

International School Counseling Association

Grade 6-12 Core Counseling Curriculum Scope and Sequence

Version: Planning Document

A note about this document: *In an endeavor to make our jobs both easier and more cohesive, members of the ISCA team have been working on developing a PS-Grade 12 Scope & Sequence for the Core Counseling Curriculum. What this specifically addresses is content that could/would ideally be available to all students over the course of a school year.*

The Core Counseling Curriculum consists of structured developmental lessons designed to assist students in achieving the desired competencies below and to provide all students with the knowledge and skills in the four domains (academic, career, personal/social and global perspective). This curriculum is infused throughout the school's overall curriculum and is presented systematically through preK-12 classrooms, individual student planning and group activities. It is important to note that it does not need to be delivered solely by the school counselor. The various methods below are ways in which curriculum can be delivered include: classroom instruction, interdisciplinary units, group activities, etc.

A scope and sequence is an overview of the skills and content covered in your Core Counseling Curriculum at each grade over a period of time (scope), and in an order (sequence). Fully developed unit plans will require more detail than the outlines sketched here in the scope and sequence.

Using the [CASEL competencies](#) as a framework, the ISCA standards as a guide and the experience of counselors around the world as the foundation for this project, we have developed this Core Counseling Curriculum Scope & Sequence. We hope to have created a user-friendly document that counselors can use to support their curriculum lessons - it is not meant to be prescriptive in any way, but rather a resource that is helpful, dynamic, and recognizes the diversity that exists in our jobs.

Also important to the school community is having comprehensive prevention programs that focus on areas such as bullying, mental health awareness and suicide prevention and child protection. To emphasize these school-wide programs, which involve wellness committees, administration, crisis response teams, policies, procedures and student education, we have identified elements of the Core Counseling Curriculum that would naturally be a part of these prevention programs.

ISCA would like to extend its sincere appreciation to the authors of the of the Scope and Sequence who graciously contributed their time, passion and expertise to its creation. Specifically, Kathryn Manu, Heather DeVore, Brooke Fezler, and the ISCA Taskforce, as well as the many counselors who piloted and contributed their feedback through surveys and conference workshops from March 2016-May 2019.



Mental Health , Wellbeing and Suicide Prevention



Child Protection and Safeguarding



Bullying/Harassment Prevention

GRADE 6 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools' units, or resources, or plans for covering this topic)
	Introductions/Identity	Know who the counselor is and what the counselor does (counselor goal is to get to know the students), how to access the counselor.	Personal/Social C1	
Self Management & Self Awareness	Goal-Setting	Students will understand and prepare long-term planning, both academic and personal/social .	Academic A1, B2, Personal/Social A1, B1	
Social Awareness	Diversity/Respect/Community	Students will use skills to work collaboratively with all different types of people in creating a positive school and classroom community .	Personal/Social A2 Global Perspectives D2, D3	
Relationship skills	Friendship Skills/ Conflict Resolution 	Students will understand the nuances of friendship and how to identify when a friendship needs to end (building on previous discussions, as developmentally appropriate).	Personal/Social A2	
Relationship skills/Social Awareness	Friendship Skills/ Decision-Making Skills 	Students will think about the concept of "popularity", what makes one appear popular, and why if at all, popularity "matters" .	Personal/Social B1	

Responsible Decision-Making/ Social Awareness	Decision-Making Skills/ Problem-Solving Skills 	Students will understand the power of peer pressure and how this applies to their increasingly digitized social existence at and outside school .	Personal/Social C1	
Responsible Decision-Making/ Self Awareness	Self-Care 	Students will explicitly understand the idea of consent and how it applies to their friendships, social dynamics and issues of personal safety outside of school .	Personal/Social C1	
Self Awareness/Social Awareness	Mindset/ Self-Awareness 	Students will know what body image is, what gender identity is, and how gender roles are impacted by environmental influences .	Personal/Social A1	
Self-Management/ Self-Awareness	Stress Management/ Mindfulness 	Students will learn to identify personal stressors and how to manage stress in a positive and proactive way .	Personal/Social A1 B1 Global Perspectives D1	
Self-Awareness	Mindset/Career Awareness	Students will understand basic principles of positive psychology and the impact of happiness on success and brain development.	Academic C1	
Self-Awareness/ Responsible Decision-Making	Self-Care/Wellness 	Students will review the importance of healthy decision-making, in terms of nutrition, exercise, sleep and drug & alcohol awareness .	Personal/Social C1	

