

# ASPIRE

## 9th - 12th Grade

*Counseling Standards 9th & 11th*

*Health & Wellness*

*Interpersonal Relationships*

*Human Development and Wellness*

*Adult Roles and Responsibilities*

*Exploring College and Careers*

### Understanding the World:

*Worldview, Empathy, Respecting Yourself & Others*

**9:** 1A.2, 3A.1, 3A.2, 3B.1, 3B.2, 4A.1, 4A.2, 4C.1, 4C.2, 5A.1, 5A.2, 5B.1, 6B.1, 6C.1, 6C.2, 6C.3, 7A.1

**11:** 2B.1, 2C.2, 3C.2, 3C.3, 4A.1, 4A.2, 4B.2, 4C.1, 5A.1, 5B.1, 6B.2, 6B.3, 6C.2

**H:** 12.2.3, 12.2.4, 12.4.1, 12.4.2, 12.4.3, 12.4.4, 12.4.6, 12.4.7, 12.4.8, 12.4.9, 12.5.3

### Becoming Self Aware:

*Early Emotions, Recognizing Stress, Managing Stress and Depression*

**9:** 1A.1, 1A.2, 1A.3, 1A.4, 1B.2, 2A.1, 2A.2, 3A.2, 3B.1, 3B.2, 3C.2, 4A.1, 6B.1, 6B.3, 6C.2, 6C.3, 7A.1, 7B.2

**11:** 1A.1, 1A.2, 1B.1, 2A.1, 2B.2, 2C.1, 3A.1, 3A.2, 3B.1, 3B.2, 3B.3, 3C.1, 3C.2, 3C.3, 5A.1, 6B.1, 6B.3, 6C.1, 6C.2, 6C.3, 7B.2

**H:** 12.1.1, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.5, 12.2.9, 12.3.2, 12.3.3, 12.3.4, 12.3.5, 12.4.4, 12.4.6, 12.4.7, 12.5.1, 12.5.3, 12.5.5, 12.5.6, 12.7.3, 12.7.4, 12.7.5

**IR:** 1.1, 1.6, 3.3, 3.4, 3.5

**HDW:** 1.1, 1.6, 2.1, 2.4, 4.3, 4.4, 4.5, 5.1, 5.2, 5.5, 6.1, 6.3

**ARR:** 1.1, 1.6, 2.1, 2.2

**ECC:** 1.3, 3.2, 5.1, 5.2

9 = Counseling Standards 9-10

11 = Counseling Standards 11-12

H = Health Standards

IR=, Interpersonal Relationships

HDW= Human Development and Wellness

ARR= Adult Roles and Responsibilities

ECC= Exploring College and Careers

### Technology Etiquette:

*The Impact of Technology on your Brain, Empathy on-line, Technology and Your Future*

**9:** 3A.1, 3A.2, 3B.1, 4A.1, 4A.2, 4C.1, 4C.2, 5A.1, 5A.2, 5B.1, 6A.3, 6B.1, 6B.3, 6C.1, 6C.2, 6C.3, 7B.2

**11:** 2B.1, 3B.2, 3B.3, 4A.1, 4A.2, 5A.1, 5B.1, 6A.3, 6B.1, 6B.3, 6C.2, 6C.3, 7B.1

**H:** 12.1.1, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.3, 12.2.4, 12.2.5, 12.2.6, 12.2.7, 12.2.8, 12.2.9, 12.4.1, 12.4.2, 12.4.3, 12.4.4, 12.4.7, 12.4.8, 12.5.3, 12.5.5, 12.5.6, 12.7.5

**IR:** 1.1, 1.2, 1.6, 1.7, 2.4, 3.3, 3.5, 4.2, 4.4, 4.7, 5.2, 5.3, 5.4

**HDW:** 1.1, 1.2, 1.5, 1.6, 4.2, 6.1

**ARR:** 1.1, 2.1, 3.2

**ECC:** 3.2, 3.3, 5.1, 6.3

## \* = Core 5

# STANDARDS COVERED FOR CORE 5

### \*Finding My Passion:

*Discovering Individual Talents,  
Famous Failures, Self-Esteem*

**9:** 1A.1, 1A.2, 2B.1, 2B.2, 3C.3, 6B.2, 7A.2, 7B.2

**11:** 1A.1, 1A.2, 2A.1, 2B.2, 2B.3, 2C.1, 3B.3, 3C.1, 5A.1,  
6A.1, 6B.1, 6B.2, 6B.3, 6B.4, 6C.2, 7A.1, 7A.2, 7C.1

**H:** 12.1.1, 12.1.4, 12.1.8, 12.1.9, 12.2.8, 12.2.9, 12.2.8,  
12.2.9, 12.3.4, 12.3.5, 12.4.4, 12.4.6, 12.5.1, 12.5.3,  
12.5.5, 12.5.6, 12.7.4, 12.7.5

