

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
9	Personal/Social	PS:A1.1	Value their unique characteristics and abilities	
9	Personal/Social	PS:A1.2 ,PS:C1.9	Describe and prioritize their values	
9	Personal/Social	PS:A1.8 PS:A2.6 PS:2.7	Develop interpersonal communication skills to work effectively with others	
9	Personal/Social	PS:A1.6,8 PS:B1.2,3	Analyze the importance of generating alternatives and assessing the consequences of each, before making a decision	
9	Personal/Social	PS:A1.7,PS:B1.8, PS:C1.4	Demonstrate the ability to assert boundaries, rights and values relative to peer pressure and personal privacy	
9	Personal/Social	PS:B1.8	Demonstrate self-advocacy skills	
9	Personal/Social	PS:A1.5	Identify a wide range of feelings and be able to express them and handle them in positive ways	
9	Personal/Social	PS:A2.1,2	Interact with others in ways that respect individual and group differences	
9	Personal/Social	PS:A2.4 PS:A1.12	Understand self as an individual and as a member of local and global communities	
9	Academic	A:B2.1,4,5,7	Develop a four year academic plan	
9	Academic	A:A3.1,A:B.3,6	Understand graduation requirements	
9	Academic	A:B1.4,5,7	Be able to identify school resources to reach academic goals	
9	Academic	A:A2.4,A:B1.6	Identify learning styles used both in and out of school environments	

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
9	Academic	A:C1.1	Understand the importance of maintaining a balance between study time and extra curricular activities	
	Career	C:A1.3, C:B1.2 C:C1.3,7,C:C2.1	Describe how values and needs influence career choice	
9	Career	C:B1.1,2,7 C:C1.3	Analyze how choices they are making now will effect their lives in the future	
9	Career	C:A1.2 C:B1.7	Discuss nontraditional careers and explore at least one	
9	Career	C:A1.3,C:B1.2 C:C2.1	Describe their skills, abilities, interests and aptitudes	
9	Career	C:A1.8, C:B2.4,5	Demonstrate knowledge of career areas of interest	
9	Career	C:A1.6,7 C:B1.1,2,3	Learn goal setting and planning skills	
9	Career	C:B1.5,6	Learn to utilize the services of on-line career resources	
9	Career	C:C2.3	Learn to work cooperatively in a team	
9	Community Involvement	PS:C1.6	Know where and how to apply personal skills in making contributions to the community	
9	Community Involvement	A:C1.2	Have opportunities to participate in leadership and other co-curricular activities	
9	Community Involvement	C:B2.3, C:C2.4	Have opportunities to volunteer in the community	

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
10	Personal/Social	PS:A1.5	Identify a wide range of feelings and be able to express them and handle them in positive ways	
10	Personal/Social	PS:A1.2 PS:B1.1	Describe decisions they have made that are based on their attitudes and values	
10	Personal/Social	PS:A2.2,3,5	Describe how prejudices are formed and examine their consequences	
10	Personal/Social	PS:B1.10	Demonstrate time management skills	
10	Personal/Social	PS:B1.5	Identify resources that will assist them with personal concerns related to their sexuality	
10	Personal/Social	PS:C1.2,7	Analyze risk-taking behaviors and their impact of health and safety	
10	Personal/Social	PS:C1.4,7,9	Demonstrate the ability to assert boundaries, rights and values relative to peer pressure and personal privacy	
10	Personal/Social	PS:B1.8	Develop self-advocacy skills	
10	Personal/Social	PS:B1.4	Develop effective coping skills for dealing with stressful situations	
10	Personal/Social	PS:B1.9	Identify long and short term goals	
10	Academic	A:B2.1,4,5,7	Monitor/revise four year academic plan	
10	Academic	A:B:2.2,5	Participate in statewide academic assessments and evaluate individual results	

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
10	Academic	A:B1.4,5 A:C1.5,6	Have access to participation in college preparatory testing and advising services	
10	Academic	A:A1.1,5 A:A2.1,2	Identify and understand personal competencies that lead to successful learning	
10	Career	C:A1.8,C:B1.2,3	Choose a career area of interest	
10	Career	C:C1.4	Evaluate the need for flexibility in their career	
10	Career	C:A2.1,3,8,9 C:B1.3,C:C2.1,4	Demonstrate career related knowledge and skills	
10	Career	C:A2.6	Learn to write a resume	
10	Career	C:A2.7 C:C1.7	Understand that work is an important and satisfying means of personal expression	
10	Career	C:C1.6	Understand the importance of equity and access in career choice	
10	Career	C:A1.5 C:B1.1	Apply decision-making skills to career planning course selection	
10	Community Involvement	A:A3.2,4, PS:A2.6,C:A2.1 C:C2.3	Apply communication, teamwork and problem-solving skills as a contributing member of the community	
10	Community Involvement	A:C1.2	Have opportunities to participate in leadership and other co-curricular activities	
10	Community Involvement	C:B2.3, C:C2.4	Have opportunities to volunteer in the community	
10	Community Involvement	A:C1.2	Create a sense of connectedness through ongoing community service projects and activities	

