



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being	<p><b>Unit 1:</b> Introduction to Emotions, Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding &amp; Appreciating Character Strengths, Using Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing failure, Growth Mindset, Teamwork &amp; Collaboration, Values, Responsibility &amp; Accountability</p> <p><b>Unit 2:</b> Self-Perception, Optimism, Grief, Nonverbal Communication, Identity, Diversity, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Respect for Living Things, Go for your goals, Leadership Skills, Perseverance and Hope, Gratitude &amp; Generosity</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Confidence, Flexible Thinking, Morals, Teamwork &amp; Collaboration, Healthy Choices, Stress, Conflict, Self-Perception</p> <p><b>Unit 2:</b> Body Language, Stereotypes &amp; Implicit Biases, Fear, Listening Skills, Overcoming obstacles, Bullying, Empathy, Perspective, Empathy</p> <p><b>Unit 3:</b> Dealing with disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's okay to fail, Relationships, Resilience, Emotional Awareness, Forgiving</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths &amp; Interests, Balancing Your Body Budget, Problem Solving, Belonging &amp; Rejection, Ethics &amp; Integrity, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Pain and Self-Harm, Self-Talk, Be a team player, Extracurricular Activities, Relationships, Conflict, Apologies and Forgiveness, Loss</p> <p><b>Unit 3:</b> Healthy Living, Happiness, Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossips, Negotiating</p>
M2: Sense of acceptance, respect, support and inclusion for self and others in the school environment	<p><b>Unit 1:</b> Introduction to Emotions, Understanding &amp; Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Pressure &amp; Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork &amp; Collaboration, Values</p> <p><b>Unit 2:</b> Self-Perception, Optimism, Grief, Identity, Nonverbal Communication, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Gossiping, Jealousy &amp; Envy, Rules</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving &amp; Receiving Feedback, Cultural Competence, Go for your goals, Leadership Skills, Gratitude &amp; Generosity</p>	<p><b>Unit 1:</b> Introduction to Emotions, Teamwork &amp; Collaboration, Strengths &amp; Weaknesses, Character Traits, Flexible Thinking, Morals</p> <p><b>Unit 2:</b> Showing Respect, Body Language, Listening Skills, Overcoming obstacles, Bullying, Empathy, Advocacy, Stereotypes &amp; Implicit Bias, Cultural Competency</p> <p><b>Unit 3:</b> Mindfulness, Relationships, Resilience, Emotional Awareness, Being Responsible, Forgiving, Community Involvement &amp; Giving Back</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths &amp; Interests, Cultural Competency, Belonging &amp; Rejection, Getting your point Across, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Human Variations, Perspective Taking, Relationships</p> <p><b>Unit 3:</b> Healthy Relationships, Point of View, Standing Up for Yourself</p>
M3: Positive attitude toward work and learning	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and building self-confidence &amp; self-esteem, Understanding &amp; Appreciating Character Strength, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p><b>Unit 2:</b> Optimism, Nonverbal Communication</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Perseverance &amp; Hope</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Confidence, Flexible Thinking</p> <p><b>Unit 2:</b> Feedback, Listening Skills, Perspective, Overcoming obstacles</p> <p><b>Unit 3:</b> Dealing with disappointment, Mindfulness, It's okay to fail, Relationships, Resilience, Emotional Awareness</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths &amp; Weaknesses, Problem-Solving, Cultural Competency, Belonging &amp; Rejection</p> <p><b>Unit 2:</b> Leadership Skills, Perspective Taking, Be a Team Player, Extracurricular Activities</p> <p><b>Unit 3:</b> Standing Up for Yourself</p>
M4: Self-confidence in ability to succeed	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and building self-confidence &amp; self-esteem, Understanding &amp; Appreciating Character Strength, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p><b>Unit 2:</b> Optimism, Nonverbal Communication, Self-Perception</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Perseverance &amp; Hope</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Confidence, Flexible Thinking, Self-Perception</p> <p><b>Unit 2:</b> Perspective, Overcoming obstacles</p> <p><b>Unit 3:</b> Dealing with disappointment, Mindfulness, Resilience</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths and Interests, Problem-Solving, Getting Your Point Across</p> <p><b>Unit 2:</b> Perspective Taking, Conflict</p> <p><b>Unit 3:</b> Public Speaking, Standing Up for Yourself, Negotiating, Point of View</p>



