



School Counseling

17 Benchmarks

Grade 8

Academic Domain

Standard 1: Students will acquire the attitudes, knowledge, and skills that contribute to successful learning in school and across the lifespan.

- SC8.1.1 Acquire the skills for improving effectiveness as a learner
- Apply time management and task management skills
 - Apply knowledge of learning styles and multiple intelligences to positively influence academic performance
- SC8.1.2 Demonstrate responsibility for achieving school success
- Demonstrate the capability to develop a broad range of interests and abilities

Standard 2: Students will develop the academic skills and attitudes necessary to make effective transitions from elementary to middle school, from middle school to high school, and from high school to a wide range of postsecondary options.

- SC8.2.1 Apply the skills necessary to improve learning and make successful academic transitions
- Demonstrate the importance of motivation to achieve individual potential
 - Apply critical thinking skills for making successful academic transitions
 - Apply the study skills necessary for academic success at each level
 - Demonstrate the ability to organize and apply academic information from a variety of sources
- SC8.2.2 Apply knowledge in establishing and achieving academic goals
- Demonstrate the ability to establish challenging academic goals in middle school
 - Use assessment results in educational planning
 - Develop and implement an individual learning plan to maximize academic ability and achievement
 - Integrate knowledge of aptitudes and interests when setting and revising goals

Standard 3: Students will understand how their academic experiences prepare them to be successful in the world of work, in their interpersonal relationships, and in the community.

- SC8.3.1 Understand how to relate school to life experiences
- Participate in co-curricular and community experiences to enhance the school experience
 - Understand that education is essential to becoming a contributing member of society

Personal/Social Domain

Standard 4: Students will acquire the knowledge, attitudes, and interpersonal skills to understand themselves and appreciate the diverse backgrounds and experiences of others.

- SC8.4.1 Acquire and demonstrate self-awareness and self-acceptance as they relate to understanding oneself

- Respect and support differences in ethnic and cultural diversity, as well as diversity in other forms (e.g., national origin, gender, disability, economic status, religion, sexual orientation, or other factors of human difference)

- SC8.4.2 Acquire and demonstrate acceptable interpersonal skills as they relate to understanding oneself and others
- Demonstrate effective writing, speaking, listening, and nonverbal communication skills

Standard 5: Students will demonstrate effective decision-making, problem-solving, and goal-setting skills.

- SC8.5.1 Apply self-knowledge in the decision-making or goal-setting process
- Develop an action plan to achieve short- and long-term goals
 - Identify alternative ways of achieving a goal or making a decision
 - Apply effective conflict resolution skills to a current issue or problem

Standard 6: Students will understand and use safety and wellness skills.

- SC8.6.1 Acquire and demonstrate self-management and responsibility for health-promoting behavior
- Describe the emotional and physical dangers of substance use and abuse
 - Apply the skills needed to cope effectively with peer pressure
 - Utilize techniques for managing daily stress and conflict
 - Demonstrate the ability to set personal boundaries and advocate for oneself when these boundaries are violated

Career Domain

Standard 7: Students will acquire the self-knowledge necessary to make informed career decisions.

- SC8.7.1 Develop the ability to make informed career decisions based on self-knowledge.
- Demonstrate individual abilities, strengths, skills, and talents
 - Demonstrate knowledge of work values and needs
 - Demonstrate positive behaviors and attitudes about the world of work
 - Give examples of how behaviors and attitudes affect one’s future educational achievement and career success.
- SC8.7.2 Develop positive interpersonal skills necessary to be effective in the world of work
- Demonstrate the ability to work in and across groups by applying teamwork skills in preparation for the world of work
 - Demonstrate effective communication skills, including writing, speaking, listening, and nonverbal behavior

Standard 8: Students will understand the relationship between educational achievement and career development.

- SC8.8.1 Attain educational achievement and performance levels needed to reach personal and career goals
- Demonstrate an understanding of educational levels (e.g., work-based learning, certificate, two-year, four-year, and professional degrees) and performance skills needed to attain personal and career goals
 - Demonstrate acquisition of study skills and learning habits that promote educational achievement and work performance

- Identify individual learning styles and multiple intelligences and understand how to apply them in different learning and work situations
- Demonstrate the ability to use technology to retrieve and manage career information that inspires educational achievement
- Develop an individual learning plan to enhance educational achievement and attain career goals

Standard 9: Students will employ career management strategies to achieve future career success and satisfaction.

- SC8.9.1 Create and manage an educational and career plan that matches career goals
- Use career planning strategies and tools to develop career awareness and a career plan
 - Document actions taken to attain short-term and long-term educational and career goals
- SC8.9.2 Apply decision-making skills to career planning and development
- Recognize and demonstrate the use of various decision-making styles and their effect on career planning
 - Give specific examples of how education, work, and family experiences influence career decisions
 - Demonstrate the use of information (e.g., about oneself; local, national, and global economic trends; and educational options) to consider in career decisions
 - Show how beliefs, culture, work values, personal priorities, and knowledge of the broad range of career opportunities will influence career decisions
- SC8.9.3 Recognize how principles of equal opportunity, equity, respect, inclusiveness, and fairness affect career planning and management
- Demonstrate openness to exploring and considering a wide range of occupations and career paths, including those that may be considered new or nontraditional for individuals based on gender, race, culture, ability, or other characteristics
 - Define how one's own ethnicity, culture, gender, disability, or family traditions may affect career choices and plans
 - Demonstrate an acceptance of and respect for other people and their career choices
- SC8.9.4 Develop employability skills to gain, maintain, advance in, or transition to a new job or career
- Identify skills and how they are transferable from one situation or area of interest to another
- SC8.9.5 Access and use current and accurate career information in career planning
- Demonstrate the ability to find and use different types of career information resources (i.e., occupational, educational, economic, and employment) to support career planning
 - Show how career information has contributed to one's current plans and how it can be used in future plans
 - Give examples of how career clusters and pathways can be used in career planning