

American School Counselors Associations (ASCA)



National Student Standards (Competencies and Indicators)

***Adapted from the American School Counselor Associations website**

www.schoolcounselor.org

Academic Development

ASCA Student Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.

Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span.

A:A1 Improve Academic Self-Concept

- Articulate feelings of competence and confidence as learners
- Display a positive interest in learning
- Take pride in work and achievement
- Accept mistakes as essential to the learning process
- Identify attitudes and behaviors that lead to success

A:A2 Acquire Skills for Improving Learning

- Apply time management and task management skills
- Demonstrate how effort and persistence positively affect learning
- Use communication skills to ask for help when needed
- Apply knowledge and learning styles to positively influence school performance

A:A3 Achieve School Success

- Take responsibility for their actions
- Demonstrate the ability to work independently and cooperatively
- Develop a broad range of interests and abilities
- Demonstrate dependability, productivity, and initiative
- Share knowledge

Standard B: Students will complete school with the academic preparation essential to choose from a wide range of post-secondary options, including college.

A:B1 Improve Learning

- Demonstrate the motivation to achieve potential
- Learn and apply critical thinking skills
- Apply the study skills necessary for academic success
- Seek information and support from faculty, staff, family, and peers
- Organize and apply academic information from a variety of sources
- Use knowledge of learning styles to positively influence school performance
- Become a self-directed and independent learner

A:B2 Plan to Achieve Goals

- Establish challenging goals in elementary, middle, and high school
- Use assessment results in educational planning
- Develop and implement annual plan of study to maximize ability and achievement
- Apply knowledge of aptitudes and interests to goal setting
- Use problem solving and decision making skills to assess progress toward educational goals
- Understand the relationship between classroom performance and academic success
- Identify post-secondary options consistent with interests, aptitudes, and abilities

Standard C: Students will understand the relationship between academics to the world of work and to life at home in the community.

A:C1 Relate School to Life Experiences

- Demonstrate ability to balance school, studies, extra-curricular, and leisure time and family life
- Seek co-curricular and community experiences
- Understand the relationship between learning and work
- Demonstrate an understanding of the value of life-long learning
- Understand that school success is a preparation to make the transition from student to community member
- Understand how school success and academic achievement enhance future career and vocational opportunities

Personal/Social Development

ASCA Student Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.

Standard A: Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self Knowledge

- Develop positive attitudes toward self as a unique and worthy person
- Identify values, attitudes, and beliefs
- Learn the goal-setting process
- Understand that change is a part of growth
- Identify and express feelings
- Distinguish between appropriate and inappropriate behavior
- Recognize personal boundaries, rights and privacy needs
- Understand the need for self-control and how to practice it
- Identify personal strengths and assets
- Identify and discuss changing personal and social worlds
- Identify and recognize changing family roles

PS:A2 Acquire Interpersonal Skills

- Recognize that everyone has rights and responsibilities
- Respect alternative viewpoints
- Recognize, accept, respect and appreciate individual differences
- Recognize, accept, and appreciate cultural diversity
- Use effective communication skills and cooperative behavior in groups
- Know that communication involves speaking, listening, and nonverbal behavior
- Learn how to make and keep friends

Standard B: Students will make decisions, set goals, and take necessary action to achieve goals

PS:B1 Self Knowledge Application

- Use decision-making and problem-solving models
- Understand the consequences of decisions and choices
- Identify alternative solutions to problems
- Develop effective and safe coping skills for dealing with problems
- Know how to apply conflict resolution skills
- Demonstrate a respect and appreciation for individual and cultural differences
- Know when peer pressure is influencing a decision
- Identify long and short term goals
- Use persistence and perseverance when developing knowledge and skills
- Develop actions plans to set and achieve realistic goals

Standard C: Students will Understand Safety and Survival Skills

PS:C1 Acquire Personal Safety Skills

- Demonstrate knowledge of personal information (telephone number, home address, emergency contact info)
- Learn about the relationship between rules, laws, safety and the protection of rights of the individual
- Learn about the differences between healthy and unhealthy physical contact
- Demonstrate the ability to set boundaries and personal privacy
- Differentiate between situations requiring peer support and situations requiring adult professional help
- Identify resources at school and in the community and know how to seek their help
- Apply effective problem-solving and decision-making skills to make safe and healthy choices
- Learn about the emotional and physical dangers of substance abuse
- Learn how to cope with peer pressure
- Learn techniques for managing stress and conflict

Career Development

ASCA Student Standards for career development guide school counseling programs to provide the foundations for acquisition of skills, attitudes, and knowledge that enables students to make successful transition for school to the world of work, and from job to job across a lifespan.

Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.

C:A1 Develop Career Awareness

- Develop skills to locate, evaluate, and interpret career information
- Learn about a variety of traditional and nontraditional occupations
- Develop an awareness of personal abilities, skills, interests, and motivations
- Learn how to interact and work cooperatively in a team
- Learn to set goals and make decisions
- Understand the importance of planning
- Develop hobbies and vocational interests
- Balance between work and leisure

C:A2 Develop Employment Readiness

- Acquire employability skills such as working on a team, problem solving, and organizational skills
- Apply job-readiness skills to seek employment opportunities
- Demonstrate knowledge about the changing workplace
- Learn about the rights and responsibilities of employers and employees
- Learn to respect individual uniqueness and talents in the workplace
- Develop a positive attitude toward work and learning new skills
- Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
- Utilize time and task management skills

Standard B: Students will employ strategies to achieve future career goals with success and satisfaction

C:B1 Acquire Career Information

- Apply decision making skills to career planning, course selection, and career transitions
- Identify personal skills, interests, and abilities and relate them to career choices
- Demonstrate knowledge of the career planning process
- Know various ways in which occupations can be classified
- Use research and information resources to obtain career information
- Utilize the internet to access career planning information
- Describe traditional and nontraditional career choices
- Understand how changing economic and societal needs influence employment trends and future training

C:B2 Identify Career Goals

- Demonstrate awareness of the educational training needed to achieve career goals
- Assess and modify educational plan to support career goals
- Use employability and job readiness skills in internships, mentoring, job shadowing or other work experiences
- Select course work that is related to career interests

Standard C: Students will understand the relationship between personal qualities, education, and training to the world of work.

C:C1 Acquire Knowledge to Achieve Career Goals

- Understand the relationship between educational achievement and career success
- Explain how work can help to achieve personal success and satisfaction
- Identify personal preferences and interests influencing career choices and success
- Understand that the changing workplace requires lifelong learning and acquiring new skills
- Describe the effects of work on lifestyle
- Understand the importance of equity and access in career choices
- Understand that work is an important and satisfying means of personal expression