

# East High School Comprehensive Guidance & Counseling Program

## Quick Reference Guide

### *For 11<sup>th</sup> 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 understand how completing high school will better prepare them to continue their education (post-secondary options).
- Students will understand how completing high school will better prepare them for the job market.

#### **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 know how to select courses that will help them meet their career and post-secondary goals and fit their needs and interests.
- Students will know how to prepare for careers in which they are interested.
- Students will know what career/technical programs are available to them in there are 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 complete applications and/or prepare a resume as a part of the job or post-secondary application process.
- Students will know the importance of balancing leisure, career and personal time.