



## OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM

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

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**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 MIDDLE SCHOOL CURRICULUM 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 MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## GETTING STARTED

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### **Lesson 1: Who Are You?**

#### Objectives:

- Students will identify themselves and learn their classmates' names.
- Students will explore and share ideas and images that represent them as individuals.
- Students will break down personal space boundaries and develop teamwork skills.

ASCA Standards: M1, M2, M3, M6; B-LS 2, B-SS 2, B-SS 5

### **Lesson 2: What is Overcoming Obstacles?**

#### Objectives:

- Students will identify traits and skills that are necessary for achieving success.
- Students will consider how these traits and skills contributed to a person's ability to successfully overcome obstacles in life.

ASCA Standards: M4, M5, M6; B-LS 4, B-SMS 6, B-SS 9

### **Lesson 3: Working in Teams**

#### Objectives:

- Students will identify the benefits and challenges of working in teams.
- Students will identify the traits, people, and future aspirations that they value and those that are valued by others.
- Students will synthesize guidelines for the class's work and interactions.

ASCA Standards: M3, M5, M6; B-LS 7, B-SMS 1, B-SS 2, B-SS 7

### **Lesson 4: Setting Expectations**

#### Objectives:

- Students will recognize the importance of having dreams for the future.
- Students will identify and explore their dreams and goals for the future.
- Students will create visual representations of their dreams.

ASCA Standards: M2, M4, M5, M6; B-LS 4, B-LS 7, B-SMS 3, B-SMS 5, B-SS 1,

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## CONFIDENCE BUILDING

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### Lesson 1: Giving and Earning Respect

#### Objectives:

- Students will identify people whom they respect and the reasons they respect them.
- Students will define “respect.”
- Students will analyze the concept of self-respect.
- Students will evaluate their own level of self-respect.

ASCA Standards: M1, M2, M3, M6; B-LS 9, B-SMS 2, B-SS 2, B-SS 3, B-SS 4

### Lesson 2: Identifying Strengths and Weaknesses

#### Objectives:

- Students will recognize that each individual has personal strengths.
- Students will identify their individual strengths and weaknesses.
- Students will identify ways in which they can use their weaknesses to their advantage.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 2, B-LS 4, B-SMS 2, B-SMS 7, B-SS 8, B-SS 9

### Lesson 3: Staying Healthy (two-session lesson)

#### Objectives:

- Students will recognize that diet, sleep, and exercise affect their efforts to achieve a goal.
- Students will discuss how a balanced diet affects their health and well-being.
- Students will discuss how exercise and sleep affect their health and well-being.
- Students will create weekly plans for eating well, sleeping regularly, and exercising.

ASCA Standards: M1, M2, M5, M6; B-LS 9, B-SMS 1, B-SMS 2, B-SMS 3, B-SMS 4, B-SMS 10, B-SS 9

### Lesson 4: Clarifying Values

#### Objectives:

- Students will analyze how their values influence the decisions they make.
- Students will identify the people, possessions, activities, and future plans they value.
- Students will demonstrate how their values influence their decision-making.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 1, B-SMS 6, B-SMS 8, B-SMS 10, B-SS 9

### Lesson 5: Avoiding Stereotypes

#### Objectives:

- Students define “stereotyping.”
- Students analyze the effects of applying stereotypes to people.
- Students identify ways to avoid stereotyping others.

ASCA Standards: M1, M2; B-LS 1, B-LS 9, B-SMS 6, B-SS 1, B-SS 2, B-SS 4, B-SS 5

### Lesson 6: Developing Personal Power

#### Objectives:

- Students will discover that they have the power to effect outcomes in their lives.
- Students recognize that power lies in the decisions they make.
- Students create personal symbols that remind them of their personal power.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 2, B-LS 5, B-LS 10, B-SMS 7, B-SS 8, B-SS 9

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE ONE: COMMUNICATION SKILLS

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### **Lesson 1: Understanding Nonverbal Messages**

#### Objectives:

- Students will recognize their ability to communicate without using words.
- Students will analyze the importance of the nonverbal messages they send.
- Students will practice using nonverbal cues to communicate.

