

Alignment of the *Second Step Suite* and the American School Counselor Association Mindsets and Behaviors for Student Success



Early Learning–Grade 8

Introduction to the *Second Step Suite*

The *Second Step Suite* is a developmental and sequential curriculum designed to promote school and life success and to prevent problem behaviors. Skills are reviewed and expanded on each year, gradually becoming more complex as students get older. Many of the ASCA standards are specifically addressed in older grades (for example, goal setting), but foundational skills that build toward the standards are taught in the earlier grades.

GENERAL ALIGNMENT

The following table outlines general ways in which the *Second Step Suite* helps promote students’ development in the three domains of the *ASCA Mindsets and Behaviors*.

ASCA Domain	Early Learning–Grade 5	Grades 6–8
Academic Development	<ul style="list-style-type: none"> • Core program goal includes promotion of skills for school readiness and academic success • Students learn social-emotional skills built on base of executive-function skills, self-regulation, and key skills for learning 	<ul style="list-style-type: none"> • Core program goal includes promotion of students’ success in school • Students learn social-emotional skills foundational to success in school: getting along with peers and teachers, managing emotions, and applying emotion management and problem solving to learning (self-regulated learning)
Career Development	<ul style="list-style-type: none"> • Students learn interpersonal skills central to success in the workplace (empathy, emotion management, and problem solving) • Key communication and partner interaction skills also taught 	<ul style="list-style-type: none"> • Students learn interpersonal and self-regulation skills foundational to success in the workplace (empathy, communication, emotion management, decision making, problem solving, and goal setting) • Students gain further teamwork skills by working in groups every lesson
Social/Emotional Development	<ul style="list-style-type: none"> • Program goal is to promote social and academic success • Every lesson in Empathy, Emotion Management, and Problem-Solving Units focused on social-emotional development • Strong focus on how these skills relate to making and keeping friends • Child Protection Unit (Early Learning–Grade 5) and Bullying Prevention Unit (Kindergarten–Grade 5) both build on foundational social-emotional skills while also focusing on specific goals 	<ul style="list-style-type: none"> • Program goal is to promote school, social, and life success; every lesson at every grade is focused on this goal • Achieved through building social-emotional skills and preventing violence, bullying, and substance abuse • Whole program addresses social-emotional development



SPECIFIC ALIGNMENT

The following table outlines specific grade-level units, lessons, activities, materials, and/or teaching strategies from the *Second Step* Suite that can help students develop the knowledge, skills, and attitudes needed to meet the 35 ASCA Mindset and Behavior Standards.

Early Learning

Skills for Learning, Empathy, Emotion Management, Friendship Skills and Problem Solving, Child Protection*

Kindergarten–Grade 3

Skills for Learning, Empathy, Emotion Management, Problem Solving, Bullying Prevention*, Child Protection*

Grades 4 & 5

Empathy and Skills for Learning, Emotion Management, Problem Solving, Bullying Prevention*, Child Protection*

Grades 6 & 7

Empathy and Communication, Bullying Prevention, Emotion Management, Problem Solving, Substance Abuse Prevention

Grade 8

Empathy and Communication, Bullying Prevention, Emotion Management, Goal Setting, Substance Abuse Prevention

***Units sold separately**

ASCA Mindset and Behavior Standards		Second Step Suite				
		Early Learning	Kindergarten & Grade 1 (K & G1)	Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
Mindset	1. Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being					
	2. Self-confidence in ability to succeed	Brain Builder Games Skills for Learning Unit	Brain Builder Games Skills for Learning Unit	Brain Builder Games Skills for Learning Unit	Empathy and Skills for Learning Unit	
	3. Sense of belonging in the school environment	Skills for Learning Unit: Weekly Theme 1	Bullying Prevention Unit: Classroom Climate-Building Tools and Games	Bullying Prevention Unit: Classroom Climate-Building Tools and Games	Bullying Prevention Unit: Classroom Climate-Building Tools and Games	
	4. Understanding that postsecondary education and life-long learning are necessary for long-term career success					
	5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	Skills for Learning Unit: Weekly Theme 4	Skills for Learning Unit: Lesson 4	Skills for Learning Unit: G2, Lesson 3; G3, Lessons 2–4	Emotion Management Unit: G4, Lesson 12; G5, Lessons 11 and 12	
	6. Positive attitudes toward work and learning	Skills for Learning Unit	Empathy Unit: Lesson 10 Problem-Solving Unit: K, Lessons 19–24; G1, Lessons 17–21	Skills for Learning Unit: G3, Lesson 4 Empathy Unit: G2, Lesson 10; G3, Lesson 6	Problem-Solving Unit: Lessons 17–21 Bullying Prevention Unit: Lessons 1–4	G6, Lessons 7, 10, 11, 12, 15 G7, Lessons 3, 5, 6, 7, 13 G8, Lessons 3, 4, 10, 11
Behavior Standards: Learning Strategies	1. Demonstrate critical-thinking skills to make informed decisions	Problem-Solving Unit: Weekly Themes 23–25	Empathy Unit: Lesson 10 Problem-Solving Unit: K, Lessons 19–24 ; G1, Lessons 17–21	Skills for Learning Unit: G3, Lesson 4 Empathy Unit: G2, Lesson 10; G3, Lesson 6 Problem-Solving Unit: Lessons 17–21	Problem-Solving Unit: Lessons 17–21 Bullying Prevention Unit: Lessons 1–4	
	2. Demonstrate creativity					
	3. Use time-management, organizational, and study skills					
	4. Apply self-motivation and self-direction to learning	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit	Empathy and Skills for Learning Unit	
	5. Apply media and technology skills					
	6. Set high standards of quality					
	7. Identify long- and short-term academic, career, and social/emotional goals			Skills for Learning Unit: G3, Lesson 4 Emotion Management Unit: G3, Lesson 14 Problem-Solving Unit: Lesson 21, Home Link	Problem-Solving Unit: Lesson 18	G6, Lesson 10, 11, 14 G7, Lesson 13 G8, Lessons 10–13
	8. Actively engage in challenging coursework					
	9. Gather evidence and consider multiple perspectives to make informed decisions	Problem-Solving Unit: Weekly Themes 23–25	Empathy Unit: G1, Lessons 7–10 Problem-Solving Unit: K, Lessons 19–24 ; G1, Lessons 17–21	Empathy Unit: G2, Lesson 10; G3, Lesson 6 Problem-Solving Unit: Lessons 17–21	Empathy and Skills for Learning Unit: G4, Lessons 6 and 8; G5, Lessons 5 and 7 Problem-Solving Unit: Lessons 17–21	G6, Lessons 7, 10, 11, 12, 15 G7, Lessons 3, 5, 6, 7, 13 G8, Lessons 4, 10, 11, 13
	10. Participate in enrichment and extracurricular activities	Curriculum Connections	Academic Integration Activities	Academic Integration Activities	Academic Integration Activities Child Protection Unit: Safety Card Research Project	Academic Integration Activities