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
11	Personal/Social	PS:A1.1, PS:A2.3,4,8	Specify characteristics and abilities they appreciate most in themselves and others	
11	Personal/Social	PS:A1.5 PSA2.6 PS:B1.5	Develop self-advocacy skills	
11	Personal/Social	PS:C1.7	Develop positive, healthy attitudes towards life	
11	Personal/Social	PS:A2.2,4,5	Describe strategies for overcoming biases and prejudices toward others	
11	Personal/Social	PS:B1.2,3 PS:C1.2	Assess how avoiding responsibilities hinders their ability to manage their environment effectively	
11	Personal/Social	PS:A1.12 PS:A2.5	Assess their current social and family relationships and evaluate their effectiveness	
11	Personal/Social	PS:C1.4,7,9	Demonstrate the ability to assert boundaries, rights and values relative to peer pressure and personal privacy	
11	Personal/Social	PS:B1.10,12	Set and attain realistic goals	
11	Personal/Social	PS:A1.3 PS:B1.5	Identify ways to see appropriate help for problem-solving	
11	Academic	A:B2.1,4,5,7	Monitor/revise their four-year plan	
11	Academic	A:B2.5	Recognize how time and circumstances can cause educational goals to change	
11	Academic	A:B1.4,5 A:C1.5,6	Have access to participation in college preparatory testing and advising services	
11	Academic	A:B:2.2,5	Monitor progress of state testing requirement and standards	

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
11	Academic	A:A3.1,A:B.3,6	Monitor progress toward graduation requirements	
11	Career	C:A1.3,6,7 C:B2.1	Evaluate the importance of setting realistic career goals and striving for them	
11	Career	C:A2.1,2,5,7,8,9 C:C2.2,3	Apply employment readiness skills and the skills for on-the-job success	
11	Career	C:B2.2	Assess their ability to achieve past goals and integrate this knowledge into future planning	
11	Career	C:A2.1,3,8,9 C:B1.3,C:C2.1,4	Demonstrate career-related knowledge and skills	
11	Career	C:A1.10	Learn to balance work and leisure time	
11	Career	C:A1.9	Pursue activities which support career area of interest	
11	Community Involvement	A:C1.2	Have opportunities to participate in leadership and other co-curricular activities	
11	Community Involvement	C:B2.3, C:C2.4	Have opportunities to volunteer in the community	
11	Community Involvement	A:C1.2	Create a sense of connectedness in a community through ongoing community service projects and activities	
11	Community Involvement	PS:B1.7, PS:A1,2,3,4,5,6,8	Understand ethical and responsible behavior as a community member and contributor	

Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
12	Personal/Social	PS:A1.1	Appreciate their uniqueness	
12	Personal/Social	PS:A1.2,11	Evaluate how their attitudes and values effect their lives	
12	Personal/Social	PS:B1.7	Demonstrate appreciation and respect for personal and cultural differences	
12	Personal/Social	PS:A1.8 PS:B1.4	Assess how taking responsibility enhances their lives	
12	Personal/Social	PS:A2.8	Understand the value of maintaining effective relationships throughout life	
12	Personal/Social	PS:B1.1,2,3,11	Evaluate their present ability to generate alternatives, gather information and assess the consequences of the decisions they make	
12	Personal/Social	PS:C1.4,7,9	Demonstrate the ability to assert boundaries, rights and values relative to social pressures and privacy	
12	Personal/Social	PS:A1.5 PS:A2.6, PS:B1.1,5	Demonstrate self-advocacy skills	
12	Academic	A:A3.1,A:B.3,6	Monitor progress towards graduation requirements	
12	Academic	A:B2.5,7 A:C1.4,6	Evaluate their future educational/vocational goals	
12	Academic	A:B2.7 A:C1.3,5	Plan for the transition into post-secondary education and/or vocational training	
12	Academic	A:C1.4	Recognize that learning is a lifetime process	
12	Academic	A:B1.4,5 A:C1.5,6	Have access to participation in college preparatory testing and advising services	

**Estacada High School
Comprehensive Guidance and Counseling Program
Standards and Competencies 9-12 Overview**

GRADE	DOMAIN	ASCA NAT'L STD	COMPETENCY Students will:	CURRICULUM
12	Career	C:B2.2,5	Review their career goals	
12	Career	C:C1.1,3,4	Analyze the relationship between work and transition to the 'thirteenth year'	
12	Career	C:A2.4,C:C1.6	Learn individual rights for dealing with discrimination and sexual harassment in the workplace	
12	Career	C:C2.4	Analyze skills and interests through completion of a senior project	
12	Career	C:A2.1,3,8,9 C:B1.3,C:C2.1,4	Assess their career-related knowledge and skills	
12	Career	C:C1.4	Learn that career trends are influenced by changing economics and societal needs	
12	Career	C:A2.6	Revise resume	
12	Career	C:A2.5	Learn to respect individual uniqueness in the workplace	
12	Community Involvement	A:C1.2	Have opportunities to participate in leadership and other co-curricular activities	
12	Community Involvement	C:B2.3, C:C2.4	Have opportunities to volunteer in the community	
12	Community Involvement	A:C1.2	Create a sense of connectedness in a community through ongoing community service projects and activities	

12	Community Involvement	PS:B1.7, PS:A1,2,3,4,5,6,	Understand ethical and responsible behavior as a community member and contributor	
----	-----------------------	------------------------------	---	--