

National Standards for Students: Counseling Grades: K-12

- **NSFS.PER.K-12.A** - ASCA National Standards for academic development guide school counseling programs to implement strategies and activities to support and maximize each student's ability to learn.
- **NSFS.PER.K-12.A.A** - Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.
 - **NSFS.PER.K-12.A:A1** - Improve Academic Self-concept
 - **NSFS.PER.K-12.A:A1.1** - Articulate feelings of competence and confidence as learners
 - **NSFS.PER.K-12.A:A1.2** - Display a positive interest in learning
 - **NSFS.PER.K-12.A:A1.3** - Take pride in work and achievement
 - **NSFS.PER.K-12.A:A1.4** - Accept mistakes as essential to the learning process
 - **NSFS.PER.K-12.A:A1.5** - Identify attitudes and behaviors that lead to successful learning
 - **NSFS.PER.K-12.A:A2** - Acquire Skills for Improving Learning
 - **NSFS.PER.K-12.A:A2.1** - Apply time-management and task-management skills
 - **NSFS.PER.K-12.A:A2.2** - Demonstrate how effort and persistence positively affect learning
 - **NSFS.PER.K-12.A:A2.3** - Use communications skills to know when and how to ask for help when needed
 - **NSFS.PER.K-12.A:A2.4** - Apply knowledge and learning styles to positively influence school performance
 - **NSFS.PER.K-12.A:A3** - Achieve School Success
 - **NSFS.PER.K-12.A:A3.1** - Take responsibility for their actions
 - **NSFS.PER.K-12.A:A3.2** - Demonstrate the ability to work independently, as well as the ability to work cooperatively with other students
 - **NSFS.PER.K-12.A:A3.3** - Develop a broad range of interests and abilities
 - **NSFS.PER.K-12.A:A3.4** - Demonstrate dependability, productivity and initiative
 - **NSFS.PER.K-12.A:A3.5** - Share knowledge
- **NSFS.PER.K-12.A.B** - Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.
 - **NSFS.PER.K-12.A:B1** - Improve Learning
 - **NSFS.PER.K-12.A:B1.1** - Demonstrate the motivation to achieve individual potential
 - **NSFS.PER.K-12.A:B1.2** - Learn and apply critical-thinking skills
 - **NSFS.PER.K-12.A:B1.3** - Apply the study skills necessary for academic success at each level
 - **NSFS.PER.K-12.A:B1.4** - Seek information and support from faculty, staff, family and peers
 - **NSFS.PER.K-12.A:B1.5** - Organize and apply academic information from a variety of sources
 - **NSFS.PER.K-12.A:B1.6** - Use knowledge of learning styles to positively influence school performance
 - **NSFS.PER.K-12.A:B1.7** - Become a self-directed and independent learner
 - **NSFS.PER.K-12.A:B2** - Plan to Achieve Goals
 - **NSFS.PER.K-12.A:B2.1** - Establish challenging academic goals in elementary, middle/jr. high and high school
 - **NSFS.PER.K-12.A:B2.2** - Use assessment results in educational planning

- **NSFS.PER.K-12.A:B2.3** - Develop and implement annual plan of study to maximize academic ability and achievement
- **NSFS.PER.K-12.A:B2.4** - Apply knowledge of aptitudes and interests to goal setting
- **NSFS.PER.K-12.A:B2.5** - Use problem-solving and decision-making skills to assess progress toward educational goals
- **NSFS.PER.K-12.A:B2.6** - Understand the relationship between classroom performance and success in school
- **NSFS.PER.K-12.A:B2.7** - Identify post-secondary options consistent with interests, achievement, aptitude and abilities
- **NSFS.PER.K-12.A.C** - Students will understand the relationship of academics to the world of work and to life at home and in the community.
 - **NSFS.PER.K-12.A:C1** - Relate School to Life Experiences
 - **NSFS.PER.K-12.A:C1.1** - Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life
 - **NSFS.PER.K-12.A:C1.2** - Seek co-curricular and community experiences to enhance the school experience
 - **NSFS.PER.K-12.A:C1.3** - Understand the relationship between learning and work
 - **NSFS.PER.K-12.A:C1.4** - Demonstrate an understanding of the value of lifelong learning as essential to seeking, obtaining and maintaining life goals
 - **NSFS.PER.K-12.A:C1.5** - Understand that school success is the preparation to make the transition from student to community member
 - **NSFS.PER.K-12.A:C1.6** - Understand how school success and academic achievement enhance future career and vocational opportunities
- **NSFS.PER.K-12.C** - ASCA National Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span.
 - **NSFS.PER.K-12.C.A** - Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
 - **NSFS.PER.K-12.C:A1** - Develop Career Awareness
 - **NSFS.PER.K-12.C:A1.1** - Develop skills to locate, evaluate and interpret career information
 - **NSFS.PER.K-12.C:A1.2** - Learn about the variety of traditional and nontraditional occupations
 - **NSFS.PER.K-12.C:A1.3** - Develop an awareness of personal abilities, skills, interests and motivations
 - **NSFS.PER.K-12.C:A1.4** - Learn how to interact and work cooperatively in teams
 - **NSFS.PER.K-12.C:A1.5** - Learn to make decisions
 - **NSFS.PER.K-12.C:A1.6** - Learn how to set goals
 - **NSFS.PER.K-12.C:A1.7** - Understand the importance of planning
 - **NSFS.PER.K-12.C:A1.8** - Pursue and develop competency in areas of interest
 - **NSFS.PER.K-12.C:A1.9** - Develop hobbies and vocational interests
 - **NSFS.PER.K-12.C:A1.10** - Balance between work and leisure time

