

MISSOURI COMPREHENSIVE GUIDANCE PROGRAM OVERVIEW OF THE ON-LINE SUPPLEMENTAL LESSONS MIDDLE SCHOOL/JUNIOR HIGH/HIGH SCHOOL

FROM *THE BOX* TO YOUR COMPUTER

Background: Supplemental Lessons and *The Box*

What is *The Box*? In the early 90's, Missouri Department of Elementary and Secondary Education (MO-DESE) visionaries saw the need for a resource to facilitate the implementation of the Guidance Curriculum component of the Missouri Comprehensive Guidance Program (MCGP). A group of Missouri's dedicated Professional School Counselors (PSCs) were called together to design and develop a leading edge resource for classroom guidance activities. The result was a series of K-12 classroom guidance lessons based on the 1988 MCGP competencies and organized in 3 boxes—elementary school; middle-school/junior high and high school. The activities became known by PSCs at all levels as “the box”. The activities were received with applause; “the boxes” became “must have” resources for Missouri's PSCs as well as PSCs from other states.

By 1998, revision of the activities became necessary. Once again, a group of Missouri's finest PSCs (including many who were involved in the development of the original activities) gathered together to review, revise and add to the activities. During the 1998 revision process it was decided to officially title the revised/new activities “The Box”. For many PSCs the 1998 *Box* is still a resource for classroom guidance activities.

What Happened to *The Box*? Reductions in funding made publication (and purchase by districts) of *The Box(es)* cost prohibitive. In addition, the MCGP Curriculum Framework was revised in 2005 to align with the frameworks of other curriculum areas; publication of *The Box(es)* ceased. The MO-DESE visionaries knew the activities were too valuable to lose; thus, it was decided to revise and align the activities in *The Box(es)* with the most recent MCGP Curriculum Framework and to make them available on-line via the Guidance eLearning Center:

[\(http://www.missouricareereducation.org/for/content/guidance/\)](http://www.missouricareereducation.org/for/content/guidance/).

The “new” on-line activities are considered supplemental lessons:

- The lessons may be used to supplement the existing MCGP/Guidance eLearning Center sample classroom guidance units OR
- The lessons may be used as the basis for PSC-developed classroom guidance activities OR
- The lessons may be used to enhance/expand other classroom guidance lesson in use by individual PSCs.
- The student materials and PSC resources included in the lessons are appropriate for use as stand-alone-activities or as a part of classroom guidance lessons currently being implemented by individual PSCs. With slight modification, the student/PSC resource materials will be useful for a variety of purposes.

What happened to *The Box(es)*? They may be found on a computer near you.

The remainder of this document provides an overview of the Middle School/Junior High and High School Supplemental lessons; they are grouped by MCGP Strand and Concept, then grade level. The individual lessons (grouped in the same way) follow the overview.

**STRAND: PERSONAL SOCIAL DEVELOPMENT (PS)
MIDDLE/JUNIOR HIGH SCHOOL LESSONS**

PS.1.A. Making Decisions Grade Level: 8

Purpose: Students identify and discuss choices and beliefs (values) and how they relate to careers currently of interest to them. They have an opportunity to consider the importance of their values in making effective decisions in life.

PS.1.A. What Do I Value? Grade Level: 7

Purpose: This lesson supports students' exploration of what they value in order to make effective decisions in life.

PS.2.A. In My Own Words Grade Level: 6-8

Purpose: This lesson enhances individual development by helping each student to become more comfortable with his or her communication skills.

PS.2.A. Getting along with Siblings Grade Level: 6-8

Purpose: This lesson helps students understand how to improve relations with siblings

PS.2.B. Believing in Me Grade Level: 6-7

Purpose: This lesson provides students with basic communication skill of "I" messages and encourages them to replace "You" messages with "I" messages when communicating with adults (e.g., parents, guardians, teachers or work supervisors).

PS.2.B. Communication—Bridge to a Better Understanding Grade Level: 6-8

Purpose: This lesson provides students with basic communication skills to use with their parent(s)/guardian(s).

PS.2.C. Turning Off the Heat Grade Level: 6-8

Purpose: This lesson teaches student how to diffuse conflict situations through the use of "I" messages as a way to understand the conflict and find solutions.