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

### **Lesson 2: Listening**

#### Objectives:

- Students will recognize that good listening skills are important to their success.
- Students will identify ways to improve their listening skills.
- Students will practice and evaluate the effectiveness of active listening skills.

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

### **Lesson 3: Speaking**

#### Objectives:

- Students will recognize the power of their words.
- Students will recognize that people are responsible for what they say.
- Students will evaluate and choose words to demonstrate their understanding of the relationship between their words and consequences.

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

### **Lesson 4: Being Assertive (two-session lesson)**

#### Objectives:

- Students will develop definitions and examples of passive, aggressive, and assertive behaviors.
- Students will learn how to use assertive behavior to communicate more effectively.

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

### **Lesson 5: Expressing Opinions Constructively**

#### Objectives:

- Students will recognize that it is possible to communicate productively when disagreeing with others.
- Students will participate in a debate, using effective communication skills to express and listen to opinions.

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

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE TWO: DECISION MAKING SKILLS

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### Lesson 1: Making Decisions—Big and Small

#### Objectives:

- Students will recognize that the importance of a decision is determined by its consequences.
- Students will identify factors that influence the decisions they make.
- Students will recognize and use their power to make decisions—even when the decisions are difficult.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 5, B-SMSM 6, B-SMS 7, B-SS 9

### Lesson 2: Gathering Information

#### Objectives:

- Students will recognize that gathering information is an important part of the decision making process.
- Students will recognize that asking relevant questions and actively listening to answers are effective ways to gather information.
- Students will practice asking relevant questions in order to gather information and make informed decisions.

ASCA Standards: M1, M2, M5, M6; B-LS 9, B-SMS 3, B-SS 1, B-SS 6

### Lesson 3: Identifying Options

#### Objectives:

- Students will recognize that identifying options is an important part of the decision making process.
- Students will explore the benefits of considering multiple options.
- Students will generate a list of options in response to a given situation.
- Students will practice listening to information and identifying options that are available to them.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 5, B-SMSM 6, B-SMS 7, B-SS 9

### Lesson 4: Weighing Options and Consequences

#### Objectives:

- Students will recognize that weighing options and consequences is an important part of the decision making process.
- Students will practice using a simple method that will help them organize and think about options and consequences.
- Students will evaluate pros and cons in order to weigh options and consequences before making a decision.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 5, B-SMSM 6, B-SMS 7, B-SS 9

### Lesson 5: Making a Choice

#### Objectives:

- Students will recognize that decision making is a process.
- Students will collaborate with each other to make a decision about their school.
- Students will demonstrate the decision making process and make a personal decision.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 5, B-SMSM 6, B-SMS 7, B-SS 9

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE THREE: SETTING AND ACHIEVING GOALS

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### Lesson 1: Defining Goals (two-session lesson)

#### Objectives:

- Students will recognize the importance of having goals.
- Students will recognize that meaningful goals need to be personal and realistic.
- Students will recognize that goals have consequences and must have deadlines.
- Students will list goals and use specific criteria to evaluate them.

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

### Lesson 2: Stepping-Stone Goals

#### Objectives:

- Students will recognize that long-term goals can be broken into a series of steps, or smaller goals.
- Students will identify short-term and medium-range goals and become aware of their importance to achieving long-term goals.
- Students will set stepping-stone goals for themselves.

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

### Lesson 3: Taking Action

#### Objectives:

- Students will define “procrastination.”
- Students will recognize that taking action is a necessary step to achieving a goal.
- Students will identify personal obstacles to taking action, and then plan to act on an immediate goal.

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

### Lesson 4: Persevering

#### Objectives:

- Students will recognize that they do not need to abandon a goal when they meet obstacles or difficulties.
- Students will define “perseverance” and discuss its importance.
- Students will revise stepping-stone goals in order to overcome an obstacle and achieve a goal.

ASCA Standards: M1, M2, M5, M6; B-LS 7, B-SMS 4, B-SMS 5, B-SS 8

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE FOUR: MANAGING PERSONAL RESOURCES

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### Lesson 1: Developing a Positive Attitude

#### Objectives:

- Students will recognize the power of their attitudes by participating in a demonstration.
- Students will identify positive and negative attitudes and their consequences.
- Students will analyze the effects of positive and negative environments.

