

**School-Connect 4.0 Curriculum Alignment with  
The ASCA Mindsets & Behaviors for Student Success:  
K-12 College- and Career-Readiness Standards for Every Student**

Each of the following standards from the American School Counselors Association (ASCA) can be applied to academic, career and social/emotional domains. Please see [www.schoolcounselor.org](http://www.schoolcounselor.org) for additional information about these standards. School-Connect lesson titles in the right column are designed to address each objective.

**NOTE:** Many lessons include multiple competencies used simultaneously and are therefore listed more than once.

<b>CATEGORY 1: MINDSET STANDARDS</b>		
<b>School counselors encourage the following mindsets for all students:</b>		
<b>M1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being</b>	<i>Integrated throughout the School-Connect curriculum and specifically addressed in...</i>	
	1.8: Finding Calm 8.1: Using Your Emotional Radar 8.2: Understanding the Power of Thought 8.3: Coping with Stress/Anxiety 8.4: Understanding Sadness/Depression 8.5: Breaking Through Loneliness	8.6: Recognizing When You/Others Need Help 8.7: Practicing Self-Care 8.8: Cultivating Hope and Happiness 8.9: Raising Awareness for Mental Health/Wellness (PBL)
<b>M2. Sense of acceptance, respect, support and inclusion for self and others in the school environment</b>	1.7: Checking in on Ourselves and Others 2.5: Connecting with Peers 2.6: Communicating with Adults 2.7: Giving and Receiving Feedback 5.1: Valuing Community and Cultural Wealth 5.2: Working Toward Empathy 5.3: Checking for Blind Spots	
	5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle 5.6: Advocating for Others 5.7: Skill-building for Challenging Conversations 5.8: Becoming Change Agents 5.9: Envisioning More Inclusive Communities (PBL)	
<b>M3. Positive attitude toward work and learning</b>	<i>School-Connectedness inspired our company name ("School-Connect") and is a fundamental goal within all of lessons – and addressed more specifically in:</i>	
	1.1: Getting to Know You 1.2: Appreciating the Power of a Name 1.5: Growing and Improving 1.6: Setting up for School Success 3.1: Goal-Setting for School Success 3.2: Applying Growth Mindset 3.3: Bouncing Back from Setbacks	3.4: Optimizing In-class Learning 3.5: Managing Time and Priorities 3.6: Overcoming Procrastination 3.7: Maximizing Out-of-class Learning 3.8: Making the Most of Test Prep 3.9: Studying Strategies EXPO (PBL)
<b>M4. Self-confidence in ability to succeed</b>	7.1: Recognizing Character Strengths 7.2: Being Your True Self 7.3: Forging Your Path 7.4: Exploring Career Options 7.5: Furthering Your Education	
	7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan 7.9: Presenting Your Mission Map (PBL)	