- **NSFS.PER.K-12.C:A2** - Develop Employment Readiness
 - **NSFS.PER.K-12.C:A2.1** - Acquire employability skills such as working on a team, problem-solving and organizational skills
 - **NSFS.PER.K-12.C:A2.2** - Apply job readiness skills to seek employment opportunities
 - **NSFS.PER.K-12.C:A2.3** - Demonstrate knowledge about the changing workplace
 - **NSFS.PER.K-12.C:A2.4** - Learn about the rights and responsibilities of employers and employees
 - **NSFS.PER.K-12.C:A2.5** - Learn to respect individual uniqueness in the workplace
 - **NSFS.PER.K-12.C:A2.6** - Learn how to write a résumé
 - **NSFS.PER.K-12.C:A2.7** - Develop a positive attitude toward work and learning
 - **NSFS.PER.K-12.C:A2.8** - Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace
 - **NSFS.PER.K-12.C:A2.9** - Utilize time- and task-management skills
- **NSFS.PER.K-12.C:B** - Students will employ strategies to achieve future career goals with success and satisfaction.
 - **NSFS.PER.K-12.C:B1** - Acquire Career Information
 - **NSFS.PER.K-12.C:B1.1** - Apply decision-making skills to career planning, course selection and career transition
 - **NSFS.PER.K-12.C:B1.2** - Identify personal skills, interests and abilities and relate them to current career choice
 - **NSFS.PER.K-12.C:B1.3** - Demonstrate knowledge of the career-planning process
 - **NSFS.PER.K-12.C:B1.4** - Know the various ways in which occupations can be classified
 - **NSFS.PER.K-12.C:B1.5** - Use research and information resources to obtain career information
 - **NSFS.PER.K-12.C:B1.6** - Learn to use the Internet to access career-planning information
 - **NSFS.PER.K-12.C:B1.7** - Describe traditional and nontraditional career choices and how they relate to career choice
 - **NSFS.PER.K-12.C:B1.8** - Understand how changing economic and societal needs influence employment trends and future training
 - **NSFS.PER.K-12.C:B2** - Identify Career Goals
 - **NSFS.PER.K-12.C:B2.1** - Demonstrate awareness of the education and training needed to achieve career goals
 - **NSFS.PER.K-12.C:B2.2** - Assess and modify their educational plan to support career
 - **NSFS.PER.K-12.C:B2.3** - Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience
 - **NSFS.PER.K-12.C:B2.4** - Select course work that is related to career interests
 - **NSFS.PER.K-12.C:B2.5** - Maintain a career-planning portfolio
- **NSFS.PER.K-12.C:C** - Students will understand the relationship between personal qualities, education, training and the world of work.
 - **NSFS.PER.K-12.C:C1** - Acquire Knowledge to Achieve Career Goals
 - **NSFS.PER.K-12.C:C1.1** - Understand the relationship between educational achievement and career success
 - **NSFS.PER.K-12.C:C1.2** - Explain how work can help to achieve personal success and satisfaction