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes	<p><b>Unit 1:</b> Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding &amp; Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork &amp; Collaboration</p> <p><b>Unit 2:</b> Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Community Involvement, Giving &amp; Receiving Feedback, Perseverance &amp; Hope, Leadership Skills</p>	<p><b>Unit 1:</b> Character Traits, Strengths &amp; Weaknesses, Confidence, Teamwork &amp; Collaboration, Flexible Thinking, SMART Goals, Healthy Choices</p> <p><b>Unit 2:</b> Feedback, Listening Skills, Perspective, Overcoming obstacles</p> <p><b>Unit 3:</b> Dealing with disappointment, Mindfulness, Resilience, Emotional Awareness, Being Responsible, Time Management</p>	<p><b>Unit 1:</b> Identifying Strengths &amp; Interests, Problem-Solving, Community Support, Getting Your Point Across, Goal Setting</p> <p><b>Unit 2:</b> Rules for life, Be a Team Player, Extracurricular Activities, Relationships, Perspective taking, Leadership Skills</p> <p><b>Unit 3:</b> Negotiating, Standing Up for Yourself, Point of View, Public Speaking</p>
M6: Understanding that postsecondary education and life-long learning are necessary for long-term success	<p><b>Unit 1:</b> Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding &amp; Appreciating Character Strength, Pressure &amp; Stress, Facing Failure, Growth Mindset, Decision Making, Responsibility &amp; Accountability, Teamwork &amp; Collaborative</p> <p><b>Unit 2:</b> Perspective Taking</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Community Involvement, Giving &amp; Receiving Feedback, Go for your goals, Leadership Skills</p>	<p><b>Unit 1:</b> Character Traits, Strengths &amp; Weaknesses, Confidence, Teamwork &amp; Collaboration, Flexible Thinking, SMART Goals</p> <p><b>Unit 2:</b> Feedback, Listening Skills, Perspective</p> <p><b>Unit 3:</b> Resilience, Emotional Awareness, Being Responsible, Time Management, Community Involvement &amp; Giving Back</p>	<p><b>Unit 1:</b> Identifying Strengths &amp; Interests, Problem Solving, Identifying Mentors, Goal Setting</p> <p><b>Unit 2:</b> Rules for life, Be a team player, Extracurricular Activities, Perspective Taking, Relationships, Leadership Skills, Conflict</p> <p><b>Unit 3:</b> Healthy Living, Healthy Relationships, Point of view, Negotiating, Public Speaking, Standing up for yourself, Transitions</p>
B-LS 1. Critical-thinking skills to make informed decisions	<p><b>Unit 1:</b> Decision Making</p> <p><b>Unit 2:</b> Perspective Taking</p> <p><b>Unit 3:</b> Reaching Out for Resources, Community Involvement, Giving &amp; Receiving Feedback, Leadership Skills</p>	<p><b>Unit 1:</b> Healthy Choices</p> <p><b>Unit 2:</b> Perspective, Feedback</p> <p><b>Unit 3:</b> Time Management, Community Involvement &amp; Giving Back</p>	<p><b>Unit 1:</b> Identifying Strengths &amp; Weaknesses, Problem Solving</p> <p><b>Unit 2:</b> Conflict, Leadership Skills</p> <p><b>Unit 3:</b> Negotiating</p>
B-LS 2. Creative approach to learning, tasks and problem solving	<p><b>Unit 1:</b> Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding &amp; Appreciating Character Strength, Growth Mindset, Teamwork &amp; Collaboration</p> <p><b>Unit 2:</b> Nonverbal Communication, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Gossiping, Jealousy &amp; Envy</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Community Involvement, Giving &amp; Receiving Feedback, Perseverance &amp; Hope, Leadership Skills</p>	<p><b>Unit 1:</b> Character Traits, Strengths and Weaknesses, Teamwork and Collaboration, Confidence, Flexible Thinking, Conflict</p> <p><b>Unit 2:</b> Advocacy, Overcoming Obstacles, Feedback, Bullying, Perspective, Cultural Competency</p> <p><b>Unit 3:</b> Dealing with Disappointment, Mindfulness, Resilience, Community Involvement &amp; Giving Back</p>	<p><b>Unit 1:</b> Identifying Strengths and Interests, Problem-Solving, Community Support, Cultural Competency</p> <p><b>Unit 2:</b> Rules for Life, Leadership Skills, Conflict, Perspective Taking, Be a team player, Extracurricular Activities</p> <p><b>Unit 3:</b> Healthy Relationships, Prejudice and Racism, Bullying, Rumors and Gossip, Negotiating, Standing Up for Yourself, Transitions, Point of View</p>