Self-Awareness/ Responsible Decision-Making	Career Awareness	Students will examine their areas of interest and how this connects with time management and decision-making in future planning/reflection .	Academic A2 Career A1	
Self-Management / Self-Awareness	Digital Citizenship	Students will understand appropriate and inappropriate conduct online.		
Self-Management / Self-Awareness	Transitions	Students will understand what the transition to Middle School looks like and how to end the year in a positive fashion.	Global Perspective E1 E2	

GRADE 7 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools units, or resources, or plans for covering this topic)
	Introductions/Identity	Know who the counselor is and what the counselor does (counselor goal is to get to know the students), how to access the counselor.	Personal/Social C1	
Self Management & Self Awareness	Goal-Setting	Students will understand and prepare long-term planning, both academic and personal/social .	Academic A1, B2, Personal/Social A1, B1	
Responsible Decision Making & Social Awareness	Mindset	Students will understand that their abilities can be developed through dedication and hard work.	Academic B1, C1, Personal/Social B1	
Responsible Decision Making & Social Awareness	Communication	Students will be able to distinguish between disrespectful and respectful disagreements and develop their skills to work effectively in groups respectfully.	Personal/Social A2	
Social Awareness	Conflict resolution 	Students will identify a problem and learn how to solve it using action steps as well identifying the problem from different perspectives.	Personal/Social B1, C1	
Social Awareness	Bullying 	Students will understand the effects of bullying and how to be upstander .	Personal/Social A2	

Self Awareness	Mindset	Students will understand what it means to act with integrity.	Personal/Social A1, A2	
Self Management	Digital Citizenship 	Students will know how to act responsibly online and the impact of their digital communication.	Personal/Social A2, C1	
Self Management	Sexual Awareness/ Education	Students will know how to differentiate between flirting, joking and sexual harassment and apply assertiveness skills to refuse harassment and understand issues around consent whilst considering age and the law.	Personal/Social C1	
Self Management	Stress management	Students will understand how to positively cope with stress.	Personal/Social B1, C1	
Self Awareness	Self-Care & Mental Health Awareness	Students will understand the research behind teenage brain and what strategies they need to implement to act cautiously (drugs/alcohol connection).	Personal/Social C1	
Self Awareness	Depression and Suicide Awareness 	Students will be able to evaluate and recognize the warning signs of suicide and depression and learn different resources for help. They will also develop their own self care plan.	Personal/Social C1	
Self Awareness	Child Protection	Students will recognize safe and	Personal/Social C1	

		unsafe situations and how to access trusted adults.		
Self-Awareness/ Responsible Decision-Making	Career Awareness	Students will examine their skills and what careers fit particular skill sets.	Career A1, Academic C1	
Self Awareness	Transition / Global Perspective	Students will be able to identify what is home and what it means to be a TCK.	Global Perspective B2, C2	
Social Awareness	Transition	Students will understand the transition to 8th grade and how to end the year positively as well as saying goodbye to those leaving.	Global Perspective E1, E2	

GRADE 8 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools units, or resources, or plans for covering this topic)
	Introductions/ Identity	Know who the counselor is and what the counselor does (counselor goal is to get to know the students), how to access the counselor.	Personal/Social C1	
Self Management & Self Awareness	Goal-Setting	Students will understand and prepare long-term planning, both academic and personal/social .	Academic A1, B2, Personal/Social A1, B1	
Self-Awareness/Responsible Decision-Making	Self-Care/Wellness 	Students will review the importance of healthy decision-making, in terms of nutrition, exercise, sleep and drug & alcohol awareness.	Personal/Social	
Self Management	Stress management	Students will understand how to positively cope with stress.	Personal/Social B1, C1	
Social Relationship	Communication	Students will understand how to build trust with others.	Personal/Social A2	
Social Awareness	Relationships and Communication	Students will understand the qualities of effective leaders and demonstrate these skills.	Academic A3	
Social Awareness	Relationships and Communication	Students will understand healthy intimate relationships and how to set boundaries as well as what is	Personal/Social C1	