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

### Lesson 2: Being Accountable

#### Objectives:

- Students will recognize the importance of accountability in their lives.
- Students will define “accountability.”
- Students will explore the positive consequences of being accountable for their actions.
- Students will demonstrate an understanding of accountability.

ASCA Standards: M1, M2, M5, M6; B-LS 4, B-LS 9, B-SMS 1, B-SMS 10, B-SS 5, B-SS 9

### Lesson 3: Handling Stress

#### Objectives:

- Students will identify sources of stress in their lives.
- Students will identify behavioral and emotional signs of stress.
- Students will identify methods for managing or eliminating stress.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 3, B-LS 9, B-SMS 6, B-SMS 8, B-SS 9

### Lesson 4: Managing Your Time

#### Objectives:

- Students will recognize the ability to manage time by creating to-do lists.
- Students will recognize the importance of prioritizing activities in order to manage their time.
- Students will apply time-management skills to their own lives.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 3, B-LS 9, B-SMS 6, B-SMS 8, B-SS 9

### Lesson 5: Taking Initiative

#### Objectives:

- Students will discover the benefits of seeking assistance from others.
- Students will recognize that initiative affects the ability to seek assistance and gather information.
- Students will listen to a guest speaker and consider how initiative makes a difference in life.

ASCA Standards: M1, M2, M5, M6; B-LS 9, B-SMS 6, B-SS 3, BSS-8



# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE FIVE: STUDYING EFFECTIVELY

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### Lesson 1: Getting Organized

#### Objectives:

- Students will examine ways to organize information and materials for their school subjects.
- Students will identify the importance of planning and scheduling study time.
- Students will create systems for organizing their work.

ASCA Standards: M1, M2, M4, M5, M6; B-LS 3, B-LS 5, B-LS 6, B-SMS 2, B-SMS 3, B-SS 1

### Lesson 2: Following Instructions

#### Objectives:

- Students will examine the importance of understanding instructions.
- Students will apply active listening and reading to following instructions.
- Students will practice clarifying written and verbal instructions.

ASCA Standards: M1, M2, M4, M5, M6; B-LS 3, B-LS 5, B-LS 6, B-SMS 2, B-SMS 3, B-SS 1

### Lesson 3: Using Appropriate Resources

#### Objectives:

- Students will identify appropriate reference materials and resources.
- Students will explore computers and the internet as options for accessing information.
- Students will listen to a guest speaker in order to learn more about accessing information.

ASCA Standards: M1, M2, M4, M5, M6; B-LS 3, B-LS 5, B-LS 6, B-SMS 2, B-SMS 3, B-SS 1, B-SS 3

### Lesson 4: Taking Notes

#### Objectives:

- Students will identify important details in note taking and recognize their significance.
- Students will learn strategies for taking effective notes.
- Students will practice and evaluate note-taking skills.

ASCA Standards:

### Lesson 5: Writing Reports

#### Objectives:

- Students will recognize the importance of focusing on a topic and gathering information for writing a report.
- Students will identify ways to paraphrase and organize information in a report.
- Students will conduct interviews in preparation for writing reports.

ASCA Standards: M1, M2, M4, M5, M6; B-LS 3, B-LS 5, B-LS 6, B-SMS 2, B-SMS 3, B-SS 1, B-SS 3

### Lesson 6: Taking Tests

#### Objectives:

- Students will review organizational skills.
- Students will identify ways to study and prepare for tests.
- Students will apply organizational skills to test taking.
- Students will identify test-taking strategies.

ASCA Standards: M1, M2, M4, M5, M6; B-LS 3, B-LS 5, B-LS 6, B-SMS 2, B-SMS 3, B-SS 1, B-SS 3

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE FIVE: STUDYING EFFECTIVELY (continued)

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### **Lesson 7: Learning How You Learn Best**

#### Objectives:

- Students will discover that they learn in different ways.
- Students will compare and contrast their organizational strategies to those of other students.
- Students will identify studying and test-taking strategies that could work for them.