**STRAND: PERSONAL SOCIAL DEVELOPMENT (PS)
HIGH SCHOOL LESSONS**

PS.1.A. Recapping Your Experiences Grade Level: 11

Purpose: Students learn about the "universality" of life challenges and the role of positive thinking in significant growth experiences. *(Note: A pre-requisite to this lesson is an open classroom environment and trusting relationships between you and the students and among students and their peers.)*

PS.2.B. Getting to Know You, Getting to Know You Like Me Grade Level: 9

Purpose: Students practice open-ended questioning and listening skills through "instant" interviews with others. The emphasis is on helping students develop a greater understanding of their peers.

PS.2.B. Do You Hear What I Hear? Grade Level: 10

Purpose: This lesson helps student improve communication by practicing paraphrasing.

PS.2.B. Examining Conflict Grade Level: 12

Purpose: This lesson helps students gain understanding of how they, as individuals, can contribute to a positive peer culture that discourages behaviors such as physical conflict, name-calling, bullying and rumors. Students learn to: define conflict; identify indicators of conflict; identify sources of conflict for high school students; identify ways that uninvolved parties contribute to exaggerating a conflict; identify the steps to take before becoming involved in a conflict and ways to help decrease the level of conflict.

PS.2.C. Identifying the Real Problem Grade Level: 12

Purpose: This lesson emphasizes the need for accurate problem definition when faced with situations such as dilemmas, conflicts with others (or self) or major decisions. Students learn a method for identifying the real problem.

PS.2.C. Decision-Making Exercise Grade Level: 10

Purpose: This lesson uses the decision-making model to stress the importance of being prepared to make effective decisions when faced with difficult problems.

PS.2.C. Solving Problems Together Grade Level: 9

Purpose: Students participate in developing a consensus solution to a problem in small groups to gain an understanding that the brainstorming process with peers can be a valuable problem-solving technique.

PS.3.A. Substance Abuse—To Use or Not to Use Grade Level: 10

Purpose: This lesson informs students of the effects of alcohol and other drug use and abuse as it relates to career choices and lifestyles.

PS.3.B. Flirting with Addictions Grade Level: 9

Purpose: This lesson stresses the positive consequences of not drinking alcohol and the negative consequences of misuse, abuse, and dependence.

PS.3.B. Meet Alcohol's First Cousin-Drugs Grade Level: 9-12

Purpose: This lesson raises students' awareness of alcohol and other drug abuse and addiction (including nicotine) so they can better help friends or themselves.

PS.3.B. Intervening to Help Others Grade Level: 10

Purpose: This lesson helps students confront alcohol or other drug abuse

**STRAND: ACADEMIC DEVELOPMENT (AD)
MIDDLE/JUNIOR HIGH SCHOOL LESSONS**

- AD.5.A. Expect the Unexpected Grade Level: 8**
Purpose: This lesson helps students clarify academic expectations and provides students with an opportunity to prepare for meeting those expectations.
- AD.4.A. Transitioning from Middle School to High School Grade Level: 8**
Purpose: (2 Lessons) These 2 lessons help alleviate some of the anxiety MS/JH students experience as they prepare to make the transition into high school. Students' questions are submitted anonymously for high school students to answer.
- AD.4.B Do I Have Homework? Grade Level: 6-8**
Purpose: In this lesson, students learn a method they can use to remember homework assignments and test dates.
- AD.4.B. Organizing For Success Grade Level: 7-8**
Purpose: Students learn how to organize a portable desk or supplies in order to prevent confusion and become more focused on the task at hand.
- AD.4.B. Using Your Time Wisely Grade Level: 6-7**
Purpose: This lesson helps students gain a better understanding of how they currently spend their time so they can budget it to maximize their chance of success.
- AD.6.A. Beyond Academics Grade Level: 6-7**
Purpose: Students learn about the benefits of participating in extracurricular activities.
- AD.6.A Planning for Success Grade Level: 6-8**
Purpose: Students explore careers and/or occupations in preparation for making Personal Educational Plans.

**STRAND: ACADEMIC DEVELOPMENT (AD)
HIGH SCHOOL LESSONS**

- AD.4.B. Evaluating Past Decisions Grade Level: 9**
Purpose: To raise student awareness of past decisions and techniques they can use to improve future decisions.
- AD.4.B. Getting It on Paper Grade Level: 9-10**
Purpose: Emphasize the importance of taking good notes
- AD.4.B. Improving Basic Study Skills Grade Level: 9-10**
Purpose: This lesson helps students improve/reinforce effective study habits. Guidelines are provided to help students evaluate and improve their current study habits.
- AD.4.B. Ten Test-Taking Tips Grade Level: 9-11**
Purpose: To introduce strategies that enable students to make the best possible score on tests.