		consent.		
Self-Awareness/Responsible Decision-Making	Career Awareness	Students will examine their values and how this connects with time management and decision-making in future planning/reflection .	Personal/Social A1, Academic B2	
Social Awareness	Citizenship / Community ID	Students will consider their role in the community at large and how they can positively contribute.	Global Perspective A2, Personal/Social A1	
Self-Awareness	Career Awareness	Students will examine their strengths and weaknesses as well as multiple intelligences and explore various career paths/interests.	Career A1, B1	
Self-Awareness	Depression and Suicide Awareness 	Students will be able to understand and be made aware of uncomfortable feelings and risk factors of suicide and depression.	Personal/Social C1	
Responsible Decision-Making	Depression and Suicide Awareness 	Students will be able to describe how to prevent suicide.	Personal/Social C1	
Responsible Decision-Making	Transition	Students will understand their academic options in high school.	Global Perspective E1, E2	
Self Awareness	Transition	Students will reflect on their middle school years and prepare for the move to high school .	Global Perspective E1, E2	

GRADE 9 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools units, or resources, or plans for covering this topic)
	Introductions/Identity	Students will know who the counselor is and what the counselor does (counselor goal is to get to know the students) .	Personal/Social C1	
Responsible Decision Making & Social Awareness	Digital Citizenship 	Students will understand the lasting impact of my digital presence as well as my personal responsibility in regards to my digital presence and communication.	Global Perspective A2	
Relationship Skills	Interpersonal Relationships 	Focus on peer relationships with an understanding about healthy confrontation, conflict resolution and in-person communication.	Personal-Social A2- Acquire Interpersonal Skills	
Self Awareness & Self Management	Self-Advocacy	Build the tools to communicate with teachers (and parents?)regarding my strengths, weaknesses and academic performance. Special focus on self-advocacy vs. relying on parental intervention.	Academic A1- Academic Self Concept	
Self Management &	Transitions	Building the tools to handle academic, social and emotional	Global Perspectives E1 and E2	

Social Awareness		transitions into the high school program.		
Self Management	Managing Complexity	Learning and understanding the tools available to keep track of academic assignments and time commitments.	Academic A2- Improving Learning	
Responsible Decision Making	Drug & Alcohol Education	Students will work in tandem with FCD presentations (if available) to prepare for and implement adequate follow up to drug & alcohol awareness lessons.	Personal-Social C1- Safety Skills	
Self Awareness & Social Awareness	Sexual Awareness/Education 	Students will understand terminology and legality, as well as school policy around sexual harassment and sexuality education.	Personal-Social C1- Safety Skills	
Self Management & Self Awareness	Goal-Setting	Students will understand and prepare long-term planning, both academic and otherwise.	Academic B2- Plan to Achieve concepts	
Responsible Decision Making & Self Awareness	Academic & Co-curricular planning	Students will look at course choices and shaping an academic plan as well as matching your co-curricular pursuits to strengths and interests.	Academic A3- Achieve School Success	
Social Awareness	Synthesis & Reflection	Students will reflect upon relevant cultural and political issues using news sources and building discussion skills.	Academic C1- Relate School Life to Experience	

GRADE 10 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools units, or resources, or plans for covering this topic)
	Introductions/Identity	Students will know who the counselor is and what the counselor does (counselor goal is to get to know the students) .	Personal/Social C1	
Relationship Skills	Conflict Resolution	Students will understand conflict management and resolution skills to provide students with necessary tools to solve their own conflict in a productive and practical way.	Global Perspectives D1	
Social Awareness & Self Awareness	Self-Care & Mental Health Awareness 	Students will understand ubiquitous mental health issues in teenagers and distinguishing the importance of peer support and enlisting adult guidance.	Personal Social A1	
Responsible Decision Making	Managing Complexity: IB/AP preparation	Students will look at present and future course choices and begin to understand balancing co-curricular and academic responsibilities .	Academic A1	
Social Awareness & Relationship Skills	Sexual Awareness & Safety 	Students will Examine and reflect upon traits of healthy relationships and an understanding of the risks and resources around sexual activity.	Personal Social C1	

