

Utah Comprehensive Counseling and Guidance Program Student Outcomes: Standards and Competencies

Academic/Learning Development

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

AL:A1 Improve academic self-concept

- AL:A1.1 Articulate feelings of competence and confidence as learners
- AL:A1.2 Identify and apply attitudes, expectations, and behaviors which lead to successful learning
- AL:A1.3 Understand individual strengths and how to remediate or compensate for weaknesses

AL:A2 Acquire skills for maximizing learning

- AL:A2.1 Apply time-management and task-management skills
- AL:A2.2 Demonstrate how effort and persistence positively affect learning
- AL:A2.3 Know when and how to ask for help or information from faculty, staff, family, and peers
- AL:A2.4 Apply knowledge of learning styles to positively influence school performance

AL:A3 Achieve school success

- AL:A3.1 Develop basic skills (in math, reading, writing, technology, etc.)
- AL:A3.2 Learn and apply critical thinking skills
- AL:A3.3 Develop a pattern of regular school attendance
- AL:A3.4 Demonstrate the ability to work independently, as well as cooperatively with other students
- AL:A3.5 Connect to school in positive ways
- AL:A3.6 Apply the study and homework skills necessary for academic success

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Standard B: Students will understand the relationship of school experiences and academic achievement to the world of work, home, and community.

AL:B1 Relate school to life experiences

- AL:B1.1 Demonstrate the ability to balance family life, school, homework, extracurricular activities, and leisure time
- AL:B1.2 Understand the relationship between learning and life/career success

Standard C: Students will complete school with essential coursework that provides a wide range of substantial post-secondary options.

AL:C1 Plan to achieve goals through the implementation of a Student Education Plan (SEP) or Student Education Occupation Plan (SEOP)

- AL:C1.1 Actively involve parent(s) or guardian(s) in the SEP/SEOP process
- AL:C1.2 Establish challenging academic goals in elementary, middle/junior, and high school
- AL:C1.3 Use assessment results to maximize academic ability and achievement
- AL:C1.4 Use problem-solving and decision-making skills to assess progress toward educational goals
- AL:C1.5 Understand the relationship between classroom performance and success in school
- AL:C1.6 Identify next-step planning options consistent with interests, achievement, aptitudes, and abilities

AL:C2 Understand the opportunities available and know how to access an array of post-secondary options, e.g., CTE Pathways, the military, ATCs, two-year college, four-year college, certificate programs, apprenticeships, on-the-job training, Job Corps, and employment

- AL:C2.1 Understand opportunities in and how to access CTE Pathways
- AL:C2.2 Understand opportunities in and how to access the military
- AL:C2.3 Understand opportunities in and how to access ATCs
- AL:C2.4 Understand opportunities in and how to access two-year college
- AL:C2.5 Understand opportunities in and how to access four-year college
- AL:C2.6 Understand opportunities in and how to access certificate programs
- AL:C2.7 Understand opportunities in and how to access apprenticeships
- AL:C2.8 Understand opportunities in and how to access on-the-job training
- AL:C2.9 Understand opportunities in and how to access Job Corps
- AL:C2.10 Understand opportunities in and how to access employment

Life/Career Development

Standard A: Students will become aware of self in relation to the world of work.

LC:A1 Develop self-knowledge through experience and exploration

- LC:A1.1 Develop personal abilities, skills, interests, values, and motivations in terms of future goals
- LC:A1.2 Develop a positive attitude toward work and learning by understanding the importance of responsibility, dependability, integrity, and work ethic
- LC:A1.3 Complete multiple career assessments
- LC:A1.4 Dream big, verbalize dreams, and make appropriate plans

LC:A2 Understand self in the world of work

- LC:A2.1 Learn to understand and respect individual uniqueness in the workplace
- LC:A2.2 Understand that both paid and unpaid work are important and satisfying means of personal expression
- LC:A2.3 Understand that the changing nature of work requires adaptability, lifelong learning, and acquiring new skills
- LC:A2.4 Understand how gender, family, and socioeconomic background can influence career choices
- LC:A2.5 Understand the relationship between, education, training and the world of work
- LC:A2.6 Understand how life roles influence career choices

Standard B: Students will explore the world of work.

LC:B1 Locate and evaluate life/career information

- LC:B1.1 Know the various ways in which occupations can be classified
- LC:B1.2 Use research and information resources, including the statewide Career Information Delivery System (CIDS), CTE Pathways, labor market information, the Internet, and other sources for career exploration
- LC:B1.3 Develop skills to locate, evaluate, and interpret career information

LC:B2 Understand the relationship between work and society, and the economy

- LC:B2.1 Understand the relationship between work, societal needs, and a global economy
- LC:B2.2 Understand the opportunities in traditional and nontraditional career choices
- LC:B2.3 Know about the rights and responsibilities of employers and employees

LC:B3 Experience the world of work

- LC:B3.1 Develop employability skills such as those identified by the Secretary's Commission on Achieving Necessary Skills (SCANS) document
- LC:B3.2 Acquire job seeking skills such as writing a resume, completing a job application, and interviewing
- LC:B3.3 Use employability and job readiness skills in internships, mentoring, and job shadowing
- LC:B3.4 Apply job readiness skills to seek employment opportunities

Standard C: Students will use strategies to achieve future life/career goals.