**IR:** 3.3

**HDW:** 2.4, 6.3

**ARR:** 1.1, 1.6, 2.1

**ECC:** 1.2

### \*Self Discipline:

*SMART Goals, Accountability, Focus on the Future*

**9:** 1B.2, 2A.4, 2B.1, 3A.1, 3A.2, 3B.1, 3C.2, 3C.3, 4A.1,  
4A.2, 4C.1, 4C.2, 5A.1, 5B.1, 6B.3, 6C.1, 6C.2

**11:** 2C.1, 3A.1, 3B.1, 3B.3, 3C.1, 4A.1, 4A.2, 4C.1, 5A.1,  
5B.1, 6B.1, 6B.2, 6B.3, 6C.1, 6C.3

**H:** 12.1.1, 12.1.3, 12.1.4, 12.1.7, 12.1.8, 12.4.1, 12.4.2,  
12.4.3, 12.4.4, 12.4.6, 12.4.7, 12.4.8, 12.4.9, 12.5.1,  
12.5.2, 12.5.3, 12.5.5, 12.5.6, 12.6.1, 12.6.2, 12.6.3,  
12.6.4, 12.6.5, 12.6.6, 12.7.3, 12.7.4, 12.7.5, 12.7.6

**IR:** 1.2, 1.5, 1.6, 2.4, 3.2, 3.3, 4.2, 4.3, 4.4, 4.6, 5.1, 5.2,  
6.6

**HDW:** 1.2, 1.5, 1.6, 2.1, 2.4, 5.6

**ARR:** 1.2, 1.5, 1.6, 2.1, 2.2, 2.4, 3.2

**ECC:** 1.3, 3.3, 5.1, 6.2

### \*Responsibility:

*Unplanned Pregnancy, The Domino Effect, Local  
Professional Resources*

**9:** 3A.1, 3A.2, 3B.1, 3C.2, 6B.2, 6B.3, 6C.3

**11:** 3B.1, 3B.2, 3C.2, 4B.2, 5A.1, 6B.2, 6B.3, 6C.1

**H:** 12.1.3, 12.1.4, 12.1.7, 12.1.8, 12.1.9, 12.2.8,  
12.2.9, 12.3.3, 12.3.4, 12.3.5, 12.4.5, 12.4.6,  
12.5.5, 12.5.6, 12.6.3, 12.6.5, 12.6.6, 12.7.3,  
12.7.4, 12.7.5

**IR:** 1.7, 2.2

**HDW:** 3.2, 4.2, 5.6

**ARR:** 2.2, 2.4, 3.1, 3.2, 3.3

**ECC:** 1.1, 1.3, 3.3

### \*Relationships:

*Risky Behaviors, Abusive Relationships,  
Conflict Resolution, Safe Touch/Unsafe Touch*

**9:** 1B.2, 2A.1, 2A.4, 3A.1, 3A.2, 3C.2, 4A.1, 4C.1,  
4C.2, 5A.1, 5B.1, 6B.2, 6C.1, 6C.2

**11:** 2B.1, 3A.2, 3B.2, 3C.1, 4A.2, 4C.1, 5A.1, 5B.1,  
6A.3, 6B.1, 6B.3, 6C.1, 6C.2, 7A.2, 7B.1, 7B.2

**H:** 12.1.1, 12.1.3, 12.1.4, 12.1.7, 12.1.8, 12.1.9,  
12.2.4, 12.2.8, 12.2.9, 12.3.4, 12.3.5, 12.4.1,  
12.4.2, 12.4.3, 12.4.4, 12.4.5, 12.4.6, 12.4.7,  
12.4.8, 12.4.9, 12.5.3, 12.5.5, 12.5.6, 12.7.4,  
12.7.5

**IR:** 1.1, 1.2, 1.5, 2.3, 3.2, 3.4, 3.5, 4.2, 4.3, 4.4, 4.6,  
4.7, 5.1, 5.2, 5.3, 5.4, 6.6

**HDW:** 1.2, 1.5, 5.5, 5.6, 6.1

**ARR:** 1.1, 1.2, 1.5, 2.2, 3.2

**ECC:** 3.3

### \*Live Outside Yourself:

*The Value of Deep Relationships, Begin with the End  
in Mind, Make an Impact*

**9:** 1A.1, 2C.1, 3A.1, 5A.1, 5B.1

**11:** 1A.1, 1A.2, 2A.1, 2B.1, 6B.3

**H:** 12.1.1, 12.1.3, 12.1.4, 12.1.7, 12.4.1, 12.4.3,  
12.4.4, 12.4.9

**IR:** 1.2, 2.3, 2.4, 3.2, 3.3, 4.1, 4.6

**HDW:** 1.2, 5.6

**ARR:** 1.2, 2.1, 2.3, 3.2

**ECC:** 5.1

***Alive & Well exists to partner with parents, educators and youth workers in order to equip young people with the skills they need to make healthy lifestyle choices.***