<b>M5. Belief in using abilities to their fullest to achieve high-quality results and outcomes</b>	3.1: Goal-Setting for School Success 3.2: Applying Growth Mindset 3.3: Bouncing Back from Setbacks 3.4: Optimizing In-class Learning 3.5: Managing Time and Priorities 3.6: Overcoming Procrastination	3.7: Maximizing Out-of-class Learning 3.8: Making the Most of Test Prep 5.8: Becoming Change Agents 6.1: Developing Positive Relationships 6.2: Being Aware of Personality Styles 7.1: Recognizing Character Strengths
<b>M6. Understanding that postsecondary education and lifelong learning are necessary for long-term success</b>	7.4: Exploring Career Options 7.5: Furthering Your Education 7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan 7.9: Presenting Your Mission Map (PBL) 11.1: Thinking Ahead About Life After High School	11.2: Charting Your Future 11.3: Motivating Yourself & Moving Forward 11.4: Navigating College Applications 11.5: Writing Your College Essays 11.8: Applying for Financial Aid
<b>CATEGORY 2: BEHAVIOR STANDARDS</b> Students will demonstrate the following standards through classroom lessons, activities and/or individual/small-group counseling:		
<b>LEARNING STRATEGIES (LS)</b>		
<b>B-LS 1. Critical thinking skills to make informed decisions</b>	4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 4.4: Brainstorming and Idea Building 4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups	6.3: Monitoring & Managing Emotions 6.4: De-escalating Conflict 6.5: Using Problem-solving Strategies 10.6: Problem Solving in the Workplace 12.5: Choosing Wisely
<b>B-LS 2. Creative approach to learning, tasks and problem solving</b>	The School-Connect Culminating Projects structure are project-based learning (PBLs) designed to demonstrate creativity and collaboration. Students choose which topics they want to learn more about than design a project (e.g., art, video, research, music-based) that helps them learn more about the topic and share their insights with the class. The projects include a rubric to help guide their preparation, presentation, and final product while still encouraging creativity in their project design and outcomes.  Additionally, most of the projects embedded within the lessons and lesson extensions are designed to appeal to multiple kinds of intelligence (spatial, musical, kinesthetic, intrapersonal, interpersonal, etc.), pique curiosity, and leave lots of room for creativity.	
<b>B-LS 3. Time-management, organizational and study skills</b>	1.6: Setting up for School Success 3.4: Optimizing In-class Learning 3.5: Managing Time and Priorities 3.6: Overcoming Procrastination	3.7: Maximizing Out-of-class Learning 3.8: Making the Most of Test Prep 10.3: Developing a Work Ethic 11.6: Organizing Your Time & Priorities
<b>B-LS 4. Self-motivation and self-direction for learning</b>	The “ABCs” (Autonomy, Belonging, and Competence) of student motivation first identified by Deci & Flaste (1995) are an integral part of the School-Connect lesson structure and teaching strategies. Additionally, these lessons specifically address the underpinnings of student motivation and self-direction:	
	3.1: Goal-Setting for School Success 3.2: Applying Growth Mindset	11.1: Thinking Ahead About Life After High School

	3.3: Bouncing Back from Setbacks 7.7: Setting Life Goals	11.2: Charting Your Future 11.3: Motivating Yourself & Moving Forward
<b>B-LS 5. Media and technology skills to enhance learning</b>	School-Connect projects and assignments include Internet searches and research but do not speak directly to technology skills. <b>Module 9: TEEN GUIDE to Surviving a Tech World</b> is in development and will give students guidance in navigating the influences of technology/media on youth development and decision-making:	
	9.1: Fear of Missing Out (FOMOing) 9.2: Filtering 9.3: Decoding Tech Brain Science 9.4: Messaging Regret 9.5: Distracted Driving	9.6: Influencing 9.7: Cyberbullying 9.8: Living Your Best Life 9.9: Create Your Own "Teen Guide" (PBL)
<b>B-LS 6. High-quality standards for tasks and activities</b>	Encouraged throughout the School-Connect curriculum and within the culminating project rubrics, as well as addressed in Lesson 10.3: Developing a Work Ethic	
<b>B-LS 7. Long- and short-term academic, career and social/emotional goals</b>	7.2: Being Your True Self 7.3: Forging Your Path 7.4: Exploring Career Options 7.5: Furthering Your Education 7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan	7.9: Presenting Your Mission Map (PBL) 11.1: Thinking Ahead About Life After High School 11.2: Charting Your Future 11.3: Motivating Yourself & Moving Forward
<b>B-LS 8. Engagement in challenging coursework</b>	3.1: Goal-Setting for School Success 3.2: Applying Growth Mindset 3.3: Bouncing Back from Setbacks 3.4: Optimizing In-class Learning	3.7: Maximizing Out-of-class Learning 3.8: Making the Most of Test Prep 7.5: Furthering Your Education
<b>B-LS 9. Decision-making informed by gathering evidence, getting others' perspectives and recognizing personal bias</b>	Integrated into lesson and lesson extension projects and specifically addressed in:	
	5.2: Working Toward Empathy 5.3: Checking for Blind Spots	6.5: Using Problem-solving Strategies
<b>B-LS 10. Participation in enrichment and extracurricular activities</b>	4.9: Presenting a Service Project Plan (PBL)	7.3: Forging Your Path 8.8: Cultivating Hope and Happiness
<b>SELF-MANAGEMENT SKILLS (SMS)</b>		
<b>B-SMS 1. Responsibility for self and actions</b>	6.6: Making a Sincere Apology 6.7: Forgiving Others & Ourselves 8.6: Recognizing When You/Others Need Help	8.7: Practicing Self-Care 12.1: Owning Adult Responsibilities 12.2: Building a Budget 12.3: Understanding Financial Literacy
<b>B-SMS 2. Self-discipline and self-control</b>	6.3: Monitoring & Managing Emotions 6.4: De-escalating Conflict 6.5: Using Problem-solving Strategies	8.1: Using Your Emotional Radar 8.2: Understanding the Power of Thought 8.3: Coping with Stress/Anxiety

