

## Utah College and Career Readiness School Counseling Program

### Student Outcomes

#### Academic and Learning Development

**Competency A:** Students will acquire the academic self-concept skills to maximize learning, and achieve school success necessary to contribute to effective learning in school and across their lifespan.

**Competency B:** Students will understand the relationship of school experiences and academic achievement to the world of work, home, and community.

**Competency C:** Students will complete school with essential coursework that provides a wide range of substantial post-secondary options.

#### Life and Career Development

**Competency A:** Students will explore the world of work.

#### Life and Career Development (Cont.)

**Competency B:** Students will become aware of self in relation to the world of work.

**Competency C:** Students will use strategies to achieve future life/career goals.

#### Multicultural and Global Citizenship

**Competency A:** Students will develop the ability to evaluate life as a contributing citizen in our global economy.

**Competency B:** Students will approach life as a contributing citizen in our global community.

#### Social and Emotional Development

**Competency A:** Students will develop positive regard for self and others.

**Competency B:** Students will identify and utilize processes to set and achieve goals, make decisions, and solve problems.

**Competency C:** Students will develop the resiliency skills necessary for physical and emotional self-care and self-advocacy.



### **Lehi Junior High School Mission Statement**

*We intentionally  
create a culture of  
high expectations  
with respect and  
strong, positive  
relationships.*

### **Lehi Junior High School Motto**

**Act responsibly  
Communicate effectively  
Think critically**

By the end of the year, 7<sup>th</sup> grade students will be able to:  
(\*\*Essential Standards)

**Academic/Learning Skills**

- 1) Log on to Skyward and utilize the site. \*\*
- 2) Understand and apply good study habits. \*\*
- 3) Know and apply their best ways to learn.
- 4) Know Middle School Requirements and options to make up a failed credit.
- 5) Calculate Grade Point Average (GPA).
- 6) List school resources available to help them.

**Social/Emotional Skills**

- 1) Identify the counselors and what they do. \*\*
- 2) Accept and respect self and others.
- 3) Explain and give examples of resiliency. \*\*
- 4) Identify mindfulness strategies to assist with stress.

**Career/Life-Planning Skills**

- 1) Identify an occupation of interest.
- 2) Explain and create a S.M.A.R.T. goal.
- 3) Know basic college and career literacy terminology.
- 4) Identify the differences between poor, good and exemplary resumes/transcripts. \*\*
- 5) Understand and use an effective time management tool.

**Multi-Cultural/Global Citizenship Skills**

- 1) Understand the relationship between competition and cooperation.
- 2) Define and live by integrity.
- 3) Explain the purpose of Homeroom.\*\*

By the end of the year, all 8<sup>th</sup> grade students will be able to:  
(\*\*Essential Standards)

**Academic/Learning Skills**

- 1) Complete Middle School requirements.
- 2) Identify a high school academic program that interests them.\*\*
- 3) Read and explain a high school transcript.
- 4) Know that college is affordable.\*\*
- 5) Identify three local scholarship websites.

**Social/Emotional Skills**

- 1) Use mindfulness strategies effectively to cope with high levels of stress.
- 2) Work proactively with others.
- 3) Give an example of how they have been resilient.
- 4) Know three benefits of being involved in or supporting extra-curricular activities.\*\*

**Career/Life-Planning Skills**

- 1) Take a career interest assessment (Holland Code) and discuss the results with a counselor and/or parent.
- 2) Use their specific Holland Code to identify at least two occupations of interest.
- 3) Create a four-year plan that has at least 75% of the high school courses identified. \*\*
- 4) Identify a post-secondary training option.\*\*
- 5) Fill out a school-related application.

**Multi-Cultural/Global Citizenship Skills**

- 1) Recognize that everyone has human rights and responsibilities.
- 2) Participate in building a positive school climate (safe, welcome, wanted).\*\*

By the end of the year, all 9<sup>th</sup> grade students will be able to:  
(\*\*Essential Standards)

**Academic/Learning Skills**

- 1) Locate end-of-level test results on Skyward.
- 2) Know graduation requirements and options to earn additional credit or how to make up a failed credit.\*\*
- 3) Explain the benefits of savings for a future training program.
- 4) Complete the Pioneering Spirit Award or another scholarship application.

**Social/Emotional Skills**

- 1) Identify two high school extra-curricular activities that will meet their needs.\*\*
- 2) Effectively communicate and manage thoughts, feelings, and behaviors.
- 3) Identify suicide warning signs.

**Career/Life-Planning Skills**

- 1) Know the difference between unskilled, skilled, and professional occupations.
- 2) Learn career research skills using a career interest survey.
- 3) Use RealityTown to revise their career plan.
- 4) Update their four-year plan to meet all high school graduation requirements and their career pathway courses.
- 5) Create a quality resume to be used to obtain a summer opportunity.\*\*

**Multi-Cultural/Global Citizenship Skills**

- 1) Participate in community service regularly.
- 2) Engage in a leadership role in the school, community, and/or another chosen arena.
- 3) Use Homeroom to their advantage. \*\*