



Rhode Island School Counseling Competencies for Students

Introduction

The Rhode Island School Counseling Competencies for Students were developed in May, 2020 as a supplement to the Individual Learning Plan guidance. The competencies, while not required, should serve as the foundation for building a K-12 comprehensive school counseling program of which the Individual Learning Plan should be a component. The information in this document is designed as the framework for each district's written curriculum and is not necessarily all-inclusive. The competencies cover three domains: academic, career and social/emotional development and are broken into grade-span expectations based on what a student should be developmentally able to demonstrate at the end of each span. All members of the school community should be engaged in exposing students to the information and encouraging growth in all three of these areas. The goal in writing this document was to answer the question: "What do all students in Rhode Island need to know in order to be lifelong learners and productive citizens in an ever-changing global society?"

Academic Development

AD1: Acquire attitudes, skills and knowledge needed for successful academic achievement
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K-2

Identify and follow classroom and school routines and expectations
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Identify and develop work habits and skills necessary to be a successful learner
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Identify the roles of all individuals in the school community

3-5

Recognize and apply time management and organizational concepts

Demonstrate and practice test taking and study skills strategies

Develop ability to work both independently and in a group

6-8

Utilize resources to overcome barriers to learning

Identify and apply learning style(s) best suited for a task

Demonstrate the ability to adhere to deadlines and monitor task completion

9-12

Develop self awareness of skills necessary to transition to post-secondary aspirations

Advocate for resources necessary to achieve skills required to reach future goals

Demonstrate self management skills based on increased academic demands

AD2: Develop a set of goals and identify the steps necessary to create and monitor a plan to achieve those goals.

K-2

Understand the purpose of establishing goals

Make connections between actions and outcomes

Demonstrate pride in achievements

3-5

Develop a personalized plan for academic success

Practice self-assessment skills by reviewing progress towards academic goals

Demonstrate perseverance upon encountering difficulties

6-8

Review academic performance to identify strengths and target areas to improve

Establish and reflect on long and short term academic goals based on personal data

Create a graduation plan that factors in post secondary goals

9-12

Update graduation plan on an annual basis based on progress towards requirements

Establish a post secondary plan designed to achieve future aspirations

Engage and persevere in challenging coursework

AD3: Define strengths and areas of growth related to interests, aptitudes and abilities.

K-2

Identify strengths and weaknesses both at home and in school

Explore areas of potential interest and attempt new activities

Display a positive interest in learning

3-5

Accept mistakes and challenges as essential to the learning process

Demonstrate critical thinking skills to make informed decisions

Explore how abilities, skills and interests influence choices and plans

6-8

Utilize interest inventories to make connections between strengths and future goals

Identify extra-curricular opportunities related to interests and aspirations

Analyze personal academic data to focus on areas in need of improvement

9-12

Utilize knowledge of abilities and skills to determine a post-secondary pathway

Achieve desired outcomes by capitalizing on strengths and overcoming obstacles

Choose coursework based on areas of interest and future goals

Career Development

CD1: Investigate the world of work and relevant career opportunities based on knowledge of one's own strengths and weaknesses.

K-2

Identify careers in the community

Compare roles and responsibilities of members of the community

Develop awareness of equity and access in career choices

3-5

Research and share information about careers

Compare interests and strengths with those of employees in the community

Identify careers that relate to hobbies or activities of interest

6-8

Complete a career awareness assessment and reflect on results

Explore and research occupations that match their career interests

Identify the training and education required for career paths of interest

9-12

Participate in a Work Based Learning experience(s)

Demonstrate knowledge of postsecondary education options and opportunities

Make informed decisions about post-secondary options based on knowledge of self

CD2: Identify skills and strategies required to achieve satisfaction in one's chosen career goals.

K-2

Understand the role and importance of individual careers

Identify “school” habits that are important future “work” habits

Display a desire to create and explore

3-5

Develop skills to locate, evaluate and interpret career information

Relate academic classwork and activities to future career pathways

Communicate effectively using oral, written, and listening skills

6-8

Demonstrate ability to collaborate and problem solve

Develop awareness of the value of workplace readiness skills

Balance school, home, and community activities effectively

9-12

Highlight achievements in school or at work as part of a resume

Demonstrate employability “soft-skills” such as leadership, work ethic and adaptability

Identify resources and supports available for transition to post-secondary pathway

CD3: Understand the relationship between education, training and career goals.

K-2

Identify the importance of attending school

Participate in “helper” roles in the school community

Make connections between careers and classroom activities

3-5

Demonstrate work habits necessary to collaborate with diverse groups of people

Research characteristics of a variety of traditional and nontraditional occupations

Understand the relationship between consistent effort in school and career success

6-8

Explore career clusters and pathways based on strengths and interests

Research the education and training necessary to achieve specific career goals

Understand the changing workplace will require lifelong learning of new skills

9-12

Research the job outlook and employment trends for chosen career pathways

Understand how changes in the economy, technology and society influence careers

Determine education and training requirements of career options of interest

Social/ Emotional Development

SE1: Recognize and regulate individual emotions and understand their impact on different situations.

K-2

Identify emotions and understand appropriate reactions to each

Identify individuals who can help and provide support when needed

Describe ways to manage your emotions so that you can be ready to learn

3-5

Demonstrate awareness of individual rights and responsibilities

Manage emotions and impulses in a constructive manner

Develop and articulate personal values, attitudes, and beliefs

6-8

Demonstrate knowledge of personal strengths and aspirations

Understand socially appropriate emotional reactions of self and others

Persevere through challenges to achieve goals

9-12

Identify and manage stressors that occur at school and in the workplace

Demonstrate strategies to regulate emotions in the face of adversity

Utilize an awareness of strengths and weaknesses to overcome barriers

SE2: Communicate, cooperate and empathize with others from diverse backgrounds in a socially appropriate manner.

K-2

Develop positive attitudes toward others

Communicate with peers and school personnel in an appropriate manner

Identify similarities and differences among members of the community

3-5

Demonstrate respect for individuals including those with diverse backgrounds

Demonstrate empathy for other people's emotions and perspectives.

Take responsibility for and understand how one's actions impact others

6-8

Communicate and interact effectively with others from diverse backgrounds

Understand and identify prejudices and biases

Develop an awareness of interpersonal skills that will help maintain relationships

9-12

Recognize and respect leadership capacity in self and others

Develop and employ leadership and teamwork skills working in diverse groups

Respect diversity in culture, perspectives, values, and experiences

SE3: Make responsible choices and practice personal safety skills.

K-2

Develop an awareness of how behavior choices impact learning

Identify safe/unsafe scenarios and strategies to use in such situations

Recognize personal boundaries, rights, and privacy needs

3-5

Assume responsibility for choices and consequences

Manage behavior and choices by applying self discipline and self-control

Identify situations that cause stress and strategies to reduce stress

6-8

Utilize appropriate coping skills when faced with a challenge or adversity

Understand the impact of decisions on the safety and health of self and others.

Use appropriate tools and strategies to solve problems and resolve conflict

9-12

Respond appropriately to external influences and apply effective coping skills

Identify and utilize appropriate supportive resources

Demonstrate healthy stress management strategies