<b>B-SMS 3. Independent work</b>	School-Connect encourages more collaborative work than independent work, but includes a "Reflection/Application" activity with every lesson that is an opportunity for independent work and reflection. Additionally, many of the culminating projects and lesson extension activities can be done in groups or independently.	
<b>B-SMS 4. Delayed gratification for long-term rewards</b>	1.4: Understanding Your Brain 1.5: Growing and Improving 3.5: Managing Time and Priorities 3.6: Overcoming Procrastination	7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan
<b>B-SMS 5. Perseverance to achieve long and short-term goals</b>	3.2: Applying Growth Mindset 3.3: Bouncing Back from Setbacks 7.5: Furthering Your Education	7.6: Envisioning Your Future 7.7: Setting Life Goals 7.8: Mapping Your Plan
<b>B-SMS 6. Ability to identify and overcome barriers</b>	4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups 5.8: Becoming Change Agents 6.5: Using Problem-solving Strategies	10.6: Problem Solving in the Workplace 11.7: Managing Stress and Disappointment 11.8: Applying for Financial Aid
<b>B-SMS 7. Effective coping skills</b>	1.4: Understanding Your Brain 1.7: Checking in on Ourselves and Others 1.8: Finding Calm 6.3: Monitoring & Managing Emotions 6.4: De-escalating Conflict 8.1: Using Your Emotional Radar 8.2: Understanding the Power of Thought	8.3: Coping with Stress/Anxiety 8.4: Understanding Sadness/Depression 8.5: Breaking Through Loneliness 8.6: Recognizing When You/Others Need Help 8.7: Practicing Self-Care 8.8: Cultivating Hope and Happiness
<b>B-SMS 8. Balance of school, home, and community activities</b>	1.6: Setting up for School Success 3.5: Managing Time and Priorities 10.3: Developing a Work Ethic	School-Connect's EQ @ Home or School series which includes family discussions and activities with every lesson
<b>B-SMS 9. Personal safety skills</b>	5.6: Advocating for Others 6.4: De-escalating Conflict	6.8: Understanding Healthy Dating 8.6: Recognizing When You/Others Need Help
<b>B-SMS 10. Ability to manage transitions and adapt to change</b>	School-Connect is used in middle school, freshman transition seminars, and/or advisory to help students develop essential skills (e.g., emotional management, time management, healthy/supportive relationships) to build in protective factors into their learning environment that help reduce risk factors.  Module 10: Developing Employability Skills and Module 11: Planning for College is dedicated to helping students transition successfully from high school to college and/or their careers.	
<b>SOCIAL SKILLS (SS)</b>		
<b>B-SS 1. Effective oral and written communication skills and listening skills</b>	2.1: Creating First Impressions 2.2: Reviving Digital Zombies 2.3: Tuning In to Others 2.4: Using Active Listening 2.5: Connecting with Peers 2.6: Communicating with Adults 2.7: Giving and Receiving Feedback	2.9: Demonstrating Effective Communication (PBL) 10.1: Writing a Resume 10.2: Interviewing Effectively  Additionally, students have multiple opportunities for oral presentations from