ASCA Standards: M1, M2, M4, M5, M6; B-LS 3, B-LS 5, B-LS 6, B-SMS 2, B-SMS 3, B-SS 1, B-SS 2

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE SIX: PROBLEM SOLVING

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### **Lesson 1: Defining Problems --- Big and Small**

#### Objectives:

- Students will recognize that they already possess the ability to solve many problems.
- Students will understand the importance of defining a problem before acting on a solution.
- Students will identify a problem and propose solutions.

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

### **Lesson 2: Identifying Options**

#### Objectives:

- Students will review the decision making process and learn that they can use this process to solve problems.
- Students will gather information and explore options in order to solve a problem.
- Students will identify options that generate possible solutions to problems.

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

### **Lesson 3: Considering Pros and Cons**

#### Objectives:

- Students will recall and review the problem solving process.
- Students will identify ways to evaluate the pros and cons of different options.
- Students will list pros and cons and weigh options in order to choose the best solutions to problems.

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

### **Lesson 4: Finding Solutions**

#### Objectives:

- Students will gather information they need in order to complete a task.
- Students will collaborate with others and use problem solving skills in order to complete a task.
- Students will apply problem solving skills to their own lives.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 6, B-SMS 7, B-SMS 8, B-SMS 9, B-SS 7, B-SS 9

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE SEVEN: RESOLVING CONFLICTS

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### Lesson 1: Understanding Conflicts

#### Objectives:

- Students will understand that recognizing and appreciating differences among themselves is a form of respect called “tolerance.”
- Students will explore positive and negative aspects of conflict.
- Students will define “conflict.”
- Students will identify conflicts and the people involved.

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

### Lesson 2: Identifying Emotions in Conflicts

#### Objectives:

- Students will recognize that many underlying feelings and emotions are involved in conflicts.
- Students will recognize the relationship between emotions and behaviors.
- Students will identify emotions and behaviors involved in a personal conflict.

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

### Lesson 3: Controlling Emotions in Conflicts

#### Objectives:

- Students will recognize that they have the power to control their emotions and behaviors.
- Students will identify ways to reduce the effects of anger and other negative emotions.
- Students will apply methods of controlling emotions and changing reactions to conflict situations.

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

### Lesson 4: Using Communication Skills Effectively

#### Objectives:

- Students will recognize how miscommunication can escalate a conflict and even create new conflicts.
- Students will apply assertive behavior skills to conflict situations.
- Students will apply communication skills to conflicts in their own lives.

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

### Lesson 5: Creating a Win-Win Situation

#### Objectives:

- Students will recognize the dynamics of win-lose and lose-lose situations.
- Students will recognize the benefits of win-win situations.
- Students will practice resolving conflicts.

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

### Lesson 6: Resolving Conflicts

#### Objectives:

- Students will discuss strategies that they have learned for resolving conflicts.
- Students will identify situations in which the best option is to remove themselves from conflict.
- Students will analyze conflict situations and make decisions about how to resolve them.

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

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## MODULE EIGHT: LOOKING TO THE FUTURE

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### Lesson 1: Adapting to Change

#### Objectives:

- Students will recognize both positive and negative reactions to change.
- Students will learn that they have the power to accept and adapt to change.
- Students will visualize potential changes in themselves and their lives.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 1, B-SMS 6, B-SMS 10, B-SS 8, B-SS 9

### Lesson 2: Handling Peer Pressure

#### Objectives:

- Students will discuss peer pressure in their lives.
- Students will define the concept of peer pressure.
- Students will recognize the importance of staying focused on personal values, beliefs, and goals.
- Students will create solutions to a dilemma that involves peer pressure.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 9, B-SMS 2, B-SMS 7, B-SS 8, B-SS 9

### Lesson 3: Getting Along

#### Objectives:

- Students will participate in an activity in which they use a variety of skills in order to overcome obstacles and achieve goals.
- Students will identify skills they learned and used in the activity.
- Students will collaborate to create posters for display in their classroom or school.