B-LS 3. Time-Management, organizational and study skills	<p><b>Unit 1:</b> Responsibility &amp; Accountability, Teamwork &amp; Collaboration</p> <p><b>Unit 3:</b> Leadership Skills</p>	<p><b>Unit 1:</b> SMART Goals, Teamwork &amp; Collaboration</p> <p><b>Unit 2:</b> Feedback, Listening Skills, Perspective</p> <p><b>Unit 3:</b> Time Management</p>	<p><b>Unit 1:</b> Community Support, Identifying Mentors, Goal Setting</p> <p><b>Unit 2:</b> Be a team player, Extracurricular Activities, Relationships, Perspective Taking</p> <p><b>Unit 3:</b> Negotiating, Standing up for yourself</p>
B-LS 4. Self-motivation and self-direction for learning	<p><b>Unit 1:</b> Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding &amp; Appreciating Character Strength, Pressure &amp; Stress, Facing Failure, Growth Mindset, Decision Making, Responsibility &amp; Accountability</p> <p><b>Unit 2:</b> Self-Perception, Optimism, Perspective Taking</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching out for Resources, Giving &amp; Receiving Feedback, Go for your goals, Leadership Skills</p>	<p><b>Unit 1:</b> Character Traits, Strengths and Weaknesses, Healthy Choices, SMART Goals, Flexible Thinking, Stress, Conflict, Self-Perception</p> <p><b>Unit 2:</b> Fear, Listening Skills, Overcoming Obstacles, Feedback, Perspective</p> <p><b>Unit 3:</b> Dealing with Disappointment, Stress Reduction, Mindfulness, It's Okay to Fail, Resilience, Being Responsible, Time Management</p>	<p><b>Unit 1:</b> Balancing your body budget, Identifying Strengths &amp; Weaknesses, Getting Your Point Across, Goal Setting</p> <p><b>Unit 2:</b> Rules for Life, Be a team player, Extracurricular Activities, Perspective Taking, Leadership Skills</p> <p><b>Unit 3:</b> Happiness, Healthy Relationships, Healthy Living, Point of View, Public Speaking, Standing Up for Yourself</p>



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
B-LS 5. Media and technology skills to enhance learning	<b>Unit 1:</b> Understanding and Building Self-Confidence and Self-Esteem, Growth Mindset	<b>Unit 1:</b> Confidence, Strengths and Weaknesses, Flexible Thinking	<b>Unit 1:</b> Goal setting
B-LS 6. High-quality standards for tasks and Activities	<b>Unit 1:</b> Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strengths, Growth Mindset, Decision-Making, Responsibility & Accountability <b>Unit 2:</b> Self-Perception, Optimism, Nonverbal communication <b>Unit 3:</b> Resilience, Executive Functioning, Reaching Out for Resources, Leadership Skills, Go for your goals	<b>Unit 1:</b> Character Traits, Confidence, Flexible Thinking, Strengths and Weaknesses, Self-Perception <b>Unit 2:</b> Overcoming obstacles, Perspective <b>Unit 3:</b> Resilience, Being Responsible, Time Management	<b>Unit 1:</b> Identifying Strengths & Interests <b>Unit 2:</b> Rules for Life, Perspective Taking, Leadership Skills <b>Unit 3:</b> Point of View, Public Speaking, Negotiating
B-LS 7. Long- and short-term academic, career and social/emotional Goals	<b>Unit 1:</b> Introduction to Emotions, Understanding & Building Self-Confidence & Self-Esteem, Understanding and Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Pressure & Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Responsibility & Accountability, Teamwork and Collaboration, Decision Making <b>Unit 2:</b> Self-Perception, Optimism, Perspective Taking, Health and Unhealthy relationships, Making and maintaining friendships, Gossiping, Jealousy & Envy <b>Unit 3:</b> Resilience, Fear Less, Executive Functioning, Giving and Receiving Feedback, Leadership Skills, Perseverance & Hope, Gratitude & Generosity	<b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths and Weaknesses, Confidence, SMART Goals, Flexible Thinking, Self-Perception, Teamwork & Collaboration, Healthy Choices, Stress, Conflict <b>Unit 2:</b> Stereotypes & Implicit Biases, Fear, Listening Skills, Overcoming Obstacles, Feedback, Bullying, Perspective, Empathy <b>Unit 3:</b> Dealing with disappointments, Stress Reduction, Mindfulness, It's okay to fail, Relationships, Resilience, Emotional Awareness, Forgiving, Time Management, Being Responsible	<b>Unit 1:</b> Introduction to Emotions, Identifying Strengths and Interests, Balancing your body budget, Problem solving, Cultural Competency, Community Support, Getting your point across, Identifying mentors <b>Unit 2:</b> Perspective Taking, Be a Team Player, Extracurricular Activities, Conflict, Leadership Skills, Relationships <b>Unit 3:</b> Healthy Relationships, Point of View, Negotiating, Public Speaking, Standing Up for yourself, Transitions