	2.8: Preparing for Presentations	activities within the lessons, lesson extensions and culminating projects.
<b>B-SS 2. Positive, respectful, and supportive relationships with students who are similar to and different from them</b>	Supportive student-to-student relationships are an essential goal within School-Connect. In addition to relationship-building opportunities throughout the curriculum, several lessons address positive relationship directly:	
	1.1: Getting to Know You 1.2: Appreciating the Power of a Name 2.5: Connecting with Peers 2.6: Communicating with Adults 5.1: Valuing Community and Cultural Wealth	5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle
<b>B-SS 3. Positive relationships with adults to support success</b>	The School-Connect Teacher’s Guide includes research-based and time-tested approaches for building meaningful, lasting relationships between School-Connect teachers and their students. Student-adult relationships are addressed directly in:	
	2.6: Communicating with Adults 2.7: Giving and Receiving Feedback 10.2: Interviewing Effectively 10.6: Problem Solving in the Workplace 10.7: Responding to Feedback 10.8: Advocating for Yourself	Additionally, there are multiple take-home activities for students to involve their parent/guardian in their School-Connect lessons and discussions.
<b>B-SS 4. Empathy</b>	Embedded throughout School-Connect and specifically addressed in:	
	1.7: Checking in on Ourselves and Others 2.3: Tuning In to Others 2.4: Using Active Listening	5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 10.5: Providing Customer Service
<b>B-SS 5. Ethical decision-making and social responsibility</b>	4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups 7.6: Envisioning Your Future	7.7: Setting Life Goals 7.8: Mapping Your Plan 10.3: Developing a Work Ethic 10.6: Problem Solving in the Workplace
<b>B-SS 6. Effective collaboration and cooperation skills</b>	2.3: Tuning In to Others 2.4: Using Active Listening 4.1: Preparing for Group Projects 4.2: Collaborating Effectively 4.3: Disagreeing Respectfully	4.4: Brainstorming and Idea Building 4.5: Agreeing on Group Responsibilities 4.6: Negotiating Within Groups 4.7: Practicing Group Work
<b>B-SS 7. Leadership and teamwork skills to work effectively in diverse groups</b>	2.4: Using Active Listening 4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 5.1: Valuing Community and Cultural Wealth	5.6: Advocating for Others 5.7: Skill-building for Challenging Conversations 5.8: Becoming Change Agents 10.4: Practicing Teamwork
<b>B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary</b>	1.6: Setting up for School Success <i>(includes guidance on proactive self-advocacy)</i> 2.6: Communicating with Adults 2.7: Giving and Receiving Feedback	5.7: Skill-building for Challenging Conversations 5.8: Becoming Change Agents 10.7: Responding to Feedback 10.8: Advocating for Yourself

	5.6: Advocating for Others	
<b>B-SS 9. Social maturity and behaviors appropriate to the situation and environment</b>	School-Connect lessons most specifically in:	
	2.1: Creating First Impressions 2.2: Reviving Digital Zombies 2.3: Tuning In to Others 8.1: Using Your Emotional Radar 8.2: Understanding the Power of Thought 8.3: Coping with Stress/Anxiety 10.2: Interviewing Effectively	10.5: Providing Customer Service 12.1: Owning Adult Responsibilities 12.2: Building a Budget 12.3: Understanding Financial Literacy 12.4: Living on Your Own & with Roommates 12.5: Choosing Wisely 12.9: Launching into Adulthood (PBL)
<b>B-SS 10. Cultural awareness, sensitivity and responsiveness</b>	5.1: Valuing Community and Cultural Wealth 5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle	5.6: Advocating for Others 5.7: Skill-building for Challenging Conversations 5.8: Becoming Change Agents 5.9: Envisioning More Inclusive Communities (PBL)