



ALIGNMENT CHART: ASCA MINDSETS AND BEHAVIORS

Second Step

Introduction to Second Step

Second Step 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 (for example, goal setting), but foundational skills that build toward the standards are taught in the earlier grades.

General Alignment

The following table outlines general ways in which Second Step helps promote students' development in the three domains of the ASCA Mindsets and Behaviors.

ASCA Domain	Early Learning–Grade 5	Grades 6–8
Academic Development	<ul style="list-style-type: none"> Core program goal includes promotion of skills for school readiness and academic success Students learn social-emotional skills built on base of executive-function skills, self-regulation, and key skills for learning 	<ul style="list-style-type: none"> The program promotes a growth mindset, which helps students achieve academic success Students learn social-emotional skills foundational to success in school (setting and achieving goals, responsible decision making, and strategies for coping with difficult emotions)
Career Development	<ul style="list-style-type: none"> Students learn interpersonal skills central to success in the workplace (empathy, emotion management, and problem solving) Key communication and partner interaction skills also taught 	<ul style="list-style-type: none"> Students learn skills foundational to success in the workplace (perspective taking, emotion management, decision making, conflict resolution, and goal setting)
Social/Emotional Development	<ul style="list-style-type: none"> Program goal is to promote social and academic success Every lesson in Empathy, Emotion-Management, and Problem-Solving Units focused on social-emotional development Strong focus on how these skills relate to making and keeping friends Child Protection Unit (Early Learning–Grade 5) and Bullying Prevention Unit (Kindergarten–Grade 5) both build on foundational social-emotional skills while also focusing on specific goals 	<ul style="list-style-type: none"> The entire program addresses social-emotional development Students learn to recognize and handle their own emotions, apply their personal values to make good decisions, and how to plan ahead to handle difficult situations Students also learn interpersonal skills, including making friends and strengthening friendships, resolving serious conflicts, and helping prevent bullying and harassment



Specific Alignment

The following table outlines specific grade-level units, lessons, activities, materials, and/or teaching strategies from Second Step that can help students develop the knowledge, skills, and attitudes needed to meet the 35 ASCA Mindset and Behavior Standards.

Early Learning

Skills for Learning, Empathy, Emotion Management, Friendship Skills and Problem Solving, Child Protection*

Kindergarten–Grade 3

Skills for Learning, Empathy, Emotion Management, Problem Solving, Bullying Prevention*, Child Protection*

Grades 4 & 5

Empathy and Skills for Learning, Emotion Management, Problem Solving, Bullying Prevention*, Child Protection*

Grades 6 & 7

Mindsets and Goals; Values and Friendships; Thoughts, Emotions, and Decisions; Serious Peer Conflicts

Grade 8

Mindsets and Goals; Values and Relationships; Thoughts, Emotions, and Decisions; Serious Peer Conflicts

*Unit sold separately

Mindset Standards

ASCA Mindset and Behavior Standards		Second Step	
		Early Learning	Kindergarten & Grade 1 (K & G1)
Mindset Standards	1. Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being		
	2. Self-confidence in ability to succeed	Brain Builder Games Skills for Learning Unit	Brain Builder Games Skills for Learning Unit
	3. Sense of belonging in the school environment	Skills for Learning Unit: Weekly Theme 1	Bullying Prevention Unit: Classroom Climate-Building Tools and Games
	4. Understanding that postsecondary education and life-long learning are necessary for long-term career success		
	5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	Skills for Learning Unit: Weekly Theme 4	Skills for Learning Unit: Lesson 4
	6. Positive attitudes toward work and learning	Skills for Learning Unit	Empathy Unit: Lesson 10 Problem-Solving Unit: K, Lessons 19–24 G1, Lessons 17–21

