



*Christina Comprehensive School Counseling Program:  
Reaching Tomorrow by Teaching Today*

## State of Delaware School Counseling Benchmarks

The following grade specific benchmarks were established for the State of Delaware in the 2002 edition of the Delaware Model School Counseling Program.

### Academic Benchmarks

<b>Academic Standard A</b>				
<i>Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Improve Academic Self-Concept  All students will: <ul style="list-style-type: none"> <li>Take pride in work and achievement</li> </ul>	Apply the attitudes that contribute to school success	Apply the attitudes to achieve school success	Develop ownership in the quality of their work	Demonstrate positive correlation between student academic effort and performance
Acquire Skills for Improving Learning  All students will: <ul style="list-style-type: none"> <li>Apply time management and task management skills</li> </ul>	Apply skills that contribute to school success	Apply skills to achieve school success	Demonstrate the ability to develop and use a system or organization enabling them to complete work on time	Demonstrate the ability to complete multiple tasks on time
Achieve School Success  All students will: <ul style="list-style-type: none"> <li>Take responsibility for their actions</li> <li>Demonstrate the ability to work independently as well as the ability to work cooperatively with other students</li> </ul>	Recognize that effort contributes to school success	Demonstrate efforts that will achieve school success	Demonstrate the ability to use appropriate and responsible behaviors/skills to achieve success in school	Demonstrate learning habits and skills that can be used in various educational situations
<b>Academic Standard B</b>				
<i>Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Improve Learning  All students will: <ul style="list-style-type: none"> <li>Learn and apply critical thinking skills</li> <li>Apply the study skills necessary for academic success at each level</li> <li>Become self-directed and independent learners</li> </ul>	Begin to apply knowledge and skills to improve learning	Consistently apply knowledge and skills to improve learning	Apply academic skills in the selection of their secondary options	Apply the knowledge and skills acquired in school to plan and achieve goals



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<b>Academic Standard C</b>				
<i>Students will understand the relationship of academics to the world of work and to life at home and in the community.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Relate School to Life Experiences  Students will: <ul style="list-style-type: none"> <li>• Demonstrate the ability to balance school, studies, extracurricular activities, leisure time, and family life</li> <li>• Understand how school success and academic achievement enhance future career and recreational opportunities</li> </ul>	Discuss how home and community activities affect school success	Describe the way school, home, and community are interrelated and lead to school success	Demonstrate how to balance school, home, and community activities to achieve school success	Demonstrate the importance of incorporating effective life management skills and academics into the family, social, and work environment



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**Career Benchmarks**

<b>Career Standard A</b>				
<i>Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Develop Career Awareness  Students will: <ul style="list-style-type: none"> <li>• Develop an awareness of personal abilities, skills, interests, and motivations</li> <li>• Learn to make decisions</li> <li>• Learn how to set goals</li> </ul>	Describe themselves in terms of their likes, dislikes, strengths, weaknesses, and interests	Use self-knowledge to make decisions and establish goals	Develop an initial career plan with short term and long term goals	Demonstrate the relationship of personal skills, interests, and abilities to career plans
Develop Employment Readiness  Students will: <ul style="list-style-type: none"> <li>• Understand the importance of responsibility, dependability, punctuality, integrity, and effort in the workplace</li> </ul>	Describe responsible and dependable behaviors	Describe and understand the outcomes of responsible and dependable behaviors	Describe how personal qualities and self-management skills lead to success in the workplace	Recognize the transition and transfer of skills from school to work
<b>Career Standard B</b>				
<i>Students will employ strategies to achieve future career success and satisfaction.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Acquire Career Information  Students will: <ul style="list-style-type: none"> <li>• Identify personal skills, interests, and abilities and relate them to possible career choices</li> <li>• Use research and information resources to obtain career information (e.g. internet)</li> </ul>	Describe a variety of career choices	Explain that careers require a variety of skills, education, and interests	Complete a career self-assessment and apply the results to short and long term career plan	Develop skills to assess, evaluate, and interpret career information related to personal skills and career choices
Identify Career Goals  Students will: <ul style="list-style-type: none"> <li>• Demonstrate awareness of the education and training needed to achieve career goals</li> </ul>	Show that learning is important for school success	Relate learning to future career goals	Apply knowledge of the education/training needed for career choices to career plan	Develop an educational plan to support a career goal



