Creative approach to learning, tasks and problem solving | Your Predicting Brain, Emotional Granularity, Growth Mindset | SCOPE-IT Strategy, Body Budget Eating Healthy, Stress Management Mandalas | Reflection, Healthy Relationships, Apologies and Forgiveness | Problem Solving | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-LS 3. Time-Management, organizational and study skills | | | | Being Assertive and Using Refusal Strategies | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-LS 4. Self-motivation and self-direction for learning | Your Predicting Brain, Growth Mindset | SCOPE-IT Strategy, Body Budget Eating Healthy, Stress Management Mandalas | Reflection, Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2, Resilience and Perseverance, Flexible Thinking |
| B-LS 5. Media and technology skills to enhance learning | Values | | Healthy Relationships | | |

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| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-LS 6. High-quality standards for tasks and Activities | | SCOPE-IT Strategy | Reflection | | SMART Goals Part 1/Part 2 |
| B-LS 7. Long- and short-term academic, career and social/emotional Goals | Your Predicting Brain, Emotional Granularity | Body Budget Eating Healthy | Reflection, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-LS 8. Engagement in challenging coursework | Growth Mindset | SCOPE-IT Strategy | Apologies and Forgiveness | Being Assertive and Using Refusal Strategies | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias | Growth Mindset | SCOPE-IT Strategy | Healthy Relationships | Problem Solving, Being Assertive and Using Refusal Strategies | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-LS 10. Participation in enrichment and extracurricular Activities | | Stress Management Mandalas | Reflection, Apologies and Forgiveness | Gratitude, Being Assertive and Using Refusal Strategies | |
| B-SMS 1. Responsibility for self and actions | Your Predicting Brain, Emotional Granularity, Values | SCOPE-IT Strategy, Body Budget Eating Healthy | Reflection, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies | SMART Goals Part 1/Part 2, |
| B-SMS 2. Self-discipline and self-control | | SCOPE-IT Strategy | Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2, Resilience and Perseverance |
| B-SMS 3. Independent work | Values | Stress Management Mandalas | Reflection, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2 |
| B-SMS 4. Delayed gratification for long-term rewards | | | | | Flexible Thinking |
| B-SMS 5. Perseverance to achieve long- and short-term Goals | Growth Mindset | | | Being Assertive and Using Refusal Strategies | SMART Goals Part 1/Part 2 |
| B-SMS 6. Ability to identify and overcome barriers | Growth Mindset | | Reflection, Healthy Relationships, Apologies and Forgiveness | Problem Solving | Resilience and Perseverance, Flexible Thinking |
| B-SMS 7. Effective coping skills | | SCOPE-IT Strategy | Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies | Resilience and Perseverance, Flexible Thinking |
| B-SMS 8. Balance of school, home and community Activities | | | | | |
| B-SMS 9. Personal safety skills | | Body Budget Eating Healthy, Stress Management Mandalas | Healthy Relationships | Being Assertive and Using Refusal Strategies | Resilience and Perseverance |

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| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-SMS 10. Ability to manage transitions and adapt to change | | SCOPE-IT Strategy | Apologies and Forgiveness | | SMART Goals Part 1/Part 2, Resilience and Perseverance, Flexible Thinking |
| B-SS 1. Effective oral and written Communication skills and listening skills | Your Predicting Brain, Emotional Granularity, Growth Mindset | SCOPE-IT Strategy | Reflection, Healthy Relationships | Gratitude, Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-SS 2. Positive, respectful and supportive Relationships with students who are similar to and different from them | | | Healthy Relationships | Gratitude, Empathy and Compassion | |
| B-SS 3. Positive Relationships with adults to support success | | | Healthy Relationships | Gratitude, Problem Solving, Empathy and Compassion | Flexible Thinking |
| B-SS 4. Empathy | Your Predicting Brain, Emotional Granularity | | Reflection, Apologies and Forgiveness | Gratitude, Empathy and Compassion | Flexible Thinking |
| B-SS 5. Ethical decision-making and social responsibility | Values | SCOPE-IT Strategy, Body Budget Eating Healthy | Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | Flexible Thinking |
| B-SS 6. Effective collaboration and cooperation skills | Values | | Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies | |
| B-SS 7. Leadership and teamwork skills to work effectively in diverse groups | Values | | Healthy Relationships | Problem Solving | SMART Goals Part 1/Part 2, Flexible Thinking |
| B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary | | SCOPE-IT Strategy, Body Budget Eating Healthy, Stress Management Mandalas | Healthy Relationships, Apologies and Forgiveness | Problem Solving, Being Assertive and Using Refusal Strategies | Resilience and Perseverance |
| B-SS 9. Social maturity and behaviors appropriate to the situation and environment | Emotional Granularity, Values | Body Budget Eating Healthy | Healthy Relationships | Gratitude, Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | |
| B-SS 10. Cultural awareness, sensitivity and responsiveness | | | Healthy Relationships, Apologies and Forgiveness | Gratitude, Problem Solving, Being Assertive and Using Refusal Strategies, Empathy and Compassion | |