B-LS 8. Engagement in challenging coursework	<b>Unit 1:</b> Understanding & Building Self-Confidence & Self-Esteem, Pressure & Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Decision Making <b>Unit 2:</b> Optimism, Perspective Taking <b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching out for Resources, Giving and Receiving Feedback, Go for your goals, Perseverance & Hope	<b>Unit 1:</b> Strengths & Weaknesses, Confidence, Flexible Thinking, SMART Goals, Stress, Conflict <b>Unit 2:</b> Fear, Listening Skills, Overcoming obstacles, Feedback, Perspective <b>Unit 3:</b> Dealing with disappointments, Stress Reduction, Mindfulness, It's okay to fail, Resilience, Being Responsible	<b>Unit 1:</b> Identifying Strengths & Interests, Problem Solving, Belonging & Rejection, Getting Your Point Across <b>Unit 2:</b> Be a team player, Extracurricular Activities, Perspective Taking, Conflict, Leadership Skills <b>Unit 3:</b> Public Speaking, Negotiating, Standing Up for Yourself, Point of View,
B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias	<b>Unit 1:</b> Growth Mindset, Decision-Making <b>Unit 2:</b> Self-Perception, Optimism, Perspective Taking <b>Unit 3:</b> Reaching out to resources, community involvement, giving & receiving feedback	<b>Unit 1:</b> Flexible Thinking, Self-Perception <b>Unit 2:</b> Listening Skills, Perspective, Feedback <b>Unit 3:</b> Community Involvement & Giving Back	<b>Unit 1:</b> Belonging and Rejection, Getting Your Point Across, Community Support <b>Unit 2:</b> Perspective Taking <b>Unit 3:</b> Point of View, Negotiating, Public Speaking, Standing Up for yourself, Prejudice & Racism, Bullying, Rumors & Gossip
B-LS 10. Participation in enrichment and extracurricular Activities	<b>Unit 1:</b> Understanding & Building Self-Confidence & Self-Esteem, Understanding and Appreciating Character Strength, Teamwork and Collaboration, Responsibility and Accountability, Growth Mindset <b>Unit 2:</b> Optimism <b>Unit 3:</b> Resilience, Executive functioning, Go for your goals, Leadership Skills, Giving & Receiving Feedback	<b>Unit 1:</b> Character Traits, Strengths and Weaknesses, Confidence, Teamwork and Collaboration, SMART Goals, Flexible Thinking <b>Unit 2:</b> Listening Skills, Overcoming Obstacles, Feedback, Perspective <b>Unit 3:</b> Dealing with disappointment, Stress Reduction, Mindfulness, It's okay to fail, Resilience, Time-Management, Being Responsible	<b>Unit 1:</b> Identifying Strengths and Interests, Getting Your Point Across, Belonging & Rejection, Goal Setting <b>Unit 2:</b> Rules for Life, Be a team player, Extracurricular Activities, Perspective Taking, Leadership Skills <b>Unit 3:</b> Public Speaking, Negotiating, Standing Up for Yourself, Point of View



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
B-SMS 1. Responsibility for self and actions	<p><b>Unit 1:</b> Using compassion to stand up for bullying, Growth Mindset, Responsibility &amp; Accountability</p> <p><b>Unit 2:</b> Self-Perception, Perspective Taking, Healthy &amp; Unhealthy Relationships, Making &amp; Maintaining Friendships, Rules, Gossiping, Jealousy &amp; Envy</p> <p><b>Unit 3:</b> Fear less, Community Involvement, Giving &amp; Receiving Feedback, Cultural Competence</p>	<p><b>Unit 1:</b> Flexible Thinking</p> <p><b>Unit 2:</b> Advocacy, Stereotypes &amp; Implicit Bias, Bullying, Feedback</p> <p><b>Unit 3:</b> Dealing with disappointments, Stress Reduction, Mindfulness, Healthy Lifestyle, Relationships, Being Responsible, Forgiving</p>	<p><b>Unit 1:</b> Community Support, Balancing your body budget, Problem solving, Belonging &amp; Rejection, Ethics &amp; Integrity, Goal Setting, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Rules for Life, Pain &amp; Self-Harm, Self-Talk, Be a team player, Extracurricular Activities, Perspective Taking, Relationships, Apologies &amp; Forgiveness</p> <p><b>Unit 3:</b> Healthy Living, Happiness, Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossip, Point of View, Negotiating, Public Speaking, Generosity, Transitions, Standing up for yourself</p>
B-SMS 2. Self-discipline and self-control	<p><b>Unit 1:</b> Introduction to Emotions, Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding &amp; Appreciating Character Strengths, Mindfulness Matters, Growth Mindset</p> <p><b>Unit 3:</b> Resilience, Executive Functioning</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Confidence, Flexible Thinking, SMART Goals, Healthy Choices</p> <p><b>Unit 2:</b> Body Language, Overcoming obstacles</p> <p><b>Unit 3:</b> Mindfulness, Healthy Lifestyle, Resilience, Being Responsible, Time Management</p>	<p><b>Unit 1:</b> Identifying Strengths and Interests, Goal Setting</p> <p><b>Unit 2:</b> Rules for life, Self-Talk</p> <p><b>Unit 3:</b> Healthy Living</p>