LC:C Learn to make life/career decisions

- LC:C1.1 Explore life/career options and alternatives
- LC:C1.2 Understand how personal beliefs and attitudes affect career decision-making
- LC:C1.3 Determine the values that impact life/career planning in terms of family, community involvement, work, and leisure
- LC:C1.4 Connect decisions about course selections, next-step planning, and career transitions in terms of future goals
- LC:C1.5 Understand how school success and academic achievement enhance future life/career plans

LC:C2 Learn to make life/career plans

- LC:C2.1 Develop a written Student Education Plan or Student Education Occupation Plan
- LC:C2.2 Identify post-secondary options consistent with interests, achievement, aptitude, and abilities
- LC:C2.3 Annually assess and modify education plans to support life/career goals
- LC:C2.4 Evaluate academic achievement in terms of life/career plans

LC:C3 Learn to set goals to achieve life/career plans

- LC:C3.1 Utilize assessment information
- LC:C3.2 Establish challenging academic goals to support life/career plans
- LC:C3.3 Outline short-term steps to achieve future life/career goals

Multicultural/Global Citizen Development

Standard A: Students will develop the ability to evaluate, and to approach life as a contributing citizen in our global community.

MG:A1 Demonstrate a deep regard for self and others

- MG:A1.1 Recognize, appreciate and respect individual differences, alternative points of view, ethnicity, culture, race, religion, and lifestyle
- MG:A1.2 Understand and respect our own culture and cultures of others
- MG:A1.3 Recognize that everyone has human rights and responsibilities
- MG:A1.4 Improve the ability to express an opinion on issues while listening to and respecting the views of others

MG:A2 Demonstrate a personal commitment to basic democratic principles

- MG:A2.1 Develop the ability to be sensitive to and defend human rights
- MG:A2.2 Learn about the relationship among rules, laws, safety, order, and the protection of individual rights
- MG:A2.3 Develop a commitment to the principles of justice, caring, fairness, responsibility, and compassion

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- MG:A3 Demonstrate a civil and considerate spirit while participating in society**
- MG:A3.1 Expand the ability to collaborate with others in school, community, and global environments
 - MG:A3.2 Acquire the ability to resolve conflicts peacefully while cooperating and collaborating in a school and community setting
 - MG:A3.3 Analyze and evaluate issues from a local, national, and global perspective
 - MG:A3.4 Participate in the community for personal growth and to promote public good
 - MG:A3.5 Understand that school success prepares students to be employable and productive community members in a global economy
 - MG:A3.6 Comprehend the impact of individual actions on the global economy and worldwide community
 - MG:A3.7 Respect and protect the environment with a willingness to make necessary changes to accommodate the changing ecosystem

Personal/Social Development

Standard A: Students will develop the skills to understand and appreciate themselves and others.

- PS:A1 Acquire self-knowledge**
- PS:A1.1 Develop positive attitudes toward self
 - PS:A1.2 Identify strengths and weaknesses
 - PS:A1.3 Identify interests, values, motivations, skills, and abilities
 - PS:A1.4 Identify preferred learning style
 - PS:A1.5 Identify and express feelings, attitudes, and beliefs
 - PS:A1.6 Understand the nature of growth and development
 - PS:A1.7 Understand and practice self-control
 - PS:A1.8 Identify changing life roles within the family and society
- PS:A2 Demonstrate interpersonal skills**
- PS:A2.1 Develop and use effective communication skills including speaking, listening, and nonverbal behavior
 - PS:A2.2 Develop healthy relationships that include trust, respect, and caring
 - PS:A2.3 Understand the need to belong and be accepted by others
 - PS:A2.4 Develop an awareness of the mutual benefits of sharing, cooperation, and compromise

Standard B: Students will identify and utilize processes to set and achieve goals, make decisions, and solve problems.

- PS:B1 Demonstrate skills for goal setting**
- PS:B1.1 Identify realistic long-term and short-term goals
 - PS:B1.2 Develop the ability to set priorities
 - PS:B1.3 Develop an action plan to achieve goals
 - PS:B1.4 Identify factors that might interfere with achieving goals
 - PS:B1.5 Demonstrate persistent effort in accomplishing goals

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PS:B2 Demonstrate skills for decision-making

- PS:B2.1 Identify the decision to be made
- PS:B2.2 Develop information gathering skills
- PS:B2.3 Identify alternatives
- PS:B2.4 Know how and when to access resources to assist in making decisions
- PS:B2.5 Recognize the effect others have on decisions (e.g., peers, family, the media)
- PS:B2.6 Understand the consequences of decisions and choices

PS:B3 Demonstrate skills for problem-solving

- PS:B3.1 Identify the real problem
- PS:B3.2 Explore alternative solutions
- PS:B3.3 Identify and use appropriate resources
- PS:B3.4 Evaluate consequences of each solution

Standard C Students will develop the resiliency skills necessary for safety and survival.

PS:C1 Develop skills for physical self-care

- PS:C1.1 Demonstrate a knowledge of and an ability to protect personal information
- PS:C1.2 Differentiate between appropriate and inappropriate physical contact
- PS:C1.3 Differentiate between situations requiring peer support and those requiring adult or professional help
- PS:C1.4 Understand the importance of lifelong physical fitness, acceptance of physical appearance, and good nutritional choices
- PS:C1.5 Understand the dangers and consequences of substance abuse

PS:C2 Develop skills for emotional self-care

- PS:C2.1 Recognize personal boundaries, rights, and privacy needs
- PS:C2.2 Differentiate between appropriate and inappropriate physical, emotional, and verbal interaction
- PS:C2.3 Recognize and generate assertive responses to peer pressure
- PS:C2.4 Differentiate between situations requiring peer support and those requiring adult or professional help
- PS:C2.5 Develop skills for managing life events; balance personal issues with school success
- PS:C2.6 Learn and apply stress management techniques

PS:C3 Develop skills for self-advocacy

- PS:C3.1 Demonstrate the skills to get individual needs met
- PS:C3.2 Demonstrate the ability to advocate for him/herself