- **NSFS.PER.K-12.C:C1.3** - Identify personal preferences and interests influencing career choice and success
- **NSFS.PER.K-12.C:C1.4** - Understand that the changing workplace requires lifelong learning and acquiring new skills
- **NSFS.PER.K-12.C:C1.5** - Describe the effect of work on lifestyle
- **NSFS.PER.K-12.C:C1.6** - Understand the importance of equity and access in career choice
- **NSFS.PER.K-12.C:C1.7** - Understand that work is an important and satisfying means of personal expression
- **NSFS.PER.K-12.C:C2** - Apply Skills to Achieve Career Goals
- **NSFS.PER.K-12.C:C2.1** - Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals
- **NSFS.PER.K-12.C:C2.2** - Learn how to use conflict management skills with peers and adults
- **NSFS.PER.K-12.C:C2.3** - Learn to work cooperatively with others as a team member
- **NSFS.PER.K-12.C:C2.4** - Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing and/or mentoring experiences
- **NSFS.PER.K-12.PS** - ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as students progress through school and into adulthood.
 - **NSFS.PER.K-12.PS.A** - Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.
 - **NSFS.PER.K-12.PS:A1** - Acquire Self-knowledge
 - **NSFS.PER.K-12.PS:A1.1** - Develop positive attitudes toward self as a unique and worthy person
 - **NSFS.PER.K-12.PS:A1.2** - Identify values, attitudes and beliefs
 - **NSFS.PER.K-12.PS:A1.3** - Learn the goal-setting process
 - **NSFS.PER.K-12.PS:A1.4** - Understand change is a part of growth
 - **NSFS.PER.K-12.PS:A1.5** - Identify and express feelings
 - **NSFS.PER.K-12.PS:A1.6** - Distinguish between appropriate and inappropriate behavior
 - **NSFS.PER.K-12.PS:A1.7** - Recognize personal boundaries, rights and privacy needs
 - **NSFS.PER.K-12.PS:A1.8** - Understand the need for self-control and how to practice it
 - **NSFS.PER.K-12.PS:A1.9** - Demonstrate cooperative behavior in groups
 - **NSFS.PER.K-12.PS:A1.10** - Identify personal strengths and assets
 - **NSFS.PER.K-12.PS:A1.11** - Identify and discuss changing personal and social roles
 - **NSFS.PER.K-12.PS:A1.12** - Identify and recognize changing family roles
 - **NSFS.PER.K-12.PS:A2** - Acquire Interpersonal Skills
 - **NSFS.PER.K-12.PS:A2.1** - Recognize that everyone has rights and responsibilities
 - **NSFS.PER.K-12.PS:A2.2** - Respect alternative points of view
 - **NSFS.PER.K-12.PS:A2.3** - Recognize, accept, respect and appreciate individual differences
 - **NSFS.PER.K-12.PS:A2.4** - Recognize, accept and appreciate ethnic and cultural diversity
 - **NSFS.PER.K-12.PS:A2.5** - Recognize and respect differences in various family configurations

- **NSFS.PER.K-12.PS:A2.6** - Use effective communications skills
- **NSFS.PER.K-12.PS:A2.7** - Know that communication involves speaking, listening and nonverbal behavior
- **NSFS.PER.K-12.PS:A2.8** - Learn how to make and keep friends
- **NSFS.PER.K-12.PS.B** - Students will make decisions, set goals and take necessary action to achieve goals.
 - **NSFS.PER.K-12.PS:B1** - Self-knowledge Application
 - **NSFS.PER.K-12.PS:B1.1** - Use a decision-making and problem-solving model
 - **NSFS.PER.K-12.PS:B1.2** - Understand consequences of decisions and choices
 - **NSFS.PER.K-12.PS:B1.3** - Identify alternative solutions to a problem
 - **NSFS.PER.K-12.PS:B1.4** - Develop effective coping skills for dealing with problems
 - **NSFS.PER.K-12.PS:B1.5** - Demonstrate when, where and how to seek help for solving problems and making decisions
 - **NSFS.PER.K-12.PS:B1.6** - Know how to apply conflict resolution skills
 - **NSFS.PER.K-12.PS:B1.7** - Demonstrate a respect and appreciation for individual and cultural differences
 - **NSFS.PER.K-12.PS:B1.8** - Know when peer pressure is influencing a decision
 - **NSFS.PER.K-12.PS:B1.9** - Identify long- and short-term goals
 - **NSFS.PER.K-12.PS:B1.10** - Identify alternative ways of achieving goals
 - **NSFS.PER.K-12.PS:B1.11** - Use persistence and perseverance in acquiring knowledge and skills
 - **NSFS.PER.K-12.PS:B1.12** - Develop an action plan to set and achieve realistic goals
- **NSFS.PER.K-12.PS.C** - Students will understand safety and survival skills.
 - **NSFS.PER.K-12.PS:C1** - Acquire Personal Safety Skills
 - **NSFS.PER.K-12.PS:C1.1** - Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)
 - **NSFS.PER.K-12.PS:C1.2** - Learn about the relationship between rules, laws, safety and the protection of rights of the individual
 - **NSFS.PER.K-12.PS:C1.3** - Learn about the differences between appropriate and inappropriate physical contact
 - **NSFS.PER.K-12.PS:C1.4** - Demonstrate the ability to set boundaries, rights and personal privacy
 - **NSFS.PER.K-12.PS:C1.5** - Differentiate between situations requiring peer support and situations requiring adult professional help
 - **NSFS.PER.K-12.PS:C1.6** - Identify resource people in the school and community, and know how to seek their help
 - **NSFS.PER.K-12.PS:C1.7** - Apply effective problem-solving and decision-making skills to make safe and healthy choices
 - **NSFS.PER.K-12.PS:C1.8** - Learn about the emotional and physical dangers of substance use and abuse
 - **NSFS.PER.K-12.PS:C1.9** - Learn how to cope with peer pressure
 - **NSFS.PER.K-12.PS:C1.10** - Learn techniques for managing stress and conflict
 - **NSFS.PER.K-12.PS:C1.11** - Learn coping skills for managing life events