| ASCA Standard | Grade 10 | | | | |
|--|---|--|--|--|--|
| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being | What is SEL? | SCOPE-IT Strategy, Stress Management: Zentangles | Public Speaking, Standing Up for Yourself | Gratitude, Respect and Relationships | Overcoming Obstacles with Optimism |
| M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment | Point of View | SCOPE-IT Strategy | Public Speaking, Standing Up for Yourself, Agree to Disagree | Gratitude, Respect and Relationships, Conflict Resolution, Negotiation | |
| M3: Positive attitude toward work and learning | What is SEL? | Body Budget: Exercise, Stress Management: Zentangles | | Respect and Relationships | SMART Goals, Overcoming Obstacles with Optimism |
| M4: Self-confidence in ability to succeed | What is SEL? | | Public Speaking | Respect and Relationships, Conflict Resolution, Negotiation | Overcoming Obstacles with Optimism, Flexible Thinking |
| M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes | Integrity and Values | Body Budget: Exercise, Stress Management: Zentangles | Public Speaking, Standing Up for Yourself | Conflict Resolution, Negotiation | SMART Goals, Overcoming Obstacles with Optimism, Flexible Thinking |
| M6: Understanding that postsecondary education and life-long learning are necessary for long-term success | Strengths and Interest | | Public Speaking | | |
| B-LS 1. Critical-thinking skills to make informed decisions | What is SEL?, Your Predicting Brain, Integrity and Values | SCOPE-IT Strategy | Standing Up for Yourself, Agree to Disagree | Respect and Relationships, Conflict Resolution, Negotiation | SMART Goals, Flexible Thinking |
| B-LS 2. Creative approach to learning, tasks and problem solving | Your Predicting Brain, Integrity and Values | Stress Management: Zentangles | Agree to Disagree | Gratitude, Negotiation | SMART Goals, Flexible Thinking |
| B-LS 3. Time-Management, organizational and study skills | | | | | SMART Goals |
| B-LS 4. Self-motivation and self-direction for learning | Your Predicting Brain, Strengths and Interest, Integrity and Values | SCOPE-IT Strategy | Standing Up for Yourself | Respect and Relationships, Conflict Resolution, Negotiation | SMART Goals, Overcoming Obstacles with Optimism |
| B-LS 5. Media and technology skills to enhance learning | What is SEL?, Strengths and Interest | | Public Speaking, Standing Up for Yourself | | |
| B-LS 6. High-quality standards for tasks and Activities | | | | Negotiation | Flexible Thinking |
| B-LS 7. Long- and short-term academic, career and social/emotional Goals | What is SEL?, Strengths and Interest | | Public Speaking | | SMART Goals |
| B-LS 8. Engagement in challenging coursework | Integrity and Values | | Agree to Disagree | Conflict Resolution, Negotiation | Flexible Thinking |
| B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias | Strengths and Interest, Point of View | SCOPE-IT Strategy | | Conflict Resolution, Negotiation | Overcoming Obstacles with Optimism, Flexible Thinking |

