



Grades 8-12



In 8<sup>th</sup> grade, students prepare for the influential transition to high school. In 9<sup>th</sup> to 12<sup>th</sup> grades, students prepare for a life-changing postsecondary transition. Primary goals for career and college readiness learning activities include **self-assessment, career awareness, postsecondary planning, and decision making**. Career Key addresses the following ASCA Mindsets and Behaviors in 8<sup>th</sup> - 12<sup>th</sup> grade lessons, student activities and individual-group counseling. For each standard, we identify the domain, competencies and Career Key resource.

Mindsets	Domains	Competencies: Student will understand	Career Key Discovery®	Career Key web articles
M 1. Belief in development of whole self, including a healthy balance of mental, social/ emotional and physical well-being	Career Social/Emotional	Their happiness and well-being depend on 5 elements: career, financial, social, community, physical. Career well-being is the most influential.	-Assessment Results	- Strengthening Career Well-Being - Holland's Theory of Career Choice
M 2. Self-confidence in ability to succeed	Career Social/Emotional	They will thrive in work and academic environments that fit their personality and interests	- Assessment Results - Career Profile - Decision Tool	- Holland's Theory of Career Choice - Strengthening Career Well-Being - ACIP Decision Making -Motivated Skills
M 3. Sense of belonging in the school environment	Career Social/Emotional	- There are other students like them with similar personality and interests with whom they can connect	- Assessment Results - Career Profile - Decision Tool - Find My Fit activity	- Holland's Theory of Career Choice

M 4. Understanding that postsecondary education and lifelong learning are necessary for long-term career success	Career	<ul style="list-style-type: none"> <li>- Living wage jobs require training and education beyond high school</li> <li>- Understand consequences of decision and choices</li> </ul>	<ul style="list-style-type: none"> <li>- Career Profile</li> <li>- Explore [Your State] Career Pathways Activity</li> </ul>	<ul style="list-style-type: none"> <li>- Is College Worth It?</li> <li>- How to Choose a Major</li> <li>- ACIP Decision Making Process</li> </ul>
M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	Career	<ul style="list-style-type: none"> <li>- Investing time in learning about themselves, their career fit, and identifying promising career options will help them make better, more informed decisions about their future</li> <li>- how to use a decision-making and problem-solving model</li> </ul>	<ul style="list-style-type: none"> <li>- Assessment Results</li> <li>- Career Profile</li> <li>- Decision Tool</li> </ul>	<ul style="list-style-type: none"> <li>- ACIP Decision Making Process</li> </ul>
M 6. Positive attitude toward work and learning	Career	Knowing more about themselves and identifying careers that fit help them connect their high school classes to training and education programs that enable their future career	<ul style="list-style-type: none"> <li>- Assessment Results</li> <li>- Career Profile</li> <li>- Decision Tool</li> <li>- Find My Fit activity</li> <li>- Explore [Your State] Career Pathways Activity</li> </ul>	<ul style="list-style-type: none"> <li>- Holland's Theory of Career Choice</li> </ul>
<b>Behavior - Learning Strategies</b>	<b>Domain</b>	<b>Competencies: Student will understand</b>	<b>Career Key Discovery®</b>	<b>Career Key web articles</b>
B-LS 1. Demonstrate critical-thinking skills to make informed decisions	Career Social/Emotional	<ul style="list-style-type: none"> <li>- How to apply decision-making skills to high school course selection and career planning</li> <li>- How to use a decision-making and problem-solving model</li> </ul>	<ul style="list-style-type: none"> <li>- Assessment Results</li> <li>- Career Profile</li> <li>- Decision Tool</li> </ul>	<ul style="list-style-type: none"> <li>- Foundation Skills</li> <li>- ACIP Decision Making</li> </ul>

		- Identify alternative solutions to a problem		
B-LS 2. Demonstrate creativity	Career	- How to explore and research career options with which they are unfamiliar	- Explore Careers - Career Profile - Decision Tool	
B-LS 3. Use time-management, organizational and study skills	Career	- How to organize information gathered during career exploration and decision-making process for high school courses	- Career Profile - Decision Tool	
B-LS 4. Apply self-motivation and self-direction to learning	Academic Career	- How to explore and research career options with which they are unfamiliar - Choosing high school classes impacts whether or not they can apply to a four-year college as a senior – and what they can study there	- Assessment Results - Explore Careers - Career Profile - Decision Tool - Explore [Your State] Career Pathways Activity	
B-LS 5. Apply media and technology skills	Career	- How to use online research tools to learn about careers, the education required to pursue them, and make an informed career decision. - How to use online self-assessment to guide career planning	- Assessment Results - Explore Careers - Career Profile - Decision Tool - Explore [Your State] Career Pathways Activity	- Holland’s Theory of Career Choice - How to Choose a Career - How to Choose a Major
B-LS 6. Set high standards of quality	Career	- How a good, informed decision requires time, effort, and critical thinking	- Assessment Results - Career Profile - Decision Tool	- ACIP Decision Making Process

