

ASCA

National Standards for Students

Legend: PS: A-1.1 = Personal/Social Domain, Standard A, Competency 1 and Indicator 1

Personal/Social Development

ASCA National Standards for personal/social development guide school counseling programs to provide the foundation for personal and social growth as student's progress through school and into adulthood.

Personal/Social Development Standard A

Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS: A1 Acquire Self-knowledge

PS: A1.1 Develop positive attitudes toward self as a unique and worthy person

PS: A1.2 Identify values, attitudes and beliefs

PS: A1.3 Learn the goal-setting process

PS: A1.4 Understand change is a part of growth

PS: A1.5 Identify and express feelings

PS: A1.6 Distinguish between appropriate and inappropriate behavior

PS: A1.7 Recognize personal boundaries, rights and privacy needs

PS: A1.8 Understand the need for self-control and how to practice it

PS: A1.9 Demonstrate cooperative behavior in groups

PS: A1.10 Identify personal strengths and assets

PS: A1.11 Identify and discuss changing personal and social roles

PS: A1.12 Identify and recognize changing family roles

PS: A2 Acquire Interpersonal Skills

PS: A2.1 Recognize that everyone has rights and responsibilities

PS: A2.2 Respect alternative points of view

PS: A2.3 Recognize, accept, respect and appreciate individual differences

PS: A2.4 Recognize, accept and appreciate ethnic and cultural diversity

PS: A2.5 Recognize and respect differences in various family configurations

PS: A2.6 Use effective communications skills

PS: A2.7 Know that communication involves speaking, listening and nonverbal behavior

PS: A2.8 Learn how to make and keep friends

Personal/Social Development Standard B

Students will make decisions, set goals and take necessary action to achieve goals.

PS: B1 Self-knowledge Application

PS: B1.1 Use a decision-making and problem-solving model

PS: B1.2 Understand consequences of decisions and choices

PS: B1.3 Identify alternative solutions to a problem

PS: B1.4 Develop effective coping skills for dealing with problems

PS: B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

PS: B1.6 Know how to apply conflict resolution skills

PS: B1.7 Demonstrate a respect and appreciation for individual and cultural differences

PS: B1.8 Know when peer pressure is influencing a decision

PS: B1.9 Identify long- and short-term goals

PS: B1.10 Identify alternative ways of achieving goals

PS: B1.11 Use persistence and perseverance in acquiring knowledge and skills

PS: B1.12 Develop an action plan to set and achieve realistic goals

Personal/Social Development Standard C

Students will understand safety and survival skills.

PS: C1 Acquire Personal Safety Skills

PS: C1.1 Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)

PS: C1.2 Learn about the relationship between rules, laws, safety and the protection of rights of the individual

PS: C1.3 Learn about the differences between appropriate and inappropriate physical contact

PS: C1.4 Demonstrate the ability to set boundaries, rights and personal privacy

PS: C1.5 Differentiate between situations requiring peer support and situations requiring adult professional help

PS: C1.6 Identify resource people in the school and community, and know how to seek their help

PS: C1.7 Apply effective problem-solving and decision-making skills to make safe and healthy choices

PS: C1.8 Learn about the emotional and physical dangers of substance use and abuse

PS: C1.9 Learn how to cope with peer pressure

PS: C1.10 Learn techniques for managing stress and conflict

PS: C1.11 Learn coping skills for managing life events