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| ASCA Standard | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-LS 10. Participation in enrichment and extracurricular Activities | What is SEL?, Strengths and Interest, Integrity and Values | Body Budget: Exercise, Stress Management: Zentangles | Public Speaking | Conflict Resolution, Negotiation | |
| B-SMS 1. Responsibility for self and actions | What is SEL?, Your Predicting Brain, Values, Integrity and Values, Point of View | SCOPE-IT Strategy, Body Budget: Exercise, Stress Management: Zentangles | Public Speaking, Standing Up for Yourself, Agree to Disagree | Gratitude, Respect and Relationships, Conflict Resolution, Negotiation | SMART Goals, Overcoming Obstacles with Optimism, Flexible Thinking |
| B-SMS 2. Self-discipline and self-control | What is SEL?, Your Predicting Brain, Values, Integrity and Values, Point of View | SCOPE-IT Strategy, Body Budget: Exercise | Agree to Disagree | Conflict Resolution | SMART Goals, Overcoming Obstacles with Optimism |
| B-SMS 3. Independent work | Your Predicting Brain, Strengths and Interest, Values | SCOPE-IT Strategy, Stress Management: Zentangles | Public Speaking, Standing Up for Yourself | Negotiation | SMART Goals, Overcoming Obstacles with Optimism |
| B-SMS 4. Delayed gratification for long-term rewards | | | | | |
| B-SMS 5. Perseverance to achieve long- and short-term Goals | What is SEL?, Strengths and Interest | | | Conflict Resolution, Negotiation | SMART Goals, Overcoming Obstacles with Optimism |
| B-SMS 6. Ability to identify and overcome barriers | What is SEL?, Your Predicting Brain, Strengths and Interest, Point of View | SCOPE-IT Strategy, Stress Management: Zentangles | Standing Up for Yourself | Conflict Resolution, Negotiation | Overcoming Obstacles with Optimism, Flexible Thinking |
| B-SMS 7. Effective coping skills | What is SEL? | SCOPE-IT Strategy, Stress Management: Zentangles | | Conflict Resolution, Negotiation | Overcoming Obstacles with Optimism |
| B-SMS 8. Balance of school, home and community Activities | | | | | |
| B-SMS 9. Personal safety skills | What is SEL? | SCOPE-IT Strategy, Body Budget: Exercise | | Respect and Relationships | |
| B-SMS 10. Ability to manage transitions and adapt to change | What is SEL? | | Standing Up for Yourself | | |
| B-SS 1. Effective oral and written Communication skills and listening skills | What is SEL?, Your Predicting Brain, Point of View | | Public Speaking, Standing Up for Yourself | Gratitude, Respect and Relationships, Conflict Resolution, Negotiation | Flexible Thinking |
| B-SS 2. Positive, respectful and supportive Relationships with students who are similar to and different from them | Point of View | | Agree to Disagree | Gratitude, Respect and Relationships, Negotiation | |
| B-SS 3. Positive Relationships with adults to support success | | | | Conflict Resolution, Negotiation | |

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| ASCA Standard | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-SS 4. Empathy | What is SEL?, Your Predicting Brain, Point of View | SCOPE-IT Strategy, Stress Management: Zentangles | Standing Up for Yourself | Gratitude, Respect and Relationships | |
| B-SS 5. Ethical decision-making and social responsibility | Integrity and Values | | Standing Up for Yourself | | Flexible Thinking |
| B-SS 6. Effective collaboration and cooperation skills | Point of View | | Standing Up for Yourself, Agree to Disagree | Conflict Resolution, Negotiation | Flexible Thinking |
| B-SS 7. Leadership and teamwork skills to work effectively in diverse groups | Point of View | | Standing Up for Yourself | Conflict Resolution | Flexible Thinking |
| B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary | Integrity and Values, Point of View | | Standing Up for Yourself | Respect and Relationships, Conflict Resolution, Negotiation | SMART Goals, Flexible Thinking |
| B-SS 9. Social maturity and behaviors appropriate to the situation and environment | Your Predicting Brain, Integrity and Values, Point of View | SCOPE-IT Strategy | Standing Up for Yourself, Agree to Disagree | Gratitude, Respect and Relationships, Conflict Resolution, Negotiation | SMART Goals, Overcoming Obstacles with Optimism, Flexible Thinking |
| B-SS 10. Cultural awareness, sensitivity and responsiveness | Values, Point of View | | Agree to Disagree | Gratitude, Respect and Relationships, Conflict Resolution, Negotiation | Flexible Thinking |