B-SMS 3. Independent work	<p><b>Unit 3:</b> Reaching out for resources, Go for your goals</p>	<p><b>Unit 1:</b> Confidence, Flexible Thinking, SMART Goals</p> <p><b>Unit 3:</b> Being Responsible</p>	<p><b>Unit 1:</b> Goal Setting</p> <p><b>Unit 3:</b> Point of View, Public Speaking, Standing Up for yourself</p>
B-SMS 4. Delayed gratification for long-term rewards	<p><b>Unit 1:</b> Introduction to emotions, Understanding &amp; Appreciating Character Strengths, Facing Failure</p> <p><b>Unit 2:</b> Optimism</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Perseverance &amp; Hope</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths and Weaknesses, Flexible Thinking, Conflict, Stress</p> <p><b>Unit 2:</b> Overcoming obstacles, Empathy</p> <p><b>Unit 3:</b> Dealing with disappointment, Stress Reduction, Resilience, Emotional Awareness, Being Responsible</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths and Interests, Balancing your body budget, Problem solving</p> <p><b>Unit 2:</b> Rules for life, Relationships, Conflict</p> <p><b>Unit 3:</b> Healthy Living, Healthy Relationships</p>
B-SMS 5. Perseverance to achieve long- and short-term Goals	<p><b>Unit 1:</b> Understanding and Appreciating Character Strength, Mindfulness Matters, Facing Failure, Growth Mindset, Responsibility &amp; Accountability</p> <p><b>Unit 2:</b> Optimism, Perspective Taking</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching out to resources, Go for your goals, Leadership skills, Perseverance &amp; Hope, Giving &amp; Receiving Feedback</p>	<p><b>Unit 1:</b> Character Traits, Strengths and Weaknesses, Confidence, Flexible Thinking, SMART Goals, Stress, Healthy Choices, Conflict</p> <p><b>Unit 2:</b> Advocacy, Feedback, Perspective, Overcoming Obstacles</p> <p><b>Unit 3:</b> Dealing with disappointment, Resilience, Mindfulness, Stress Reduction, Emotional Awareness, Being Responsible, Time Management</p>	<p><b>Unit 1:</b> Identifying Strengths and Interests, Balancing your body budget, Belonging &amp; Rejection, Getting your point across, Ethics &amp; Integrity, Goal Setting, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Rules for life, Self-Talk, Perspective Taking, Be a Team Player, Extracurricular activities, Leadership Skills, Conflict</p> <p><b>Unit 3:</b> Healthy Living, Healthy relationships, Point of View, Negotiating, Public Speaking, Standing up for yourself, Transitions</p>
B-SMS 6. Ability to identify and overcome barriers	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Using Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork and Collaboration</p> <p><b>Unit 2:</b> Self-Perception, Optimism, Grief, Identity, Diversity, Gossiping, Healthy &amp; Unhealthy Relationships, Making &amp; Maintaining Friendships, Rules, Gossiping, Jealousy &amp; Envy, Perspective Taking</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Community Involvement, Giving &amp; Receiving Feedback, Cultural Competence, Perseverance and Hope</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Stress, Conflict, Self-Perception, Healthy Choices, Flexible Thinking</p> <p><b>Unit 2:</b> Body Language, Advocacy, Stereotypes &amp; Implicit Bias, Fear, Listening Skills, Cultural Competency, Perspective, Empathy, Bullying</p> <p><b>Unit 3:</b> Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Resilience, Community Involvement and Giving Back, Being Responsible</p>	<p><b>Unit 1:</b> Introduction to Emotions, Balancing Your Body Budget, Identifying Strengths &amp; Weaknesses, Problem Solving, Cultural Competency, Community Support, Belonging and Rejection, Getting Your Point Across</p> <p><b>Unit 2:</b> Rules for Life, Human Variation, Self-Talk, Pain &amp; Self-Harm, Be a team player, Perspective taking, Relationships, Conflict, Apologies &amp; Forgiveness, Loss</p> <p><b>Unit 3:</b> Healthy Living, Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Point of View, Negotiating, Standing Up for Yourself, Transitions</p>



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
