

International School Counseling Association
Nursery - Grade 5 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 5 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.	Personal Social C1	
Social Awareness Self Awareness	Community Identity/Citizenship 	Students will understand their own areas of strength and areas for growth and how to contribute positively to the classroom community.	Personal Social A2 Global Perspective D2, D3	
Relationship Skills	Diversity/Tolerance/Respect	Students will develop skills to work collaboratively with all different types of people.	Personal Social A2 Academic A3	
Relationship skills	Friendship Skills 	Students will understand the nuances of friendship and how to identify when a friendship needs to end (building on previous conversations and in developmentally appropriate context) .	Personal Social A2 B1	
Responsible Decision-Making /Social Awareness	Conflict Resolution Problem-Solving Skills 	Students will know the difference between rude, mean and bullying behaviors and how to mediate conflict before it escalates.	Personal Social C1	

Social Awareness	Mindset Self-Awareness 	Students will understand the concept of body image and how it is impacted by media influences.	Personal Social A1	
Self Management Social Awareness Relationship skills Responsible Decision Making	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-Management/Self-Awareness	Stress Management 	Students will learn to internalize self-reflection & self-regulation strategies .	Personal Social A1, B1 Academic A1, C1 Global Perspectives D1	
Self-Awareness	Mindset Self-Awareness 	Students will understand the pre-adolescent brain and how resilience, perseverance and gratitude connect to happiness on a fundamental level.	Personal Social B1	
Self-Awareness/ Responsible Decision-Making	Self-Care/Wellness 	Students will continue to gain understanding of their changing bodies and the social/emotional impact of growing.	Personal Social A1	
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	Career A1, B1, C1	


		planning/reflection .		
Self-Management/ Self-Awareness	Transitions Reflections	Students will understand what the cycle of transition looks like and how to say goodbye/end a school year in a positive fashion.	Global Perspective E1, E2	






GRADE 4 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 .	Personal Social C1	
Social Awareness Self Awareness	Community Identity/Citizenship 	Students will understand their own areas of strength and areas for growth and how to contribute positively to the classroom community.	Personal Social C1 A2 Global Perspective D2, D3	
Relationship Skills	Diversity/Tolerance/Respect	Students will continue develop skills to work collaboratively with all different types of people in positive ways.	Academic A1 Personal Social A2	
Relationship skills	Friendship Skills 	Students will understand how friendships change and how to identify when a friendship needs to end (building on previous conversations) .	Personal Social A2 B1	
Responsible Decision-Making	Conflict Resolution 	Students will know what an upstander is and the different ways one can be an upstander.	Personal Social B1 C1	
Relationship skills	Friendship Skills	Students will know what peer pressure is and how to respond.	Personal Social B1	




				
Relationship skills Responsible Decision Making	Conflict Resolution	Students will understand steps in the mediation process.	Personal Social B1 C1	
Self-Management/Self-Awareness	Mindfulness 	Students will learn to internalize self-reflection strategies .	Personal Social B1 Global Perspectives D1	
Social Awareness	Community Citizenship 	Students will appreciate how each individual contributes to the group and the greater community .	Personal Social A2 Global Perspectives D3	
Self-Awareness/ Responsible Decision-Making	Self-Care/Wellness 	Students will gain understanding of their changing bodies and the social/emotional impact of growing.	Personal Social A1	
Self-Awareness/ Responsible Decision-Making	Time Management Study Skills	Students will gain awareness as to how they currently use their time and how to effectively manage time in a proactive, prosocial and healthy way .	Academic A2 A3	
Self-Management/Self-Awareness	Transitions Reflections	Students will understand what the cycle of transition looks like and how to say goodbye/end a school year in a positive fashion .	Global Perspectives E1 E2	





GRADE 3 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 .	Personal Social C1	
Social Awareness Self Awareness	Community Identity	Students will understand their role in the community, what they bring to the community, and how we are all different and come from different types of families/have different identities.	Personal Social A2 Global Perspective C2, D2, D3	
Self Awareness Social Awareness	Feelings/Emotions	Students will expand their feelings vocabulary and understand how it feels for them, what it looks like in them and what it looks like in others .	Personal Social A1	
Self Management	Emotional Self-Regulation Anger Management	Students will learn skills and strategies to recognize and control anger.	Personal Social A1 B1	
Self Awareness / Self Management	Mindfulness 	Students will learn strategies to recenter themselves/gain self-control .	Personal Social C1 Global Perspective D1	
Responsible	Decision-making	Students will learn how to make	Academic	