| ASCA Standard | Grade 11 | | | | |
|--|---|--|--|--|--|
| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 1 Identity and Perspectives | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being | What is SEL?, Your Predictive Brain, Character Strength | SCOPE-IT Strategy, Balancing your Body Budget with Sleep, Using Yoga for Stress Management | Being Assertive Without Being Aggressive | Gratitude | Growth Mindset |
| M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment | Character Strength, Perspective | SCOPE-IT Strategy | Effective Communication Skills, Being Assertive Without Being Aggressive | Gratitude, Problems and Conflict Resolution, Giving and Receiving Help | |
| M3: Positive attitude toward work and learning | | Using Yoga for Stress Management | Getting Your Point Across | | SMART Goals, Growth Mindset, Resilience and Perseverance |
| M4: Self-confidence in ability to succeed | | | Being Assertive Without Being Aggressive, Getting Your Point Across | | Growth Mindset, Resilience and Perseverance |
| M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes | What is SEL?, Perspective | SCOPE-IT Strategy, Balancing your Body Budget with Sleep | Effective Communication Skills, Getting Your Point Across | Problems and Conflict Resolution | SMART Goals, Growth Mindset, Resilience and Perseverance |
| M6: Understanding that postsecondary education and life-long learning are necessary for long-term success | Perspective | | Getting Your Point Across | Problems and Conflict Resolution | Growth Mindset |
| B-LS 1. Critical-thinking skills to make informed decisions | Integrity and Ethics | | Getting Your Point Across | Problems and Conflict Resolution | SMART Goals |
| B-LS 2. Creative approach to learning, tasks and problem solving | What is SEL?, Integrity and Ethics | SCOPE-IT Strategy | Effective Communication Skills, Getting Your Point Across | Gratitude | SMART Goals, Growth Mindset |
| B-LS 3. Time-Management, organizational and study skills | | | Getting Your Point Across | | SMART Goals |
| B-LS 4. Self-motivation and self-direction for learning | Character Strength, Integrity and Ethics | SCOPE-IT Strategy, Using Yoga for Stress Management | Being Assertive Without Being Aggressive | Problems and Conflict Resolution | SMART Goals, Growth Mindset, Resilience and Perseverance |
| B-LS 5. Media and technology skills to enhance learning | What is SEL? | Using Yoga for Stress Management | | | Growth Mindset |
| B-LS 6. High-quality standards for tasks and Activities | What is SEL? | | Getting Your Point Across | | |
| B-LS 7. Long- and short-term academic, career and social/emotional Goals | What is SEL?, Character Strength | Balancing your Body Budget with Sleep, Using Yoga for Stress Management | Getting Your Point Across | | SMART Goals |
| B-LS 8. Engagement in challenging coursework | | | Getting Your Point Across | | |
| B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias | Integrity and Ethics, Perspective | | Being Assertive Without Being Aggressive, Getting Your Point Across | Problems and Conflict Resolution, Consequences of Peer Pressure | |

| ASCA Standard | Grade 11 | | | | |
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| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 1 Identity and Perspectives | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-LS 10. Participation in enrichment and extracurricular Activities | What is SEL? | Using Yoga for Stress Management | | | |
| B-SMS 1. Responsibility for self and actions | Your Predictive Brain, Character Strength, Integrity and Ethics, Perspective | SCOPE-IT Strategy, Balancing your Body Budget with Sleep | Being Assertive Without Being Aggressive | Gratitude, Problems and Conflict Resolution, Consequences of Peer Pressure | SMART Goals, Resilience and Perseverance |
| B-SMS 2. Self-discipline and self-control | Integrity and Ethics | SCOPE-IT Strategy, Balancing your Body Budget with Sleep | | Problems and Conflict Resolution, Consequences of Peer Pressure | SMART Goals, Resilience and Perseverance |
| B-SMS 3. Independent work | Your Predictive Brain, Character Strength | SCOPE-IT Strategy, Using Yoga for Stress Management | Being Assertive Without Being Aggressive, | Problems and Conflict Resolution | SMART Goals |
| B-SMS 4. Delayed gratification for long-term rewards | | | | | |
| B-SMS 5. Perseverance to achieve long- and short-term Goals | Character Strength | SCOPE-IT Strategy | | | SMART Goals, Resilience and Perseverance |
| B-SMS 6. Ability to identify and overcome barriers | Your Predictive Brain, Perspective | SCOPE-IT Strategy, Balancing your Body Budget with Sleep | Being Assertive Without Being Aggressive | Problems and Conflict Resolution | Growth Mindset, Resilience and Perseverance |
| B-SMS 7. Effective coping skills | | SCOPE-IT Strategy | Being Assertive Without Being Aggressive | Problems and Conflict Resolution | |
| B-SMS 8. Balance of school, home and community Activities | What is SEL? | Balancing your Body Budget with Sleep | | | |
| B-SMS 9. Personal safety skills | | SCOPE-IT Strategy, Balancing your Body Budget with Sleep, Using Yoga for Stress Management | | Consequences of Peer Pressure | |
| B-SMS 10. Ability to manage transitions and adapt to change | | SCOPE-IT Strategy | | | |
| B-SS 1. Effective oral and written Communication skills and listening skills | What is SEL?, Character Strength | | Effective Communication Skills, Getting Your Point Across | Gratitude, Giving and Receiving Help | |
| B-SS 2. Positive, respectful and supportive Relationships with students who are similar to and different from them | Perspective | | | Gratitude, Giving and Receiving Help | |
| B-SS 3. Positive Relationships with adults to support success | | | | | |
| B-SS 4. Empathy | Your Predictive Brain, Perspective | | | Gratitude, Giving and Receiving Help | |
| B-SS 5. Ethical decision-making and social responsibility | Integrity and Ethics | | | | |

