

# ASCA National Standards and the *Second Step* Program: Grades 6–8



## Introduction to the *Second Step* Program

The *Second Step* Program is a developmental and sequential curriculum designed to promote school and life success and to prevent problem behaviors. Skills are reviewed and expanded on each year, gradually becoming more complex as students get older. Many of the American School Counselor Association (ASCA) standards are specifically addressed in older grades (such as goal setting), but foundational skills that build toward the standards are taught in the earlier grades.

## Unit Topics and Themes

<b>Grade 6</b>	Empathy and Communication, Bullying Prevention, Emotion Management, Problem Solving, Substance Abuse Prevention
<b>Grade 7</b>	Empathy and Communication, Bullying Prevention, Emotion Management, Problem Solving, Substance Abuse Prevention
<b>Grade 8</b>	Empathy and Communication, Bullying Prevention, Emotion Management, Goal Setting, Substance Abuse Prevention

## General Alignment

ASCA Standard	<i>Second Step</i> Program: Grades 6–8
<b>Academic Development</b>	Academic development is included in the core goal of the <i>Second Step</i> middle school program, which is to promote student success through prevention. Student success includes school success. This is accomplished by teaching social-emotional skills foundational to success in school: getting along with peers and teachers, managing emotions, and applying emotion management and problem solving to learning (self-regulated learning).
<b>Career Development</b>	The program addresses this standard through the acquisition of skills foundational to success in the workplace: empathy, communication, and emotion management, plus decision-making, problem-solving and goal-setting skills. Students practice the above skills and learn teamwork skills by working in groups in every lesson.
<b>Personal/Social Development</b>	The goal of the <i>Second Step</i> middle school program is to promote school, social, and life success through building social-emotional skills and preventing violence, bullying, and substance abuse. Every lesson at every grade is focused on this goal. Therefore the whole program addresses personal and social development.

## Specific alignment

ASCA Standards		Second Step Program			
		Grade 6	Grade 7	Grade 8	
Academic Development	A:A2 Acquire Skills for Improving Learning	A:A2.2 Demonstrate how effort and persistence positively affect learning			
		A:A2.3 Use communications skills to know when and how to ask for help when needed	Lesson 5	Lesson 6	Lesson 7
	A:A3 Achieve School Success	A:A3.1 Take responsibility for their actions	Lesson 11	Lesson 5	Lessons 3, 5
		A:A3.2 Demonstrate the ability to work both independently and cooperatively with other students	In every lesson at every grade, students work with a group to practice working together	In every lesson at every grade, students work with a group to practice working together	In every lesson at every grade, students work with a group to practice working together
Career Development	C:A1 Develop Career Awareness	C:A1.4 Learn how to interact and work cooperatively in teams	See above Lesson 1	See above Lesson 1	See above Lesson 1
		C:A1.5 Learn how to make decisions	Lesson 10	Lessons 3, 13	Lesson 4
		C:A1.6 Learn how to set goals			Lessons 10, 11
		C:A1.7 Understand the importance of planning	Lesson 11	Lesson 3, 13	Lessons 10, 11
Personal/Social Development	PS:A1 Acquire Self-Knowledge	PS:A1.3 Learn the goal-setting process			Lessons 10, 11
		PS:A1.4 Understand change is a part of growth	Lesson 1	Lesson 1	Lesson 1
		PS:A1.5 Identify and express feelings	Lessons 1, 2, 8, 9	Lessons 1, 2, 8, 9	Lessons 1, 2, 8, 9
		PS:A1.6 Distinguish between appropriate and inappropriate behavior	Lessons 4, 5, 6, 8	Lessons 2, 5–8	Lessons 5–8
		PS:A1.8 Understand the need for self-control and how to practice it	Lessons 8, 9	Lessons 8–10	Lessons 8, 9
		PS:A1.9 Demonstrate cooperative behavior in groups	All lessons	All lessons	All lessons
	PS:A2 Acquire Interpersonal Skills	PS:A2.1 Recognize that everyone has rights and responsibilities	Lessons 1, 6, 7	Lessons 1, 5–7	Lessons 1, 5–7
		PS:A2.2 Respect alternative points of view	Lessons 1–4, 10	Lessons 1–3	Lessons 1, 3, 4, 6
		PS:A2.3 Recognize, accept, respect, and appreciate individual differences	Lessons 1, 3, 4,	Lessons 1–3	Lessons 1, 3, 4, 6
		PS:A2.4 Recognize, accept, and appreciate ethnic and cultural diversity			Lesson 6
		PS:A2.6 Use effective communication skills	Lessons 1, 3–5	Lessons 1–3	Lessons 1, 3, 4, 6
		PS:A2.7 Know that communication involves speaking, listening, and nonverbal behavior	Lessons 1, 4	Lessons 1–3	Lessons 1, 3, 4
		PS:A2.8 Learn how to make and keep friends	Lesson 2	Lessons 2–4	Lessons 4, 5

ASCA Standards		Second Step Program			
		Grade 6	Grade 7	Grade 8	
Personal/Social Development	PS:B1 Self-Knowledge Application	PS:B1.1 Use a decision-making and problem-solving model	Lessons 10, 11	Lessons 3, 13	Lessons 4, 10, 11
		PS:B1.2 Understand consequences of decisions and choices	Lessons 10, 11	Lessons 3, 13	Lessons 4, 10, 11
		PS:B1.3 Identify alternative solutions to a problem	Lessons 10, 11	Lessons 3, 13	Lessons 4, 10, 11
		PS:B1.4 Develop effective coping skills for dealing with problems	Lesson 10	Lesson 9	
		PS:B1.5 Demonstrate when, where, and how to seek help for solving problems and making decisions	Lessons 6, 7	Lessons 4–7	Lessons 5–7
		PS:B1.6 Know how to apply conflict-resolution skills	Lessons 4, 10, 11	Lessons 2, 3, 13	Lessons 2–4
		PS:B1.7 Demonstrate a respect and appreciation for individual and cultural differences	Lesson 3	Lesson 2	Lessons 3, 6
		PS:B1.8 Know when peer pressure is influencing a decision	Lesson 12	Lesson 13	
		PS:B1.9 Identify long- and short-term goals	Lesson 14	Lesson 13	Lessons 12, 13
		PS:B1.10 Identify alternative ways of achieving goals	Lessons 10, 11		
		PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills			
		PS:B1.12 Develop an action plan to set and achieve realistic goals			Lessons 10, 11
	PS:C1 Acquire Personal Safety Skills	PS:C1.6 Identify resource people in the school and community and know how to seek their help	Lessons 6, 7	Lessons 10, 11	Lessons 5–7
		PS:C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices	Lessons 7, 10, 11, 15	Lessons 3, 5–7, 13	
		PS:C1.8 Learn about the emotional and physical dangers of substance use and abuse	Lessons 12–15	Lessons 11–13	Lessons 12, 13
		PS:C1.9 Learn how to cope with peer pressure	Lesson 14	Lesson 13	Lesson 6, 12, 13
		PS:C1.10 Learn techniques for managing stress and conflict	<b>Conflict:</b> Lessons 4, 8, 9 <b>Stress:</b> Lessons 10, 11	<b>Conflict:</b> Lessons 2, 3, 8 <b>Stress:</b> Lessons 9, 10	<b>Conflict:</b> Lessons 3, 4 <b>Stress:</b> Lessons 8, 9
		PS:C1.11 Learn coping skills for managing life events		Lesson 10	Lesson 9