

Middle School Guidance and Counseling Competencies Documentation Sheet

Counselor: _____

School: _____

Grade Level: Sixth Grade

Competency	Dates it was covered	Comments
Career Knowledge and Skills		
1. Explore the relationship between interests and talents. (P/S/C)		
Personal/Social Knowledge and Skills		
2. Demonstrate an understanding of how feelings affect behaviors. (P/S) (CE.Respect for Self. Self Control.Virtue)		
3. Demonstrate knowledge of ways to deal with others who display bullying behaviors. (P/S) (6HE_G1998-12) (CE.Respect for Others.Altruism)		
4. Demonstrate respect for the diversity among people (ideas, cultures, abilities, religion, politics, age, health, opinions, etc.). (P/S) (CE.Citizenship.Tolerance)		
5. Explain how to get along better with others (parents, teachers, peers, members of the opposite sex, etc.). (P/S) (CE.Citz.Patriotism)		
6. Explain the importance of thinking for oneself and demonstrate an understanding of how one can be influenced by peers. (6HE_H1998-14) (P/S) (CE.Respect for Self. Accountability.Commitment)		
7. Explore the relationship between interests and talents. (P/S/C)		
8. Identify skills needed for making and keeping friends. (P/S)		
9. Identify things that are helpful and harmful to mental health. (i.e., coping with stress, dealing with conflict,using drugs, etc.)(6HE_1998-5) (P/S)		
10. Identify ways to say "NO" to risky behaviors, utilizing refusal skills. (P/S) (6HE_H1998-13)		
11. Recognize the importance of expressing feelings honestly and appropriately. (P/S) (CE. Respect for Others.Integrity.Truth)		
12. Recognize the rights and responsibilities students have as citizens within the community, state, and country. (P/S) (CE.Citizenship.All)		

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