ASCA Standards: M1, M2, M5, M6; B-LS 1, B-LS 2, B-LS 5, B-SMS 6, B-SS 2

### Lesson 4: Playing by the Rules

#### Objectives:

- Students will discuss the importance of learning rules in order to participate successfully in school and in life.
- Students will recognize that learning about and following rules are matters of personal responsibility.
- Students will conduct mock trials in order to determine responsibility and resolve conflicts.

ASCA Standards: M1, M2, M3, M5, M6; B-LS 9, B-SMS 1, B-SMS 10, B-SS 9

### Lesson 5: Presenting Yourself

#### Objectives:

- Students will review information they have learned about themselves.
- Students will identify categories of personal information and write current information about themselves.
- Students will write letters in which they present information about themselves in order to achieve an imaginary goal.

ASCA Standards: M1, M2, M3, M5, M6; B-LS 1, B-LS 2, B-SMS 5, B-SS 1

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## SERVICE LEARNING

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### **Lesson 1: Introduction to Service Learning**

#### Objectives:

- Students will define “service learning project.”
- Students will identify issues and problems that they perceive in their communities.
- Students will select an issue to address in a service learning project.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 1, B-LS 9, B-LS 10, B-SMS 1, B-SS 2, B-SS 5

### **Lesson 2: Designing an Action Plan**

#### Objectives:

- Students will evaluate the usefulness of an action plan.
- Students will explore the parts of an action plan.
- Students will discover different methods of doing research in order to complete an action plan.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 1, B-LS 3, B-LS 5, B-LS 9, B-LS 10, B-SMS 1, B-SS 2

### **Lesson 3: Gathering Information and Making the Commitment**

#### Objectives:

- Students will organize their work efforts in order to effectively complete their research.
- Students will discuss and create contracts that formalize their commitment to the service learning project.
- Students will form work groups and create job descriptions.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 1, B-LS 3, B-LS 5, B-LS 9, B-LS 10, B-SMS 5, B-SS 2

### **Lesson 4: Formalizing and Finalizing the Action Plan**

#### Objectives:

- Students will identify what information should be included in a formal action plan.
- Students will determine whose approval is needed in order for them to complete their project.
- Students will create a time line for the completion of their service learning project.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 1, B-LS 3, B-LS 10, B-SMS 5, B-SS 1, B-SS 9

### **Lesson 5: Giving Presentations**

#### Objectives:

- Students will prepare an oral presentation.
- Students will practice giving an oral presentation.
- Students will discover the steps to refining their action plan.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 2, B-SMS 10, B-SS 1, B-SS 9

# OVERCOMING OBSTACLES MIDDLE SCHOOL CURRICULUM ALIGNMENT TO THE ASCA MINDSET & BEHAVIOR STANDARDS

## SERVICE LEARNING (continued)

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### Lesson 6: Taking Action

#### Objectives:

- Students will evaluate means of tracking their progress as they work to complete their project.
- Students will explore the importance of and the qualities that comprise a strong work ethic.
- Students will evaluate specific project issues that may require special attention.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 1, B-LS 3, B-LS 10, B-SMS 6, B-SS 5

### Lesson 7: The Big Day

#### Objectives:

- Students will look over and ensure that they have completed each step of their project planning.
- Students will brainstorm and create action plans to address last-minute project issues.
- Students will create a project agenda.

ASCA Standards: M1, M2, M3, M4, M5, M6; B-LS 1, B-LS 3, B-LS 10, B-SMS 6, B-SS 1

### Lesson 8: Self-Assessment

#### Objectives:

- Students will explore the usefulness and means of their self-assessment.
- Students will discover questions to consider when self-assessing.
- Students will choose a means of self-assessing their service learning experiences.

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

### Lesson 9: Public Assessment

#### Objectives:

- Students will explore the usefulness and methods of public assessment.
- Students will discover questions to consider when creating a public assessment.
- Students will choose a means of publicly assessing their service learning experience.
- Students will prepare a public assessment.

ASCA Standards: M1, M2, M5, M6; B-LS 7, B-LS 9, B-SMS 1, B-SMS 10, B-SS 1, B-SS 8, B-SS 9