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
		Mindsets and Goals Unit G6 and G7, Values and Friendships Unit G8, Values and Relationships Unit Advisory Activities
Brain Builder Games Skills for Learning Unit	Empathy and Skills for Learning Unit	Mindsets and Goals Unit
Bullying Prevention Unit: Classroom Climate-Building Tools and Games	Bullying Prevention Unit: Classroom Climate-Building Tools and Games	Mindsets and Goals Unit: G6, Lesson 2 G7, Lesson 2 G8, Lesson 1 Serious Peer Conflicts Unit: G8, Lesson 26 Advisory Activities
Skills for Learning Unit: G2, Lesson 3 G3, Lessons 2–4	Emotion-Management Unit: G4, Lesson 12 G5, Lessons 11 and 12	Mindsets and Goals Unit
Skills for Learning Unit: G3, Lesson 4 Empathy Unit: G2, Lesson 10 G3, Lesson 6	Problem-Solving Unit: Lessons 17–21 Bullying Prevention Unit: Lessons 1–4	Mindsets and Goals Unit



Behavior Standards: Learning Strategies

ASCA Mindset and Behavior Standards	Second Step	
	Early Learning	Kindergarten & Grade 1 (K & G1)
1. Demonstrate critical-thinking skills to make informed decisions	Problem-Solving Unit: Weekly Themes 23–25	Empathy Unit: Lesson 10 Problem-Solving Unit: K, Lessons 19–24 G1, Lessons 17–21
2. Demonstrate creativity		
3. Use time-management, organizational, and study skills		
4. Apply self-motivation and self-direction to learning	Skills for Learning Unit	Skills for Learning Unit
5. Apply media and technology skills		
6. Set high standards of quality		
7. Identify long- and short-term academic, career, and social/emotional goals		
8. Actively engage in challenging coursework		
9. Gather evidence and consider multiple perspectives to make informed decisions	Problem-Solving Unit: Weekly Themes 23–25	Empathy Unit: G1, Lessons 7–10 Problem-Solving Unit: K, Lessons 19–24 G1, Lessons 17–21
10. Participate in enrichment and extracurricular activities	Curriculum Connections	Academic Integration Activities

Behavior Standards: Learning Strategies

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
Skills for Learning Unit: G3, Lesson 4 Empathy Unit: G2, Lesson 10 G3, Lesson 6 Problem-Solving Unit: Lessons 17–21	Problem-Solving Unit: Lessons 17–21 Bullying Prevention Unit: Lessons 1–4	G6 and G7, Values and Friendships Unit G8, Values and Relationships Unit Thoughts, Emotions, and Decisions Unit Serious Peer Conflicts Unit Advisory Activities
		Advisory Activities
		Mindsets and Goals Unit: Lessons 6 and 7
Skills for Learning Unit	Empathy and Skills for Learning Unit	Mindsets and Goals Unit
		Advisory Activities
Skills for Learning Unit: G3, Lesson 4 Emotion-Management Unit: G3, Lesson 14 Problem-Solving Unit: Lesson 21, Home Link	Problem-Solving Unit: Lesson 18	Mindsets and Goals Unit: G6, Lessons 6 and 7 G7, Lessons 6 and 7 G8, Lessons 4, 6, and 7
Empathy Unit: G2, Lesson 10 G3, Lesson 6 Problem-Solving Unit: Lessons 17–21	Empathy and Skills for Learning Unit: G4, Lessons 6 and 8 G5, Lessons 5 and 7 Problem-Solving Unit: Lessons 17–21	Thoughts, Emotions, and Decisions Unit Serious Peer Conflicts Unit Advisory Activities
Academic Integration Activities	Academic Integration Activities Child Protection Unit: Safety Card Research Project	Advisory Activities