Alignment to ASCA Student Standards

| ASCA Standard | Grade 11 | | | | |
|--|--|--|---|---|----------------------------------|
| | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 1 Identity and Perspectives | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-SS 6. Effective collaboration and cooperation skills | What is SEL?, Perspective | | Effective Communication Skills, Getting Your Point Across | | |
| B-SS 7. Leadership and teamwork skills to work effectively in diverse groups | What is SEL?, Perspective | | Effective Communication Skills | | |
| B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary | | | Being Assertive Without Being Aggressive, Getting Your Point Across | Giving and Receiving Help | SMART Goals |
| B-SS 9. Social maturity and behaviors appropriate to the situation and environment | Perspective, Integrity and Ethics | SCOPE-IT Strategy | Effective Communication Skills, Being Assertive Without Being Aggressive, Getting Your Point Across | Gratitude, Giving and Receiving Help | SMART Goals |
| B-SS 10. Cultural awareness, sensitivity and responsiveness | Perspective | | Getting Your Point Across | Gratitude, Giving and Receiving Help | |

| Grade 12 | | | | | |
|--|--|---|---|---|---|
| ASCA Standard | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being | What is SEL?, Your Predictive Brain, Growth Mindset | SCOPE-IT Strategy, Using Meditation for Stress Management, Balancing your Body Budget with Mental Focus, Using Meditation for Stress Management | Respectful Discussions | Gratitude, Empathy and Compassion | |
| M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment | | SCOPE-IT Strategy, Balancing your Body Budget with Mental Focus | Respectful Discussions, Apologies and Forgiveness | Gratitude, Empathy and Compassion, Teamwork and Collaboration | |
| M3: Positive attitude toward work and learning | Growth Mindset | Using Meditation for Stress Management, Balancing your Body Budget with Mental Focus | Respectful Discussions, Apologies and Forgiveness | | SMART Goal Action Planning, Overcoming Obstacles |
| M4: Self-confidence in ability to succeed | | Balancing your Body Budget with Mental Focus | | | Overcoming Obstacles, Flexible Thinking |
| M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes | What is SEL?, Growth Mindset, Purpose | SCOPE-IT Strategy, Balancing your Body Budget with Mental Focus, Using Meditation for Stress Management | Respectful Discussions | Teamwork and Collaboration | SMART Goal Action Planning, Overcoming Obstacles, Flexible Thinking |
| M6: Understanding that postsecondary education and life-long learning are necessary for long-term success | Skills, Abilities, Interests, and Careers, Growth Mindset, Purpose | | Respectful Discussions | Teamwork and Collaboration | Overcoming Obstacles |
| B-LS 1. Critical-thinking skills to make informed decisions | Skills, Abilities, Interests, and Careers, Purpose | | | Teamwork and Collaboration | SMART Goal Action Planning, Overcoming Obstacles |
| B-LS 2. Creative approach to learning, tasks and problem solving | What is SEL?, Growth Mindset | SCOPE-IT Strategy, Balancing your Body Budget with Mental Focus | Respectful Discussions | Gratitude | SMART Goal Action Planning |
| B-LS 3. Time-Management, organizational and study skills | | | | | SMART Goal Action Planning |
| B-LS 4. Self-motivation and self-direction for learning | Skills, Abilities, Interests, and Careers, Growth Mindset, Purpose | SCOPE-IT Strategy, Using Meditation for Stress Management, Balancing your Body Budget with Mental Focus, Using Meditation for Stress Management | Respectful Discussions, Apologies and Forgiveness | | SMART Goal Action Planning, Overcoming Obstacles, Flexible Thinking |

