

East High School Comprehensive Guidance & Counseling Program

Quick Reference Guide

For 10th Graders

The following guide is directly linked to the Denver Public Schools Comprehensive Guidance & Counseling Program and the ASCA National Model & ASCA Standards

Academic Domain

- Students will know the vocational opportunities offered within their own school as well as area community schools.
- Students will know how academic and elective course selection related to their career/post-secondary goals.
- Students will know how to improve test-taking skills, including for standardized national tests.
- Students will know how to identify ways to manage their time to help them stay on track.

Personal/Social Domain

- Students will understand unique similarities and differences in themselves and others by exploring relationships and cultural influence.
- Students will demonstrate skills to interact positively with others and resolve conflicts.
- Students will understand the impact of self-respect by making healthy choices and establishing boundaries.
- Students will understand how immediate choices relate to long-term personal success.
- Students will be able to set realistic goals and make plans to achieve them.
- Students will develop decision-making and advocacy skills.
- Students will develop strategies to maintain good emotional and physical health.
- Students will understand the consequences of unhealthy behavior.
- Students will understand when and how to access appropriate resources when faced with personal challenges/obstacles.
- Students will understand their role and potential to contribute to their community.

Post-Secondary/Career Domain

- Students will be aware of their interests and abilities and how these can help them make a career choice.
- Students will know how to select courses that will help them meet their career goals and fit their needs and interests.
- Students will know what career/technical programs are available to them in the area of interest.
- Students will know about various post-secondary options (job opportunities, training programs, colleges, career-technical schools, military, etc.)
- Students will know how to choose and prepare for a post-secondary option that would help them get ready for a specific career.