Behavior Standards: Self-Management Skills

ASCA Mindset and Behavior Standards	Early Learning		Second Step			
	Early Learning	Kindergarten & Grade 1 (K & G1)	Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)	
Behavior Standards: Self-Management Skills	1. Demonstrate ability to assume responsibility	Empathy Unit: Weekly Theme 11	Empathy Unit: K, Lesson 10 G1, Lesson 10 Emotion-Management Unit: K, Lessons 13–18 G1, Lessons 13–16	Empathy Unit: G2, Lesson 10 Emotion-Management Unit: Lesson 13 Problem-Solving Unit: G2, Lesson 19 and Home Link 19 G3, Lesson 17	Emotion-Management Unit: G4, Lessons 11–15 G5, Lessons 10–15 Problem-Solving Unit: G4, Lesson 20 Bullying Prevention Unit: Introductory Lesson	Advisory Activities
	2. Demonstrate self-discipline and self-control	Brain Builder Games	Brain Builder Games Emotion-Management Unit: K, Lessons 13–17 G1, Lessons 13–16	Brain Builder Games Emotion-Management Unit: G2, Lessons 12–16 G3, Lessons 13–16	Emotion-Management Unit: G4, Lessons 11–15 G5, Lessons 10–15	Advisory Activities
	3. Demonstrate ability to work independently	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit Emotion-Management Unit: G2, Lesson 16	Empathy and Skills for Learning Unit: Lessons 1–3	Advisory Activities
	4. Demonstrate ability to delay immediate gratification for long-term rewards	Brain Builder Games	Brain Builder Games	Brain Builder Games		
	5. Demonstrate perseverance to achieve long- and short-term goals	Emotion-Management Unit: Weekly Theme 18	Emotion-Management Unit: K, Lesson 15	Emotion-Management Unit: G3, Lesson 14	Problem-Solving Unit: Lesson 18	Advisory Activities
	6. Demonstrate ability to overcome barriers to learning	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit Emotion-Management Unit: G3, Lesson 14	Emotion-Management Unit: G4, Lessons 12–14 G5, Lessons 11–15	
	7. Demonstrate effective coping skills when faced with a problem	Friendship Skills and Problem-Solving Unit: Weekly Themes 23 and 24	Problem-Solving Unit: K, Lesson 19 G1, Lessons 17 and 18	Emotion-Management Unit: Lessons 12–16 Problem-Solving Unit: Lessons 17 and 18	Emotion-Management Unit: G4, Lessons 11–16 G5, Lessons 10–15 Problem-Solving Unit: Lessons 16 and 17	Thoughts, Emotions, and Decisions Unit: Lessons 16 and 17 Advisory Activities
	8. Demonstrate the ability to balance school, home, and community activities					
	9. Demonstrate personal safety skills	Child Protection Unit	Child Protection Unit	Child Protection Unit	Child Protection Unit	
	10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities					