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| ASCA Standard | Module 1 Identity and Perspectives | Module 2 Self-Management and Self-Care | Module 3 Communication Skills | Module 4 Relationship Realities | Module 5 Go For Your Goals |
| B-LS 5. Media and technology skills to enhance learning | What is SEL?, Skills, Abilities, Interests, and Careers, Growth Mindset | | | | |
| B-LS 6. High-quality standards for tasks and Activities | What is SEL? | Using Meditation for Stress Management | Respectful Discussions | | |
| B-LS 7. Long- and short-term academic, career and social/emotional Goals | What is SEL?, Skills, Abilities, Interests, and Careers, Purpose | Using Meditation for Stress Management | | Empathy and Compassion | SMART Goal Action Planning |
| B-LS 8. Engagement in challenging coursework | Skills, Abilities, Interests, and Careers, Purpose | | | | |
| B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias | Purpose | | Respectful Discussions, Apologies and Forgiveness | Empathy and Compassion, Teamwork and Collaboration | Overcoming Obstacles, Flexible Thinking |
| B-LS 10. Participation in enrichment and extracurricular Activities | What is SEL? | Using Meditation for Stress Management, Balancing your Body Budget with Mental Focus | | | |
| B-SMS 1. Responsibility for self and actions | Your Predictive Brain, Skills, Abilities, Interests, and Careers, Purpose | SCOPE-IT Strategy, Balancing your Body Budget with Mental Focus, Using Meditation for Stress Management | Respectful Discussions, Apologies and Forgiveness | Gratitude, Empathy and Compassion | SMART Goal Action Planning, Overcoming Obstacles, Flexible Thinking |
| B-SMS 2. Self-discipline and self-control | | | Respectful Discussions | Empathy and Compassion | SMART Goal Action Planning, Overcoming Obstacles |
| B-SMS 3. Independent work | Your Predictive Brain, Purpose | SCOPE-IT Strategy, Using Meditation for Stress Management, Balancing your Body Budget with Mental Focus | | Empathy and Compassion | SMART Goal Action Planning, Overcoming Obstacles |
| B-SMS 4. Delayed gratification for long-term rewards | | | | | |
| B-SMS 5. Perseverance to achieve long- and short-term Goals | Skills, Abilities, Interests, and Careers, Purpose | SCOPE-IT Strategy | | | SMART Goal Action Planning |
| B-SMS 6. Ability to identify and overcome barriers | Your Predictive Brain, Growth Mindset, Purpose | SCOPE-IT Strategy, Balancing your Body Budget with Mental Focus, Using Meditation for Stress Management | Respectful Discussions | Teamwork and Collaboration | Overcoming Obstacles, Flexible Thinking |

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| B-SMS 7. Effective coping skills | | SCOPE-IT Strategy | Respectful Discussions | | Overcoming Obstacles |
| B-SMS 8. Balance of school, home and community Activities | | Balancing your Body Budget with Mental Focus | | | |
| B-SMS 9. Personal safety skills | | SCOPE-IT Strategy, Using Meditation for Stress Management, Balancing your Body Budget with Mental Focus | | | |
| B-SMS 10. Ability to manage transitions and adapt to change | | SCOPE-IT Strategy | | | |
| B-SS 1. Effective oral and written Communication skills and listening skills | What is SEL? | | Respectful Discussions, Apologies and Forgiveness | Empathy and Compassion | |
| B-SS 2. Positive, respectful and supportive Relationships with students who are similar to and different from them | | | Respectful Discussions, Apologies and Forgiveness | Gratitude, Empathy and Compassion, Teamwork and Collaboration | Flexible Thinking |
| B-SS 3. Positive Relationships with adults to support success | | | Respectful Discussions | Empathy and Compassion, Teamwork and Collaboration | |
| B-SS 4. Empathy | Your Predictive Brain | | Respectful Discussions, Apologies and Forgiveness | Gratitude, Empathy and Compassion | |
| B-SS 5. Ethical decision-making and social responsibility | | | | Empathy and Compassion, Teamwork and Collaboration | |
| B-SS 6. Effective collaboration and cooperation skills | What is SEL? | | Respectful Discussions, Apologies and Forgiveness | Teamwork and Collaboration | Flexible Thinking |
| B-SS 7. Leadership and teamwork skills to work effectively in diverse groups | | | Respectful Discussions | Teamwork and Collaboration | Flexible Thinking |
| B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary | Skills, Abilities, Interests, and Careers, Purpose | | Respectful Discussions | Empathy and Compassion | SMART Goal Action Planning, Overcoming Obstacles |
| B-SS 9. Social maturity and behaviors appropriate to the situation and environment | | SCOPE-IT Strategy | Respectful Discussions, Apologies and Forgiveness | Gratitude, Empathy and Compassion, Teamwork and Collaboration | Flexible Thinking |
| B-SS 10. Cultural awareness, sensitivity and responsiveness | | | Respectful Discussions, Apologies and Forgiveness | Gratitude, Empathy and Compassion, Teamwork and Collaboration | |