		- especially when a decision has important long-term consequences.	- Explore [Your State] Careers activity	
B-LS 7. Identify long- and short-term academic, career and social/emotional goals	Academic Career Social/Emotional	- The relationship between educational achievement and career success - Personal preferences and interests, which influence career choices and success - How work can help achieve personal success and satisfaction	- Assessment Results - Career Profile - Decision Tool - Find My Fit activity - Explore [Your State] Careers activity	- Holland's Theory of Career Choice - How to Choose a Career - How to Choose a Major - Job Satisfaction - Top Job Expectations - Strengthening Career Well-Being
B-LS 8. Actively engage in challenging coursework	Career	- How to select coursework related to career interests - How coursework level impacts future career and education opportunities	- Assessment Results - Career Profile - Decision Tool - Explore [Your State] Careers activity	
B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions	Career	- How to use a decision-making and problem-solving model - Understand consequences of decision and choices - Identify alternative solutions to a problem	- Career Profile - Decision Tool	- ACIP Decision Making
B-LS 10. Participate in enrichment and extracurricular activities	Career	- How to use enrichment and extracurricular activities to explore interests, abilities and skills related to careers	- Career Profile - Decision Tool - Explore [Your State] Career Pathways Activity	- Learn about Yourself - Learn about Career Options - ACIP Decision Making

		- Value of developing and pursuing competency in areas of interest for future career success		
<b>Behavior - Self-Management Skills</b>	<b>Domain</b>	<b>Competencies: Student will understand...</b>	<b>Career Key Discovery®</b>	<b>Free Career Key® Resources Articles careerkey.org</b>
B-SMS 1. Demonstrate ability to assume responsibility	Career Social/Emotional	- Consequences of decision and choices	- Assessment Results - Career Profile - Decision Tool	- ACIP Decision Making
B-SMS 2. Demonstrate self-discipline and self-control	Career Social/Emotional	- Living wage jobs require training and education beyond high school - Consequences of decision and choices	- Assessment Results - Career Profile - Decision Tool - Explore [Your State] Career Pathways activity	- Is College Worth It?
B-SMS 3. Demonstrate ability to work independently	Career Social/Emotional	- Researching career and education options that are a unique fit lead to more informed, confident decisions	- Assessment Results - Career Profile - Decision Tool	- Is College Worth It?
B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards	Career	- Living wage jobs require training and education beyond high school - Consequences of decision and choices	- Career Profile - Explore [Your State] Career Pathways Activity	- How to Choose a Major - Is College Worth It?
B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals	Academic Career Social/Emotional	- The relationship between educational achievement and career success - Personal preferences and interests influence career choices and success	- Assessment Results - Career Profile - Decision Tool - Find My Fit activity - Explore [Your State] Career Pathways activity	- ACIP Decision Making

		- How work can help achieve personal success and satisfaction		
B-SMS 6. Demonstrate ability to overcome barriers to learning	Career	- How to ask adults for help learning about career and education options	- Decision Tool	- Learn about Yourself
B-SMS 7. Demonstrate effective coping skills when faced with a problem	Career	- How to use coping skills for managing life events - Techniques for managing stress and conflict with significant others	- Decision Tool	- ACIP Decision Making
B-SMS 8. Demonstrate the ability to balance school, home and community activities	Social/Emotional	Their happiness and well-being depend on balancing 5 elements: career, financial, social, community, physical.		- Strengthening Career Well-Being
B-SMS 9. Demonstrate personal safety skills	Social/Emotional	-How to apply effective problem-solving and decision-making to make safe and healthy choices	-Decision Tool	- ACIP Decision Making
B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	Career Social/Emotions	- They will thrive in work environments that fit their personality and interests – no matter how those jobs change over time - How to use coping skills for managing life events - Techniques for managing stress and conflict with significant others	- Decision Tool	- ACIP Decision Making

Behavior - Social Skills	Domain	Competencies: Student will...	Career Key Discovery®	Free Career Key® Resources Articles careerkey.org
B-SS 1. Use effective oral and written communication skills and listening skills	Career	- Present claims and findings about how to achieve career success, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning, and well-chosen details; use appropriate eye contact, adequate volume, and clear pronunciation.	- Assessment Results - Career Profile	- Holland's Theory of Career Choice - How to Choose a Career - How to Choose a Major - Job Satisfaction - Top Job Expectations - Strengthening Career Well-Being
B-SS 2. Create positive and supportive relationships with other students	Career	- The relationship between their personality and interests and success in student groups, enrichment and extracurricular activities	- Assessment Results - Career Profile - Decision Tool - Find My Fit activity	- Learn about Career Options
B-SS 3. Create relationships with adults that support success	Career	- Seek co-curricular and community experiences to enhance the school experience - Asking teachers and counselors for help in making a postsecondary plan leads to more informed, confident decisions	- Assessment Results - Career Profile - Decision Tool	- Learn about Career Options

B-SS 4. Demonstrate empathy	Career	- Different viewpoints in the career and education decision making process	Decision Tool	- ACIP Decision Making
B-SS 5. Demonstrate ethical decision-making and social responsibility				
B-SS 6. Use effective collaboration and cooperation skills	Career	- Different viewpoints in the career and education decision making process	Decision Tool	- ACIP Decision Making
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams	Career	- Identify and engage in experiential learning activity to acquire employability skills in teamwork, leadership, and diversity		- Learn about Career Options
B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary	Career	- How to use a decision-making model to advocate for career goals in the face of criticism or objections - Techniques for managing stress and conflict with significant others	- Assessment Results - Career Profile - Decision Tool	- ACIP Decision Making
B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment	Career	- How to conduct informational interview or career conversation with a person in a career of interest	- Decision Tool	- Informational Interview - Networking

Also see,

[ASCA National Model: A Framework for School Counseling Programs \(4<sup>th</sup> Edition\) \(2019\)](#), American School Counselor Association.

To learn more and search for competencies, visit [ASCA's Mindset and Behaviors](#) Resources.