



OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM
THIRD THROUGH FIFTH GRADE

American School Counselor Association
Mindsets & Behaviors for Student Success Alignment*

Category 1: Mindset Standards - Includes standards related to the psycho-social attitudes or beliefs students have about themselves in relation to academic work. These make up the students' belief system as exhibited in behaviors.

- **M 1:** Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- **M 2:** Self-confidence in ability to succeed
- **M 3:** Sense of belonging in the school environment
- **M 4:** Understanding that postsecondary education and life-long learning are necessary for long-term career success
- **M 5:** Belief in using abilities to their fullest to achieve high-quality results and outcomes
- **M 6:** Positive attitude toward work and learning

Category 2: Behavior Standards - These standards include behaviors commonly associated with being a successful student. These behaviors are visible, outward signs that a student is engaged and putting forth effort to learn. The behaviors are grouped into three subcategories.

- **Learning Strategies:** Processes and tactics students employ to aid in the cognitive work of thinking, remembering or learning.
- **Self-management Skills:** Continued focus on a goal despite obstacles (grit or persistence) and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures (delayed gratification, self-discipline, self-control).
- **Social Skills:** Acceptable behaviors that improve social interactions, such as those between peers or between students and adults.

A complete list of the behavior standards is listed on the following page.

*Standards taken from <https://www.schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf>

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: 3-5 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

BEHAVIOR STANDARDS

LEARNING STRATEGIES	SELF-MANAGEMENT SKILLS	SOCIAL SKILLS
B-LS 1. Demonstrate critical thinking	B-SMS 1. Demonstrate ability to assume responsibility	B-SS 1. Use effective oral and written communication skills and listening skills
B-LS 2. Demonstrate creativity	B-SMS 2. Demonstrate self-discipline and self-control	B-SS 2. Create positive and supportive relationships with other students
B-LS 3. Use time management, organizational and study skills	B-SMS 3. Demonstrate ability to work independently	B-SS 3. Create relationships with adults that support success
B-LS 4. Apply self-motivation and self-direction to learning	B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards	B-SS 4. Demonstrate empathy
B-LS 5. Apply media and technology skills	B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals	B-SS 5. Demonstrate ethical decision making and social responsibility
B-LS 6. Set high standards of quality	B-SMS 6. Demonstrate ability to overcome barriers to learning	B-SS 6. Use effective collaboration and cooperation skills
B-LS 7. Identify long- and short-term academic, career and social/ emotional goals	B-SMS 7. Demonstrate effective coping skills when faced with a problem	B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
B-LS 8. Actively engage in challenging coursework	B-SMS 8. Demonstrate the ability to balance school, home and community activities	B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions	B-SMS 9. Demonstrate personal safety skills	B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment
B-LS 10. Participate in enrichment and extracurricular activities	B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: 3-5 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

THIRD THROUGH FIFTH GRADE

Lesson 1: Being Responsible

Objectives:

- Students will recognize the behaviors of a responsible student and identify the importance of responsibility.
- Students will be able to identify actions at school, at home, or in the community that would result in negative consequences.
- Students will be able to verbally explain an appropriate way to accept responsibility for their actions and/or respond to a consequence that is blamed on them.
- Students will be able to explain what could happen if no consequences were attributed to inappropriate behaviors.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SS 2, B-SS 3

Lesson 2: Empathy

Objectives:

- Students will be able to understand what empathy means.
- Students will be able to explain why it is important to be empathetic toward others.
- Students will demonstrate knowledge of ways they can show empathy toward others.
- Students will be able to express how someone would feel in various presented scenarios.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SS 2, B-SS 4

Lesson 3: Coping Skills

Objectives:

- Students will be able to understand what stress is and identify its effects in their lives.
- Students will be able to identify techniques and strategies in order to cope with stress-inducing situations.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 7, B-SS 8

Lesson 4: Respect

Objectives:

- Students will be able to define what respect means.
- Students will be able to give examples of ways we show respect at school, at home, and in the community.
- Students will be able to identify consequences that can happen when they are not respectful at school, at home, or in the community.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 2, B-SMS 6, B-SMS 7, B-SMS 8, B-SS 3, B-SS 4

Lesson 5: Integrity

Objectives:

- Students will define the word integrity and explain why showing integrity is an important life skill.
- Students will identify ways in which they can show integrity in school, at home, in the workplace, and in the community.
- Students will discuss the benefits of showing integrity.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-LS 9, B-SMS 1, B-SMS 6, B-SMS 7, B-SS 1, B-SS 4

OVERCOMING OBSTACLES ELEMENTARY SCHOOL CURRICULUM: 3-5 ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

Lesson 6: Having a Positive Attitude

Objectives:

- Students will be able to give positive statements about themselves and others.
- Students will be able to explain how a positive attitude changes how we feel/act.
- Students will turn a negative thought or experience into a positive thought.
- Students will understand the importance of a growth mind-set through positive self-talk.
- Students will develop strategies to help them overcome challenges and mistakes.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-LS 9, B-SMS 1, B-SMS 10, B-SS 9

Lesson 7: Perseverance & Personal Best

Objectives:

- Students will be able to define the word perseverance.
- Students will be able to list examples of things one can do to show perseverance.
- Students will be able to make and set goals.

ASCA Standards: M1, M2, M5, M6; B-LS 6, B-SMS 5, B-SMS 10, B-SS 9

Lesson 8: Cooperation & Teamwork

Objectives:

- Students will be able to state why working with others can make a task easier.
- Students will value skills that are needed to be a good teammate.
- Students will be able to list jobs that require people to work as a team.

ASCA Standards: M1, M2, M5, M6; B-LS 9, B-SMS 8, B-SS 1, B-SS 2, B-SS 3

Lesson 9: Resolving Conflicts

Objectives:

- Students will be able to define the word conflict and the word resolution.
- Students will be able to identify a conflict when they encounter one.
- Students will be able to list different strategies that can be used to resolve a conflict.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SMS 6, B-SMS 7, B-SS 1, B-SS 4

Lesson 10: Handling Peer Pressure

Objectives:

- Students will understand and identify examples of positive and negative peer pressure.
- Students will develop strategies to help prevent them from giving in to negative peer pressure.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 1, B-SMS 2, B-SMS 7, B-SMS 9, B-SS 1

Lesson 11: Becoming a Good Friend

Objectives:

- Students will identify the attributes of a good friend.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-SMS 1, B-SS 2, B-SS 3, B-SS 4

Lesson 12: Good Citizenship

Objectives:

- Students will become aware of how their background and experiences affect the way they view the world and interact with other people.
- Students will identify and practice the kind, careful, and responsible behaviors of a “Good Digital Citizen.”

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 5, B-SMS 1, B-SMS 9, B-SS 1, B-SS 2, B-SS 3, B-SS 4