

Guidance
Unit 14: Academic Development

Essential Understandings	<ul style="list-style-type: none"> ▪ The ability to perform successfully in school and in the broader community sets the stage for future success.
Essential Questions	<ul style="list-style-type: none"> ▪ What skills, knowledge, and attitudes are needed to be an effective learner in school and across the life span? ▪ What are the necessary steps for decision making and goal attainment?
Essential Knowledge	<ul style="list-style-type: none"> ▪ A motivated attitude, knowledge about what affects success, as well as time and stress management skills all contribute to effective learning in school and throughout life. ▪ Academic preparation, such as decision making and goal setting, will be beneficial in choosing from a wide range of postsecondary options.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Success ○ Willpower ○ Attitude ○ Goal ○ Positive Stress ○ Negative stress ○ Time-management ○ Action Plan ○ Decision-making ○ Reward ○ Stress Management Techniques
Essential Skills	<ul style="list-style-type: none"> ○ identify attitudes and behaviors which lead to successful learning ○ apply time management and task management skills ○ demonstrate how effort and persistence positively affect learning ○ use communication skills to know when and how to ask for help when needed ○ apply knowledge and learning styles to positively influence school performance ○ demonstrate dependability, productivity, and initiative ○ share knowledge ○ demonstrate when, where, and how to seek help for solving problems and making decisions ○ identify alternative ways of achieving goals ○ develop an action plan to set and achieve realistic goals

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<p>Related Maine Learning Results</p>	<p>Career and Education Development</p> <ul style="list-style-type: none"> ▪ A2: Beliefs and Behaviors lead to success- (6-8) Students analyze how positive and negative personal traits, choices about behaviors, and the belief that one can successfully complete tasks/goals affect success in school. ▪ A4: Career and Life Roles- (6-8) Students develop and demonstrate positive strategies that aid in accomplishing tasks, creating balance among their career life and roles, and reducing stress. ▪ B2: Skills for Individual/Personal Success in the 21st Century- (6-8) Students analyze their skills in relation to those that lead to learning and success in the classroom and the achievement of schoolwork, career, and personal life goals. ▪ C1: The Planning Process- (6-8) Students explain how parts of the planning process assist in the exploration of education and work opportunities, and serve as tools for setting short-term and long-term goals. ▪ C2: Decision- making- (6-8) Students compare and apply different models for decision-making including the rational, intuitive, and consultative models for setting short-term and long-term goals in career and education. ▪ C3: Influences and Decision Making- (6-8) Students identify behaviors that influence career and education decision-making.
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ 6th Grade's got S.W.A.G Lesson ▪ Stress In the Body Worksheet ▪ Stress Busting Workbook, Grace Wilhelm ▪ <i>Classroom Guidance from A to Z</i>, p 127-130 ▪ <i>Grab Bag Guidance and Other Small Group Counseling Topics for Middle School Students</i>, p 225-240
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Goal worksheet ▪ Pre/Post Rating Scales
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ Center on the Developing Child- Harvard University http://developingchild.harvard.edu/ ▪ Stress Busting http://counselorgames.com/order.html ▪ <i>Fighting Invisible Tigers: Stress Management for Teens</i>, Earl Hipp
<p>Technology Link</p>	<ul style="list-style-type: none"> ▪ http://www.brunswick.k12.me.us/curriculum