Responsible Decision Making	Future Planning & Career Exploration	Students will lay out a four year calendar and explore Naviance (or similar) Career Inventories.	Careers C2	
Self Awareness	Career Exploration	Students will be able to articulate strengths and areas and scenarios where they can put these strengths to use.	Personal Social B1	
Relationship Skills & Self Awareness	Self-Advocacy	Students will come away with tools for self advocating, without parent involvement, with teachers and coaches in common scenarios.	Personal Social A1	
Social Awareness & Self Awareness	Critical Thinking	Students will be able to analyze a current story through several news sources form a cohesive argument.	Global Perspective D2	
Social Awareness	Cultural Awareness	Students will examine, understand and celebrate a local holiday/tradition.	Global Perspective C1- Host country	

GRADE 11 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools units, or resources, or plans for covering this topic)
	Introductions/Identity	Students will know who the counselor is and what the counselor does (counselor goal is to get to know the students) .	Personal/Social C1	
Responsible Decision Making	Standardized Testing & College Planning	Students will have a two-year testing plan as appropriate and begin to understand the qualities of a good fit college list.	Careers C2	
Self Awareness	Career Exploration	Students will be able to articulate Via Strengths and talk about how they can help inform the college search and post graduate planning.	Careers A2	
Self Management	College Planning	Students will build a body of work to inform the college Personal Statement.	Careers C1	
Self Management	Stress Management	Students will continue to build healthy strategies and coping mechanisms for high stress times.	Academic B2	
Self Awareness & Social Awareness	Your Legacy: how do you want to be remembered?	Students will explore their role in high school– social and co-curricular-- and think about ways to make their work sustainable.	Global Perspectives B2	

Self Awareness & Self Management	Depression & Suicide Awareness/Prevention 	Students will understand the signs of depression and suicidal ideation and review resources and protocols.	Personal Social C1	
Relationship Skills & Self Management	Self-Advocacy & Building Initiative	Students will reflect on the letter of recommendation process and how they can put their best selves forward in the classroom and advocate with teachers.	Academic C1	
Social Awareness & Self Management	Global Perspectives	Students will strategize responses and reactions to adversity while travelling in foreign countries/cultures.	Global Perspectives E1 and E2	
Self Awareness & Responsible Decision Making	Personal & Emotional Health Awareness 	Students will explore their habits around sleep, diet, exercise and self care and begin to understand and implement healthy habits.	Personal Social A1	

GRADE 12 CORE COUNSELING CURRICULUM SEQUENCE

CASEL Competency	Topic(s)	Objectives	ISCA Standard/Domains Addressed	Our Lessons (use this column to write your schools units, or resources, or plans for covering this topic)
	Introductions/Identity	Students will Know who the counselor is and what the counselor does (counselor goal is to get to know the students) .	Personal/Social C1	
Responsible Decision Making	College Planning: Academic & Social	Students will become familiar with: UCAS Common Application Personal Essay Draft	Careers C1	
Social Awareness & Self Management	Personal Safety & Sexual Assault Awareness 	Students will read and analyze sexual misconduct policies from various college campuses as well as discuss relevant cases and learn to identify campus resources.	Personal-Social C1- Safety Skills	
Responsible Decision Making & Self Management	Financial Planning & Personal Management	Students will explore common demands of university life (both personal and financial and develop self-management strategies). Focus on personal planning and reviewing student aid packages- specifically avoiding debt.	Careers A2	
Self Awareness & Self Management	Stress Management	Students will continue to build self care practices.	Academic B2	

Self Awareness	Personal & Emotional Health Awareness	Students will explore and understand healthy diet and exercise regimes and complete training in First Aid and CPR.	Personal Social A1	
Social Awareness & Self Awareness	Suicide Awareness/ Prevention 	Students will know and understand signs and resources, with an eye on prevention and particular attention to the high rate of suicides on university campuses.	Personal Social C1- Safety Skills	
Social Awareness & Responsible Decision Making	Digital Citizenship	Students will understand their digital legacy as well as how this can have an impact on the college and career search as well as its impact on personal/social well-being.	Global Perspectives D3	
Self Awareness	Mindfulness practice	Students will build a basic understanding of a personal mindfulness practice.	Personal Social A1	
Social Awareness & Self Awareness	My Legacy	Students will brainstorm and create evidence for the legacy they want to leave their high school. This will work from inception (fall) to implementation (spring) and ask students to think about impact and sustainability.	Global Perspectives E2	