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<b>Career Standard C</b>				
<i>Students will understand the relationship between personal qualities, education and training, and the world of work.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
<p>Acquire Knowledge to Achieve Career Goals</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• Understand the relationship between educational achievement and career success</li> <li>• Understand that the changing workplace requires lifelong learning and acquiring new skills</li> </ul>	<p>Demonstrate the understanding that learning is important for school and career success</p>	<p>Relate their personal interests to a variety of career choices</p>	<p>Explain the importance of lifelong learning and its role in determining success in future careers</p>	<p>Demonstrate how educational achievement is linked to career success by continuing lifelong learning to acquire new skills</p>
<p>Apply Skills to Achieve Career Goals</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• Demonstrate how interests, abilities, and achievement relate to achieving personal, social, educational, and career goals</li> <li>• Learn to work cooperatively with others as a team member</li> </ul>	<p>Work cooperatively with others</p>	<p>Serve as a productive team member</p>	<p>Link a career plan to skills, interests, and values</p>	<p>Demonstrate the interpersonal skills required for working with others. Use the education skills and training needed to achieve personal and/or career goals</p>



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**Personal/Social Benchmarks**

<b>Personal/Social Standard A</b>				
<i>Students will acquire the attitudes, knowledge and interpersonal skills to help them understand and respect self and others.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Acquire Self-Knowledge  Students will: <ul style="list-style-type: none"> <li>• Develop a positive attitude toward self as a unique and worth person</li> <li>• Distinguish between appropriate and inappropriate behaviors</li> </ul>	Display positive attitudes towards self	Demonstrate self-respect through appropriate behaviors	Will choose positive options which reflect an understanding and appreciation of self	Demonstrate self-respect through use of age appropriate behaviors
Acquire Interpersonal Skills  Students will: <ul style="list-style-type: none"> <li>• Respect alternative points of view</li> <li>• Recognize and respect individual differences, ethnic and cultural diversity and various family configurations</li> </ul>	Display respectful attitudes toward others	Acquire the skills to deal with more complex social relationships in a positive, respectful manner	Apply the skills to deal with more complex social relationships in a positive, respectful manner	Demonstrate the knowledge and respect for others with regard to individuals differences, ethnic and cultural diversity and various family configurations
<b>Personal/Social Standard B</b>				
<i>Students will make decisions, set goals, and take necessary action to achieve goals.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Self Knowledge Applications  Students will: <ul style="list-style-type: none"> <li>• Use decision making and problem solving strategies</li> <li>• Understand consequences of decisions and choices</li> <li>• Develop effective coping skills for dealing with problems</li> <li>• Know how to apply conflict resolution skills</li> </ul>	Develop strategies to solve interpersonal problems	Use strategies to solve interpersonal problems	Use strategies for decision making and goal setting	Develop an initial life plan based on calculated decisions and choices to achieve goals



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<b>Personal/Social Standard C</b>				
<i>Students will understand safety and survival skills.</i>				
<b>Competency Area</b>	<b>Grade 3</b>	<b>Grade 5</b>	<b>Grade 8</b>	<b>Grade 10</b>
Acquire Personal Safety Skills  Students will: <ul style="list-style-type: none"> <li>• Apply effective problem solving and decision making skills to make safe and healthy choices</li> <li>• Learn coping skills for managing life events</li> </ul>	Develop initial problem solving strategies and coping skills for daily living and life events	Use initial problem solving strategies and coping skills for daily living and life events	Demonstrate safe behavior for daily living and life events	Demonstrate an awareness of a problem solving model including both coping and conflict resolution skills