B-SMS 7. Effective coping skills	<p><b>Unit 1:</b> Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Understanding and Appreciating Character Strength, Pressure &amp; Stress, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p><b>Unit 2:</b> Self-Perception, Perspective Taking, Optimism</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Reaching out to resources, Leadership Skills</p>	<p><b>Unit 1:</b> Stress, Conflict, Self-Perception, Flexible Thinking, Character Traits, Strengths &amp; Weaknesses, Self-Perception, Conflict, Healthy Choices</p> <p><b>Unit 2:</b> Showing Respect, Perspective, Listening Skills, Feedback</p> <p><b>Unit 3:</b> Dealing with disappointments, Stress Reduction, Mindfulness, Healthy Lifestyles, It's okay to fail, Resilience, Being Responsible</p>	<p><b>Unit 1:</b> Identifying Strengths &amp; Interests, Balancing your body budget, Problem Solving</p> <p><b>Unit 2:</b> Be a team player, Relationships, Perspective Taking, Apologies &amp; Forgiveness, Conflict, Loss</p> <p><b>Unit 3:</b> Healthy Relationships, Negotiating, Standing Up for Yourself, Point of View</p>
B-SMS 8. Balance of school, home and community Activities	<p><b>Unit 3:</b> Community Involvement</p>	<p><b>Unit 3:</b> Community Involvement and Giving Back</p>	<p><b>Unit 1:</b> Community Support</p>
B-SMS 9. Personal safety skills	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and Building Self-Confidence &amp; Self-Esteem, Using Compassion to Stand Up to Bullying, Pressure &amp; Stress, Mindfulness Matters, Growth Mindset, Facing Failure, Responsibility and Accountability</p> <p><b>Unit 2:</b> Self-Perception, Optimism, Nonverbal Communication, Diversity, Identity, Perspective Taking, Healthy &amp; Unhealthy Relationships, Making &amp; Maintaining Friendships, Rules</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Fear Less, Cultural Competence</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Confidence, Flexible Thinking, Stress, Healthy Choices, Conflict, Self-Perception</p> <p><b>Unit 2:</b> Body Language, Stereotypes &amp; Implicit Biases, Bullying, Fear, Overcoming Obstacles, Perspective, Cultural Competency, Empathy</p> <p><b>Unit 3:</b> Dealing with Disappointments, Stress Reduction, Mindfulness, Healthy Lifestyles, It's okay to fail, Relationships, Resilience, Emotional Awareness, Being Responsible</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths &amp; Interests, Balancing your body budget, Cultural Competency</p> <p><b>Unit 2:</b> Pain &amp; Self-Harm, Loss, Self-Talk, Perspective Taking, Relationships</p> <p><b>Unit 3:</b> Healthy Living, Happiness, Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip</p>
B-SMS 10. Ability to manage transitions and adapt to change	<p><b>Unit 1:</b> Introduction to emotions, Pressure &amp; Stress, Mindfulness Matters, Growth Mindset</p> <p><b>Unit 2:</b> Healthy &amp; Unhealthy Relationships, Making &amp; Maintaining Friendships, Optimism</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Reaching out for resources, Perseverance &amp; Hope</p>	<p><b>Unit 1:</b> Introduction to Emotions, Strengths &amp; Emotions, Confidence, Flexible Thinking, Stress, Healthy Choices, Conflict, Self-Perception</p> <p><b>Unit 2:</b> Body Language, Overcoming Obstacles, Empathy</p> <p><b>Unit 3:</b> Stress, Reduction, Mindfulness, Resilience, Relationships, Being Responsible, Emotional Awareness</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths &amp; Interests, Balancing your body budget, Problem Solving, Cultural Competency, Belonging &amp; Rejections, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Leadership Skills, Perspective Taking, Relationships, Conflict, Loss</p> <p><b>Unit 3:</b> Point of View, Negotiating, Transitions, Standing up for yourself</p>
B-SS 1. Effective oral and written Communication skills and listening skills	<p><b>Unit 1:</b> Introduction to emotions, Understanding &amp; Building Self-Confidence &amp; Self-Esteem, Responsibility and Accountability, Growth Mindset, Mindfulness Matters</p> <p><b>Unit 2:</b> Self-Perception, Optimism, Nonverbal Communication</p> <p><b>Unit 3:</b> Fear Less</p>	<p><b>Unit 1:</b> Introduction to Emotions, Confidence</p> <p><b>Unit 2:</b> Listening Skills</p>	<p><b>Unit 1:</b> Introduction to Emotions, Kindness &amp; Compassion, Getting your point across</p> <p><b>Unit 3:</b> Negotiating, Point of View, Public Speaking</p>
