

Appendix B

ASCA Standards, Competencies and Indicators

[Source: ASCA National Model, 2005]

Academic Development Domain

Standard		Competency		Indicator	
AA	Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span.	AA 1	Improve Academic Self-concept	AA 1.1	Articulate feelings of competence and confidence as learners
				AA 1.2	Display a positive interest in learning
				AA 1.3	Take pride in work and achievements
				AA 1.4	Accept mistakes as essential to the learning process
				AA 1.5	Identify attitudes and behaviors which lead to successful learning
		AA 2	Acquire Skills for Improving Learning	AA 2.1	Apply time management and task management skills
				AA 2.2	Demonstrate how effort and persistence positively affect learning
				AA 2.3	Use communications skills to know when and how to ask for help when needed
				AA 2.4	Apply knowledge and learning styles to positively influence school performance
		AA 3	Achieve School Success	AA 3.1	Take responsibility for their actions
				AA 3.2	Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
				AA 3.3	Develop a broad range of interest and abilities
				AA 3.4	Demonstrate dependability, productivity, and initiative
				AA 3.5	Share knowledge

Standard		Competency		Indicator	
AB	Students will complete school with the academic preparation essential to choose from a wide range of substantial postsecondary options, including college.	AB 1	Improve Learning	AB 1.1	Demonstrate the motivation to achieve individual potential
				AB 1.2	Learn and apply critical thinking skills
				AB 1.3	Apply the study skills necessary for academic success at each level
				AB 1.4	Seek information and support from faculty, staff, family and peers
				AB 1.5	Organize and apply academic information from a variety of sources
				AB 1.6	Use knowledge of learning styles to positively influence school performance
				AB 1.7	Become a self-directed and independent learner
		AB 2	Plan to Achieve Goals	AB 2.1	Establish challenging academic goals in elementary, middle/junior high, and high school
				AB 2.2	Use assessment results in educational planning
				AB 2.3	Develop and implement an annual plan of study to maximize academic ability and achievement
				AB 2.4	Apply knowledge of aptitudes and interests to goal setting
				AB 2.5	Use problem-solving and decision-making skills to assess progress toward educational goals
				AB 2.6	Understand the relationship between classroom performance and success in school
				AB 2.7	Identify post-secondary options consistent with interests, achievement, aptitude, and abilities
AC	Students will understand the relationship of academics to the world of work, and to life at home and in the community.	AC 1	Relate School to Life Experience	AC 1.1	Demonstrate the ability to balance school, studies, extracurricular activities, leisure time, and family life
				AC 1.2	Seek co-curricular and community experiences to enhance the school experience
				AC 1.3	Understand the relationship between learning and work
				AC 1.4	Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining, and maintaining life goals
				AC 1.5	Understand that school success is the preparation to make the transition from student to community member
				AC 1.6	Understand how school success and academic achievement enhance future career and vocational opportunities

Career Development Domain

Standard		Competency		Indicator	
CA	Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.	CA 1	Develop Career Awareness	CA 1.1	Develop skills to locate, evaluate, and interpret career information
				CA 1.2	Learn about the variety of traditional and nontraditional occupations
				CA 1.3	Develop an awareness of personal abilities, skills, interests, and motivations
				CA 1.4	Learn how to interact and work cooperatively in teams
				CA 1.5	Learn to make decisions
				CA 1.6	Learn how to set goals
				CA 1.7	Understand the importance of planning
				CA 1.8	Pursue and develop competency in areas of interest
				CA 1.9	Develop hobbies and vocational interests
				CA 1.10	Balance between work and leisure time
		CA 2	Develop Employment Readiness	CA 2.1	Acquire employability skills such as working on a team, problem-solving and organizational skills
				CA 2.2	Apply job readiness skills to seek employment opportunities
				CA 2.3	Demonstrate knowledge about the changing workplace
				CA 2.4	Learn about the rights and responsibilities of employers and employees
				CA 2.5	Learn to respect individual uniqueness in the workplace
				CA 2.6	Learn how to write a resume
				CA 2.7	Develop a positive attitude toward work and learning
				CA 2.8	Understand the importance of responsibility, dependability, punctuality, integrity, and effort in the workplace
				CA 2.9	Utilize time and task-management skills

