

Arlington Counseling Program Competencies
 Linked to VA and ASCA Standards: **Personal/Social**

PreK/Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
P/SK.1: Demonstrate good citizenship [EP1; PS:A2]	P/S1.7: Recognize how another person feels (i.e. empathy) [EP1; PS:A1]	P/S2.13: Demonstrate constructive expression of feelings [EP2; PS:A1; PS:A2]	P/S3.18: Identify forms of communication (i.e. listening, body language)[EP2; PS:A2]	P/S4.24: Demonstrate decision making and problem solving strategies [EP9; PS:B1]	P/S5.29: Identify the emotional and physical danger of substance use and abuse [EP10; PS:C1]
P/SK.2: Develop awareness of self and others as unique and worthy persons [EP 3; PS:A1]	P/S1.8: Explain how similarities and differences among people are valuable [EP3; PS:A2]	P/S2.14: Demonstrate self-discipline and self-reliance (i.e. trying to solve problems before tattling) [EP2; PS:A1]	P/S3.19: Demonstrate appreciation for one’s own cultural background and for the cultural backgrounds of other [EP 3; PS:A2]	P/S4.25: Identify stress causing situations and ways to cope effectively with them [PS:C1]	P/S5.30: Demonstrate understanding and respectful behavior to persons with mental illness [EP4; PS:A2]
P/SK.3: Identify resource people in the school and community, and explain how to seek their help [EP6; PS:C1]	P/S1.9: Demonstrate good manners and respectful behavior towards others [EP4; PS:A2]	P/S2.15: Demonstrate how to make and keep friends and work cooperatively with others [EP2; PS:A2]	P/S3.20: Demonstrate how to communicate effectively in a conflict situation [EP2; EP4; PS:A2; PS:C1]	P/S4.26: Discuss and demonstrate skills needed for effective group participation [EP2; PS:A1]	P/S5.31: Define the dynamics of peer pressure and strategies for managing it [EP11; PS:B1; PS:C1]
P/SK.4: Identify and demonstrate ways to make friends (i.e. greetings, sharing, taking turns, compliments) [EP 2; PS:A2]	P/S1.10: Discuss the need for self-control and practice it [EP4; PS: A1]	P/S2.16: Identify the 3 parts of the bullying triangle (i.e. person who is bullying, person who is being bullied, and bystander)[PS:B1]	P/S3.21: Describe strategies for addressing bullying and give examples of how they can be applied [EP6; PS:B1]	P/S4.27: Demonstrate effective coping skills for dealing with conflict and bullying [EP12; PS:A2]	P/S5.32: Demonstrate effective responses to bullying situations (i.e. technology & relational) [EP12; PS:B1]
P/SK.5: Distinguish between appropriate and inappropriate behavior in school (i.e. personal space, physical contact) [EP4; PS:C1]	P/S1.11: Develop an awareness of the importance of safety and describe requirements for a personal safety plan [EP5; PS:C1]	P/S2.17: Define and determine coping strategies to deal with problems [EP 9; PS:B1]	P/S3.22: Identify possible consequences of decisions and choices [EP9; PS:B1]	P/S4.28: Demonstrate appreciation of diverse cultures, lifestyles, attitudes and abilities [EP3 ; PS:A2]	P/S5.33: Describe change as inevitable and necessary to adapt to new situations (i.e. middle school) [EP8; PS:A1]

P/SK.6: Identify and express 6 basic feelings [PS:A1]	P/S1.12: Use effective communication skills and ask for help when needed [PS:A2; PS:C1]		P/S3.23: List personal strengths and assets [PS:A1]		
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