B-SS 2. Positive, respectful and supportive Relationships with students who are similar to and different from them	<p><b>Unit 1:</b> Introduction to Emotions, Understanding &amp; Appreciating Character Strengths, Using Compassion to Stand Up to Bullying, Teamwork &amp; Collaboration, Values</p> <p><b>Unit 2:</b> Diversity, Identity, Optimism, Perspective Taking, Healthy &amp; Unhealthy Relationships, Making and Maintaining Friendships</p> <p><b>Unit 3:</b> Respect for Living Things, Cultural Competence, Gratitude &amp; Generosity</p>	<p><b>Unit 1:</b> Introduction to emotions, Character Traits, Strengths &amp; Weaknesses, Flexible Thinking, Healthy Choices</p> <p><b>Unit 2:</b> Showing Respect, Body Language, Stereotypes &amp; Implicit Biases, Bullying, Perspective, Cultural Competency</p> <p><b>Unit 3:</b> Emotional Awareness, Community Involvement and Giving Back, Mindfulness, Relationships, Resilience, Emotional Awareness, Being Responsible</p>	<p><b>Unit 1:</b> Introduction to emotions, Identifying Strengths &amp; Weaknesses, Cultural Competency, Community Support, Belonging &amp; Rejection, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Be a team player, Extracurricular Activities, Perspective Taking, Leadership Skills, Relationships</p> <p><b>Unit 3:</b> Healthy Relationships</p>
B-SS 3. Positive Relationships with adults to support success	<p><b>Unit 1:</b> Teamwork and Collaboration</p> <p><b>Unit 2:</b> Perspective Taking</p> <p><b>Unit 3:</b> Reaching Out for Resources, Community Involvement, Cultural Competence, Giving &amp; Receiving Feedback</p>	<p><b>Unit 1:</b> Teamwork and Collaboration</p> <p><b>Unit 2:</b> Showing Respect, Feedback, Perspective</p> <p><b>Unit 3:</b> Relationships, Community Involvement and Giving Back</p>	<p><b>Unit 1:</b> Cultural Competency, Community Support, Belonging &amp; Rejection, Getting your point across, Identifying Mentors</p> <p><b>Unit 2:</b> Leadership Skills, Relationships</p> <p><b>Unit 3:</b> Healthy Relationships</p>



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
B-SS 4. Empathy	<p><b>Unit 1:</b> Introduction to Emotions, Using compassion to stand up for bullying, Pressure &amp; Stress, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p><b>Unit 2:</b> Identity, Diversity, Perspective Taking, Grief</p>	<p><b>Unit 1:</b> Introduction to Emotions</p> <p><b>Unit 2:</b> Showing Respect, Perspective, Empathy, Bullying, Stereotypes &amp; Implicit Biases</p> <p><b>Unit 3:</b> Emotional Awareness, Mindfulness</p>	<p><b>Unit 1:</b> Introduction to Emotions, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Perspective taking, Pain &amp; Self-Harm, Loss</p> <p><b>Unit 3:</b> Happiness, Generosity, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossips</p>
B-SS 5. Ethical decision-making and social responsibility	<p><b>Unit 1:</b> Understanding and Appreciating Character Strength, Decision Making, Responsibility and Accountability, Values</p> <p><b>Unit 2:</b> Identity, Diversity, Perspective Taking</p> <p><b>Unit 3:</b> Respect for Living Things, Cultural Competence, Leadership Skills</p>	<p><b>Unit 1:</b> Character Traits, Strengths and Weaknesses, Morals, Flexible Thinking, SMART Goals</p> <p><b>Unit 2:</b> Advocacy, Cultural Competency, Perspective, Showing Respect</p> <p><b>Unit 3:</b> Community Involvement and Giving Back</p>	<p><b>Unit 1:</b> Identifying strengths &amp; weaknesses, Ethics &amp; Integrity, Cultural Competency, Community Support</p> <p><b>Unit 2:</b> Leadership Skills, Be a Team Player, Perspective taking</p> <p><b>Unit 3:</b> Prejudice &amp; Racism, Bullying, Rumors &amp; Gossip, Point of View, Negotiating, Public Speaking</p>
B-SS 6. Effective collaboration and cooperation skills	<p><b>Unit 1:</b> Introduction to Emotions, Teamwork &amp; Collaboration, Growth Mindset</p> <p><b>Unit 2:</b> Perspective Taking</p> <p><b>Unit 3:</b> Reaching out to resources, Giving &amp; Receiving Feedback, Community Involvement</p>	<p><b>Unit 1:</b> Introduction to Emotions, Teamwork &amp; Collaboration, Flexible thinking</p> <p><b>Unit 2:</b> Listening Skills, Feedback, Perspective</p> <p><b>Unit 3:</b> Being Responsible, Community Involvement and Giving Back</p>	<p><b>Unit 1:</b> Introduction to Emotions, Belonging and Rejection, Cultural Competency, Community Support, Kindness &amp; Compassion, Problem Solving, Balancing your body budget</p> <p><b>Unit 2:</b> Leadership Skills, Be a Team Player, Perspective taking, Conflict, Apologies &amp; Forgiveness</p> <p><b>Unit 3:</b> Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossip, Point of View, Negotiating, Public Speaking, Transitions, Standing up for yourself</p>
B-SS 7. Leadership and teamwork skills to work effectively in diverse groups	<p><b>Unit 1:</b> Introduction to Emotions, Teamwork &amp; Collaboration, Growth Mindset</p> <p><b>Unit 2:</b> Perspective Taking, Identity, Diversity</p> <p><b>Unit 3:</b> Reaching out to resources, Giving &amp; Receiving Feedback, Community Involvement, Leadership Skills, Perseverance &amp; Hope</p>	<p><b>Unit 1:</b> Introduction to emotions, Teamwork and Collaboration, Flexible Thinking</p> <p><b>Unit 2:</b> Advocacy, Perspective, Cultural Competency</p> <p><b>Unit 3:</b> Community Involvement and Giving Back, Being Responsible</p>	<p><b>Unit 1:</b> Introduction to Emotions, Belonging and Rejection, Cultural Competency, Community Support, Ethics &amp; Integrity, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Rules for Life, Human Variation, Relationships, Leadership Skills, Be a Team Player, Perspective taking</p> <p><b>Unit 3:</b> Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossip, Point of View, Negotiating, Public Speaking</p>
