

Browse Quality Core Curriculum Standards by subject

### Subject: Guidance



#### Strand: A. Self Knowledge

**1 Topic:** Knowledge of the importance of self-concept.

**Standard:** Describe positive characteristics about self as seen by self and others. Identify how behaviors affect school and family situations. Describe how behavior influences the feelings and actions of others. Demonstrate a positive attitude about self. Identify personal interests, abilities, strengths, and weaknesses. Describe ways to meet personal needs through work.

**2 Topic:** Skills to interact with others.

**Standard:** Identify how people are unique. Demonstrate effective skills for interacting with others. Demonstrate skills in managing conflicts with peers and adults. Demonstrate group membership skills. Identify sources and effect of peer pressure. Demonstrate appropriate behavior when peer pressures are contrary to one's belief. Demonstrate awareness of different cultures, lifestyles, attitudes, and abilities.

**3 Topic:** Awareness of the importance of growth and change.

**Standard:** Identify personal feelings. Identify ways to express feelings. Identify causes of stress. Identify and select appropriate behavior to deal with specific emotional situations. Demonstrate healthy ways of dealing with conflicts, stress, and emotions in self and others. Demonstrate knowledge of good health habits.

## Strand: B. Educational and Occupational Exploration

**4 Topic:** Awareness of the benefits of educational achievement.

**Standard:** Describe how academic skills can be used in the home and community. Identify personal strengths and weaknesses in subject areas. Identify academic skills needed in several occupational groups. Describe relationships among ability, effort, and achievement. Implement a plan of action for improving academic skills. Describe school tasks that are similar to skills essential for job success. Describe how the amount of education needed for different occupational levels varies.

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