Decision-Making		positive decisions .	B1 Personal Social B1	
Relationship skills, Social Awareness	Empathy Friendship skills 	Students will be able to understand how others might be feeling and how it applies to their own relationships .	Personal Social A2 Global Perspective D2	
Relationship skills	Conflict Resolution Friendship skills 	Students will understand the difference between rude/mean and bullying behaviors .	Personal Social C1 Global Perspective D2	
Relationship skills Responsible Decision-Making	Conflict Resolution 	Students will know how to use decision-making skills in issues of conflict .	Personal Social B1	
Self-Awareness	Mindset Career Awareness	Students will understand the importance of gratitude and perseverance and begin to connect the idea of attitude and interest with future decisions.	Personal Social B1 Academic A2	
Self-Management Responsible Decision-Making	Self-Care 	Students will know how to take care of their bodies and make positive decisions .	Personal Social C1	
Self-Management /Self-Awareness	Transitions Reflections	Students will understand what the cycle of transition looks like and how to say goodbye/end a school year in a positive fashion .	Global Perspective E1 E2	







GRADE 2 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 and how to access the counselor.	Personal Social C1	
Social Awareness Self Awareness	Community Identity	Students will understand their role in the community, what they bring to the community, and what the community will ideally look like.	Personal Social A2 Global Perspective C2,D2, D3	
Social Awareness	Diversity/Tolerance 	Students will respect each other and learn about differences .	Personal Social B1 Global Perspective C2, D2, D3	
Responsible Decision- Making Self Awareness	Respect 	Students will understand the four different types of respect: self-respect, respect of others, respect of the environment, respect for the community.	Personal Social A2	
Relationship Skills	Conflict Resolution 	Students will understand what teasing is and why people tease.	Personal Social A1	
Relationship Skills Self-Management	Conflict Resolution	Students will develop strategies to respond to teasing and conflict.	Personal Social B1	

				
Relationship Skills	Friendship Skills 	Students will understand the difference between tattling and telling and how that connects to good friendship .	Personal Social A2	
Social Awareness	Community Citizenship	Students will understand the power and importance of kindness.	Personal Social A1	
Self-Management	Emotional Self-Regulation 	Students will learn/revisit skills and strategies to recognize and control emotional reactions .	Personal Social B1	
Self Awareness Responsible Decision- Making	Self Care Personal Safety 	Students will know how to care for/protect their bodies and make positive choices .	Personal Social C1	
Social Awareness	Career Awareness	Students will be able to understand how what they learn in school can apply to future interests and goals .	Career C1 C2	
Self Awareness Social Awareness	Transitions	Students will understand what the transition cycle looks like and how to say goodbye .	Global Perspective E1 E2	




GRADE 1 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 .	Personal Social C1	
Social Awareness Self Awareness	Community Identity	Students will understand their role in the community, what they bring to the community, and why cooperation will be important as the year goes forward.	Personal Social A1	
Social Awareness	Empathy 	Students will continue to recognize the feelings of others and be able to identify ways to respond to the feelings of others.	Personal Social A2	
Responsible Decision-Making Self Awareness	Respect Communication	Students will understand how to communicate in respectful ways with classmates and adults.	Personal Social A2	
Relationship Skills	Conflict Resolution 	Students will learn how to use "I-messages" as a means of communicating when problems arise.	Personal Social B1	
Relationship Skills Self-Management	Conflict Resolution	Students will review examples of "good choices" vs. "bad choices" and how to think before making a	Personal Social B1	

		choice.	Academic A3	
Relationship Skills	Friendship Skills 	Students will understand the difference between tattling and telling and how that connects to good friendship .	Personal Social A2	
Self-Awareness Responsible Decision-Making	Self-Care 	Students will explore what it means to live a healthy life, including how to care for their bodies and what to avoid in terms of optimal self-care as well. <i>Note: This may be co-taught with a classroom teacher if already part of curriculum or taught by a nurse of other school member depending on school curriculum/structure)</i>	Personal Social C1	
Self-Management	Emotional Self-Regulation 	Students will learn/revisit skills and strategies that are helpful in calming down/controlling strong emotional responses.	Personal Social A1 Global Perspective D1	
Self Awareness Responsible Decision-Making	Self Care Personal Safety 	Students will understand the idea of personal space.	Personal Social C1	
Relationship Skills Responsible Decision-Making	Self Care Personal Safety Friendship Skills 	Students will understand situations in which it is okay to say “no” and begin to understand different refusal skills and their importance.	Personal Social C1	