Behavior Standards: Social Skills

	ASCA Mindset and Behavior Standards		Second Step			
	Early Learning	Kindergarten & Grade 1 (K & G1)	Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)	
Behavior Standards: Social Skills	1. Use effective oral and written communication skills and listening skills	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit	Empathy and Skills for Learning Unit	Class Discussions Writing activities Advisory Activities
	2. Create positive and supportive relationships with other students	Empathy Unit: Weekly Theme 12 Friendship Skills and Problem-Solving Unit	Empathy Unit: Lesson 11 Problem-Solving Unit: K, Lessons 19–24 G1, Lessons 19–21 Bullying Prevention Unit: Lesson 4	Empathy Unit: G2, Lesson 9 G3, Lessons 9 and 10 Problem-Solving Unit: Lessons 19–21 Bullying Prevention Unit: Lesson 4	Empathy and Skills for Learning Unit: G4, Lessons 7–9 G5, Lesson 8 Problem-Solving Unit: G4, Lesson 19 Bullying Prevention Unit: Lessons 2–4	Mindsets and Goals Unit: G7, Lesson 2 G8, Lesson 1 Values and Friendships Unit: G6, Lessons 9–12 G7, Lessons 10–12 Values and Relationships Unit: G8, Lessons 9, 10, and 12 Advisory Activities
	3. Create relationships with adults that support success	Skills for Learning Unit: Weekly Theme 6 Child Protection Unit	Skills for Learning Unit: Lesson 5 Bullying Prevention Unit: Lessons 1–4 Child Protection Unit	Skills for Learning Unit: G2, Lesson 4 G3, Lesson 3 Bullying Prevention Unit: Lessons 2 and 4 Child Protection Unit	Empathy and Skills for Learning Unit: Lesson 3 Problem-Solving Unit: G5, Lesson 19 Bullying Prevention Unit: G4, Lessons 1–4 G5, Lessons 1–3 Child Protection Unit	Advisory Activities
	4. Demonstrate empathy	Empathy Unit	Empathy Unit Bullying Prevention Unit	Empathy Unit Bullying Prevention Unit	Empathy and Skills for Learning Unit: G4, Lessons 1, 4–9 G5, Lessons 1, 4–8 Bullying Prevention Unit: G4, Lesson 2 G5, Lessons 2 and 3	Mindsets and Goals Unit: G7, Lesson 2 G8, Lesson 9 Serious Peer Conflicts Unit: Lessons 18 and 19 Advisory Activities
	5. Demonstrate ethical decision-making and social responsibility	Empathy Unit: Weekly Theme 12 Friendship Skills and Problem-Solving Unit: Weekly Themes 19–21	Empathy Unit: Lesson 11 Problem-Solving Unit: K, Lessons 20–22 G1, Lessons 19 and 20	Empathy Unit: G2, Lessons 8–10 G3, Lessons 6–9 Problem-Solving Unit: G2, Lessons 20 and 21 G3, Lesson 20	Empathy and Skills for Learning Unit: G4, Lessons 4 and 6 G5, Lessons 5 and 6 Emotion-Management Unit: G5, Lesson 15	Mindsets and Goals Unit: G8, Lesson 4 G6 and G7, Values and Friendships Unit G8, Values and Relationships Unit Serious Peer Conflicts Unit Advisory Activities
	6. Use effective collaboration and cooperation skills	Friendship Skills and Problem-Solving Unit	Problem-Solving Unit Think, Turn, Tell instructional strategy	Problem-Solving Unit Think, Turn, Tell instructional strategy	Problem-Solving Unit Think, Turn, Tell instructional strategy	Challenge lessons Class Discussions Group activities Advisory Activities



Behavior Standards: Social Skills, cont.

ASCA Mindset and Behavior Standards	Second Step	
	Early Learning	Kindergarten & Grade 1 (K & G1)
7. Use leadership and teamwork skills to work effectively in diverse teams		
8. Demonstrate advocacy skills and ability to assert self, when necessary	Skills for Learning Unit: Weekly Themes 6 and 25	Skills for Learning Unit: Lesson 5 Bullying Prevention Unit: Lessons 2-4
9. Demonstrate social maturity and behaviors appropriate to the situations and environment	All Second Step units	All Second Step units

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6-8 (G6, G7, & G8)
		Challenge lessons Class Discussions Advisory Activities
Skills for Learning Unit: G2, Lesson 4 G3, Lesson 3 Problem-Solving Unit: Lessons 20 and 21 Bullying Prevention Unit: Lessons 2-4	Empathy and Skills for Learning Unit: Lesson 3 Emotion-Management Unit: G5, Lessons 14 and 15 Problem-Solving Unit: G4, Lesson 21 Bullying Prevention Unit	Challenge lessons Class Discussions Advisory Activities
All Second Step units	All Second Step units	All Second Step units



Second Step, a program rooted in social-emotional learning (SEL), helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive.

By offering Second Step's research-based SEL curriculum for Preschool through Grade 8 in combination with our Bullying Prevention and Child Protection Units, we've formed an integrated, comprehensive program that makes a difference. It's a difference you can feel the moment you open the doors to a Second Step school—a sense of safety and respect grounded in the social-emotional health and well-being of the entire school community.

Learn more at SecondStep.org or call us at 1-800-634-4449, ext. 1.