AD.4.B. Studying For Success Grades 9-11

Purpose: To provide students with successful study techniques for the increased challenges of high school workload.

AD.4.A. What Is Ahead? Grade 11 (2 sessions)

Purpose: Encourage seniors to identify areas of concern involving post-graduation plans. Complete a personal survey of concerns. Get divergent perspectives from recent graduates.

**STRAND: CAREER DEVELOPMENT (CD)
MIDDLE/JUNIOR HIGH SCHOOL LESSONS**

CD.7.A. & CD.8.A. What's Your Excuse? Grade Level: 7

Purpose: Through effective goal-setting, students can learn to plan ahead. Goal-setting often lays the groundwork for personal success and develops confidence

CD.7.A & CD.8.A. Role Changes Grade Level: 6-7

Purpose: This lesson helps students understand the influence of role stereotypes on career choice. Students discuss their opinions about what is considered to be "masculine" or "feminine" and how those opinions might affect their choices.

CD.7.A. & CD.8.A. Taking Non-Traditional Courses Grade Level: 6-7

Purpose: Students explore career interests and role stereotypes, specifically courses that, traditionally, may have been considered as courses for members of the other gender.

CD.9.A & CD.9.B. Lasting Impressions Grade Level: 6-7

Purpose: Students learn about and practice the art of making good first impressions

**STRAND: CAREER DEVELOPMENT (CD)
HIGH SCHOOL LESSONS**

CD.7.A. How to Use Leisure Time Now and In the Future Grade Level: 11

Purpose: This activity helps students develop socialization skills through developing leisure time interests.

CD.7.A./CD.8.A. Exploring Employment Opportunities Grade Level: 11

Purpose: This lesson introduces students to employment opportunities in the community

CD.7.A./CD.8.A. Leisure Time for the Future Grade Level: 9

Purpose: Students explore leisure options that can last for a life time.

CD.7.A./CD.8.B. Leisure Time Inventory Grade Level: 9

Purpose: Students complete a self-assessment to guide exploration of activities that can last for a life time

CD.7.A./CD.8.B. Career Exploration- A New Frontier Grade Level: 9

Purpose: Students' current interests and careers of interests guide their exploration as they practice using the career paths to learn about other careers in which they might be interested.

CD.7.A./CD.8.B. Basic Pre-Career Skills Grade Level: 9-10

Purpose: Students learn about the importance and inter-relationship of basic pre-career skills (e.g., personal responsibility) and school success skills. They compare the pre-career skills with classroom expectations for quality work and student cooperation.

CD.7.A./CD.8.B. Exploring Vocational/Technical Opportunities in High School Grade Level: 9-10

Purpose: This lesson informs students of career/technical opportunities available through their school district.

CD.7.A./CD.8.B. Looking to the Future-Plans Beyond High School Grade Level: 10

Purpose: This lesson encourages students to think about their post-secondary plans. This is an informal question and answer lesson that prompts students to think of factors that may influence their decisions

CD.7.A./CD.8.B. Your Courses Make Your Future Grade Level: 10

Purpose: Students explore career interests and role stereotypes, specifically considering courses that, traditionally, may have been considered as courses for members of the other gender.

CD.7.A./CD.8.B. Gender Impact On Career Choices Grade Level: 10

Purpose: To address freedom of choice in choosing careers. Students discuss their opinions on what is considered to be “masculine” or “feminine” and how those opinions affect career choices

CD.7.A./CD.8.B. Thinking about Taking a Non-Traditional Class? Grade Level: 10

Purpose: To help students recognize their reluctance to enroll in non-traditional courses and to encourage them to choose appropriate classes.

CD.7.A. I Understand what is Important to Me Grade Level 10

Purpose: Students learn to identify ideas of importance to them and ideas they believe can make a difference in the world.

CD.8.A. Preparing for College Visits Grade Level: 11

Purpose: This lesson encourages students to visit college campuses in order to become familiar with the atmosphere and learn first-hand some aspects of college life.

CD.9.A./CD.9.B. Guide To A Successful And Pleasant Interview Grade Level: 11

Purpose: This lesson provides students with information that enhances job interview skills.

CD.9.A./CD.9.B. Writing a Résumé Grade Level: 12

Purpose: This lesson acquaints students with the format and contents of a résumé.