Self Awareness Social Awareness	Transitions	Students will understand what the transition cycle looks like and how to say goodbye .	Global Perspective E1 E2	
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KINDERGARTEN 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.	Personal Social C1	
Self-Management Self-Awareness	Emotional Self-Regulation	Students will continue to develop their emotional awareness and know how to respond to negative feelings .	Personal Social A1	
Relationship Skills	Friendship Skills 	Students will review tools for making friends and engaging in positive play with peers .	Personal Social A2	
Self-Management Relationship Skills	Conflict Resolution Problem-Solving Skills 	Students will have strategies to gain self-control and perspective when faced with challenging situations .	Personal Social B1	
Self Awareness Self Management	Stress Management Self Care 	Students will understand the importance of relaxation as a way to address stressful moments and be able to name at least two calming strategies .	Personal Social B1	
Responsible Decision-Making	Decision-Making Skills	Students will continue to develop skills in perseverance and	Personal Social A1	




Self Awareness		positive thinking .		
Social Awareness	Self Care Personal Safety 	Students will be able to differentiate between “safe touch” and “unsafe touch” .	Personal Social C1	
Relationship skills	Conflict resolution 	Students will be introduced to the difference between tattling and telling .	Personal Social A2	
Self-Management Social Awareness	Self Care Personal Safety 	Students will know basic personal information about themselves and their families and what to do if they ever are in a dangerous situation.	Personal Social C1	
Social Awareness	Citizenship 	Students will value the importance of kindness and compassion for self and others .	Personal Social A2	

PRE-KINDERGARTEN (age 4-5) 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 .	Personal Social C1	
Self Management Responsible Decision-Making	Community Citizenship	Students will learn how to follow 1-2 step directions and demonstrate good listening skills .	Academic A2	
Self Management Self Awareness	Mindset/Perseverance 	Students will understand when and how to use their best effort to continue when mistakes are made.	Academic A2 Personal Social B1	
Relationship Skills	Friendship Skills 	Students will be able to join and participate with others in social/play settings . <i>Note: this is likely to require more than one lesson or co-teaching with classroom teachers.</i>	Personal Social A2	
Relationship Skills	Friendship Skills 	Students will learn about making friends and engaging in positive play with peers .	Personal Social A2	
Relationship Skills	Conflict Resolution	Students will begin to learn	Personal Social	

	<p>Emotional Self-Regulation</p> 	<p>strategies to address problems that may arise when playing with friends.</p>	B1	
<p>Social Awareness Self Awareness</p>	<p>Emotional Self-Regulation</p>	<p>Students will continue to expand on their feelings vocabulary and learn about non-verbal communication (beginning to recognize the emotions in others)</p>	<p>Personal Social A2</p>	
<p>Self Awareness Self Management</p>	<p>Self-Care Emotional Self-Regulation</p> 	<p>Students will learn about the breath and the importance of calming strategies .</p>	<p>Personal Social B1</p>	
<p>Self Awareness Responsible Decision-Making</p>	<p>Self Care</p> 	<p>Students will learn about basic refusal skills and when it is okay to say "no" .</p>	<p>Personal Social C1</p>	
<p>Social Awareness</p>	<p>Diversity/Tolerance Respect</p>	<p>Students will learn how different members of the community contribute to the group as a whole .</p>	<p>Personal Social A2 Global Perspective C2</p>	

PRESCHOOL (age 3-4) 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 .	Personal Social C1	
Self Awareness Social Awareness	Community/Respect	Students will learn about whole body listening skills.	Academic A2 Personal Social A2	
Relationship skills	Friendship Skills Conflict Resolution 	Students will understand the importance of positive communication and will be able to differentiate between helpful (nice) words and hurtful words .	Personal Social A1	
Relationship Skills Self Management	Friendship Skills Conflict Resolution 	Students will gain awareness of their bodies and how to use their bodies in helpful ways rather than hurtful ways .	Personal Social C1	
Self Awareness	Self Care 	Students will learn how to advocate for themselves when in need by asking for help .	Personal Social C1	
Relationship Skills	Friendship Skills	Students will demonstrate positive prosocial behaviors with a specific focus on taking turns and saying	Personal Social A2	

		thank you .		
Self Management Self Awareness	Emotional Self-Regulation	Students will begin to explore different words to express emotions/feelings .	Personal Social A1	