Standard		Competency		Indicator			
CB	Students will employ strategies to achieve future career goals with success and satisfaction.	CB 1	Acquire Career Information	CB 1.1	Apply decision making skills to career planning, course selection, and career transition		
				CB 1.2	Identify personal skills, interests, and abilities and relate them to current career choice		
				CB 1.3	Demonstrate knowledge of the career planning process		
				CB 1.4	Know the various ways in which occupations can be classified		
				CB 1.5	Use research and information resources to obtain career information		
				CB 1.6	Learn to use the internet to access career planning information		
				CB 1.7	Describe traditional and non-traditional occupations and how these relate to career choice		
				CB 1.8	Understand how changing economic and societal needs influence employment trends and future training		
		CB 2	Identify Career Goals	CB 2.1	Demonstrate awareness of the education and training needed to achieve career goals		
				CB 2.2	Assess and modify their educational plan to support career		
				CB 2.3	Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience.		
				CB 2.4	Select course work that is related to career interests		
				CB 2.5	Maintain a career planning portfolio		
		CC	Students will understand the relationship between personal qualities, education, training, and the world of work.	CC 1	Acquire Knowledge to Achieve Career Goals	CC 1.1	Understand the relationship between educational achievement and career success
						CC 1.2	Explain how work can help to achieve personal success and satisfaction
CC 1.3	Identify personal preferences and interests which influence career choice and success						
CC 1.4	Understand that the changing workplace requires lifelong learning and acquiring new skills						
CC 1.5	Describe the effect of work on lifestyle						
CC 1.6	Understand the importance of equity and access in career choice						
CC 1.7	Understand that work is an important and satisfying means of personal expression						

Standard		Competency		Indicator	
CC		CC 2	Apply Skills to Achieve Career Goals	CC 2.1	Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational, and career goals
				CC 2.2	Learn how to use conflict management skills with peers and adults
				CC 2.3	Learn to work cooperatively with others as a team member
				CC 2.4	Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and/or mentoring experiences

Personal/Social Domain

Standard		Competency		Indicator	
PSA	Students will acquire the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.	PSA 1	Acquire Self-Knowledge	PSA 1.1	Develop positive attitudes toward self as a unique and worthy person
				PSA 1.2	Identify values, attitudes and beliefs
				PSA 1.3	Learn the goal-setting process
				PSA 1.4	Understand change is a part of growth
				PSA 1.5	Identify and express feelings
				PSA 1.6	Distinguish between appropriate and inappropriate behavior
				PSA 1.7	Recognize personal boundaries, rights, and privacy needs
				PSA 1.8	Understand the need for self-control and how to practice it
				PSA 1.9	Demonstrate cooperative behavior in groups
				PSA 1.10	Identify personal strengths and assets
				PSA 1.11	Identify and discuss changing personal and social roles
				PSA 1.12	Identify and recognize changing family roles

Standard		Competency		Indicator	
PSA		PSA 2	Acquire Interpersonal Skills	PSA 2.1	Recognize that everyone has rights and responsibilities
				PSA 2.2	Respect alternative points of view
				PSA 2.3	Recognize, accept, respect and appreciate individual differences
				PSA 2.4	Recognize, accept and appreciate ethnic and cultural diversity
				PSA 2.5	Recognize and respect differences in various family configurations
				PSA 2.6	Use effective communications skills
				PSA 2.7	Know that communication involves speaking, listening, and nonverbal behavior
				PSA 2.8	Learn how to make and keep friends
PSB	Students will make decisions set goals, and take necessary action to achieve goals.	PSB 1	Self-Knowledge Application	PSB 1.1	Use a decision-making and problem-solving model
				PSB 1.2	Understand consequences of decisions and choices
				PSB 1.3	Identify alternative solutions to a problem
				PSB 1.4	Develop effective coping skills for dealing with problems
				PSB 1.5	Demonstrate when, where and how to seek help for solving problems and making decisions
				PSB 1.6	Know how to apply conflict resolution skills
				PSB 1.7	Demonstrate a respect and appreciation for individual and cultural differences
				PSB 1.8	Know when peer pressure is influencing a decision
				PSB 1.9	Identify long- and short-term goals
				PSB 1.10	Identify alternative ways of achieving goals
				PSB 1.11	Use persistence and perseverance in acquiring knowledge and skills
				PSB 1.12	Develop an action plan to set and achieve realistic goals

Standard		Competency		Indicator	
PSC	Students will understand safety and survival skills.	PSC 1	Acquire Personal Safety Skills	PSC 1.1	Demonstrate knowledge of personal information (i.e. Telephone number, home address, emergency contact)
				PSC 1.2	Learn about the relationship between rules, laws, safety, and the protection of rights of the individual
				PSC 1.3	Learn about the differences between appropriate and inappropriate physical contact
				PSC1.4	Demonstrate the ability to set boundaries, rights and personal privacy
				PSC1.5	Differentiate between situations requiring peer support and situations requiring adult professional help
				PSC1.6	Identify resource people in the school and community, and know how to seek their help
				PSC1.7	Apply effective problem-solving and decision-making skills to make safe and healthy choices
				PSC1.8	Learn about the emotional and physical dangers of substance use and abuse
				PSC1.9	Learn how to cope with peer pressure
				PSC1.10	Learn techniques for managing stress and conflict
				PSC1.11	Learn coping skills for managing life events