B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and Appreciating Character Strength, Using Compassion to stand up for bullying, Mindfulness Matters, Teamwork and Collaboration, Growth Mindset, Values</p> <p><b>Unit 2:</b> Optimism, Self-Perception, Perspective Taking, Identity, Diversity</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Reaching Out for Resources, Community Involvement, Cultural Competence, Leadership Skills, Go for your goals, Perseverance &amp; Hope</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths &amp; Weaknesses, Teamwork and Collaboration, Confidence, Flexible Thinking, SMART Goals, Morals, Healthy Choices, Self-Perception</p> <p><b>Unit 2:</b> Showing Respect, Cultural Competency, Empathy, Advocacy, Perspective</p> <p><b>Unit 3:</b> Healthy Lifestyles, Resilience, Emotional Awareness, Community Involvement &amp; Giving Back, Relationships</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths and Interests, Belonging and Rejection, Community Support, Ethics &amp; Integrity, Kindness &amp; Compassion, Getting your point across</p> <p><b>Unit 2:</b> Rules for Life, Human Variation, Relationships, Leadership Skills, Be a Team Player, Perspective taking</p> <p><b>Unit 3:</b> Healthy Living, Happiness, Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossip, Point of View, Negotiating, Public Speaking, Standing up for Yourself, Transition</p>
B-SS 9. Social maturity and behaviors appropriate to the situation and environment	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and Appreciating Character Strength, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Using compassion to stand up against bullying</p> <p><b>Unit 2:</b> Nonverbal Communication, Identity, Diversity, Healthy and Unhealthy Relationships, Making &amp; Maintaining Friendships, Gossiping, Jealousy &amp; Envy</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving &amp; Receiving Feedback, Cultural Competency, Leadership Skills</p>	<p><b>Unit 1:</b> Introduction to Emotions, Character Traits, Strengths and Weaknesses, Teamwork and Collaboration, Flexible thinking</p> <p><b>Unit 2:</b> Showing Respect, Body Language, Listening Skills, Feedback, Cultural Competency, Empathy, Perspective</p> <p><b>Unit 3:</b> Healthy Lifestyles, Relationships, Resilience, Being Responsible, Emotional Awareness, Community involvement and Giving Back</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths and Interests, Belonging and Rejection, Problem Solving, Cultural Competency, Community Support, Ethics &amp; Integrity, Kindness &amp; Compassion</p> <p><b>Unit 2:</b> Rules for Life, Human Variation, Relationships, Apologies and Forgiveness, Leadership Skills, Be a Team Player, Extracurricular Activities, Loss, Perspective taking</p> <p><b>Unit 3:</b> Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossips, Point of View, Negotiating, Public Speaking, Standing up for yourself</p>



## Alignment to ASCA Standards for Student Success

ASCA Standard	Grade 6	Grade 7	Grade 8
B-SS 10. Cultural awareness, sensitivity and responsiveness	<p><b>Unit 1:</b> Introduction to Emotions, Understanding and Appreciating Character Strength, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Using compassion to stand up against bullying</p> <p><b>Unit 2:</b> Nonverbal Communication, Identity, Diversity, Healthy and Unhealthy Relationships, Making &amp; Maintaining Friendships, Gossiping, Jealousy &amp; Envy</p> <p><b>Unit 3:</b> Resilience, Executive Functioning, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving &amp; Receiving Feedback, Cultural Competency, Leadership Skills</p>	<p><b>Unit 1:</b> Introduction to Emotions, Flexible Thinking, Morals</p> <p><b>Unit 2:</b> Cultural Competency, Showing Respect, Perspective, Empathy</p> <p><b>Unit 3:</b> Relationships, Community Involvement and Giving Back, Being Responsible</p>	<p><b>Unit 1:</b> Introduction to Emotions, Identifying Strengths and Interests, Cultural Competency, Community Support, Ethics &amp; Integrity</p> <p><b>Unit 2:</b> Relationships, Perspective Taking</p> <p><b>Unit 3:</b> Healthy Relationships, Prejudice &amp; Racism, Bullying, Rumors &amp; Gossips</p>