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		Early Learning	Kindergarten & Grade 1 (K & G1)	Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
Behavior Standards: Self-Management Skills	1. Demonstrate ability to assume responsibility	Empathy Unit: Weekly Theme 11	Empathy Unit: K, Lesson 10 G1, Lesson 10 Emotion Management Unit: K, Lessons 13–18 G1, Lessons 13–16	Empathy Unit: G2, Lesson 10 Emotion Management Unit: Lesson 13 Problem-Solving Unit: G2, Lesson 19 and Home Link 19 G3, Lesson 17	Emotion Management Unit: G4, Lessons 11–15 G5, Lessons 10–15 Problem-Solving Unit: G4, Lesson 20 Bullying Prevention Unit: Introductory Lesson	G6, Lessons 8, 9, 11 G7, Lesson 5 G8, Lessons 2, 3, 5, 10, 11
	2. Demonstrate self-discipline and self-control	Brain Builder Games	Brain Builder Games Emotion Management Unit: K, Lessons 13–17 G1, Lessons 13–16	Brain Builder Games Emotion Management Unit: G2, Lessons 12–16 G3, Lessons 13–16	Emotion Management Unit: G4, Lessons 11–15 G5, Lessons 10–15	G6 and G7, Lessons 8 and 9 G8, Lesson 8
	3. Demonstrate ability to work independently	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit Emotion Management Unit: G2, Lesson 16	Empathy and Skills for Learning Unit: Lessons 1–3	
	4. Demonstrate ability to delay immediate gratification for long-term rewards	Brain Builder Games	Brain Builder Games	Brain Builder Games		
	5. Demonstrate perseverance to achieve long-and short-term goals	Emotion Management Unit: Weekly Theme 18	Emotion Management Unit: K, Lesson 15	Emotion Management Unit: G3, Lesson 14	Problem-Solving Unit: Lesson 18	G8, Lessons 10 and 11
	6. Demonstrate ability to overcome barriers to learning	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit Emotion Management Unit: G3, Lesson 14	Emotion Management Unit: G4, Lessons 12–14 G5, Lessons 11–15	
	7. Demonstrate effective coping skills when faced with a problem	Friendship Skills and Problem-Solving Unit: Weekly Themes 23 and 24	Problem-Solving Unit: K, Lesson 19 G1, Lessons 17 and 18	Emotion Management Unit: Lessons 12–16 Problem-Solving Unit: Lessons 17 and 18	Emotion Management Unit: G4, Lessons 11–16 G5, Lessons 10–15 Problem-Solving Unit: Lessons 16 and 17	G6, Lessons 9–11 G7, Lessons 2, 3, 10 G8, Lesson 9
	8. Demonstrate the ability to balance school, home, and community activities					
	9. Demonstrate personal safety skills	Child Protection Unit	Child Protection Unit	Child Protection Unit	Child Protection Unit	G6, Lessons 6, 12–15 G7, Lessons 5–7 and 11–13 G8, Lessons 5, 7, 12, 13
	10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities					G6, Lesson 1

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	Early Learning	Kindergarten & Grade 1 (K & G1)	Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)	
Behavior Standards: Social Skills	1. Use effective oral and written communication skills and listening skills	Skills for Learning Unit	Skills for Learning Unit	Skills for Learning Unit	Empathy and Skills for Learning Unit	G6, Lessons 1, 2, 4, 5 G7, Lessons 1–4 G8, Lessons 1 and 3
	2. Create positive and supportive relationships with other students	Empathy Unit: Weekly Theme 12 Friendship Skills and Problem-Solving Unit	Empathy Unit: Lesson 11 Problem-Solving Unit: K, Lessons 19–24; G1, Lessons 19–21 Bullying Prevention Unit: Lesson 4	Empathy Unit: G2, Lesson 9; G3, Lessons 9 and 10 Problem-Solving Unit: Lessons 19–21 Bullying Prevention Unit: Lesson 4	Empathy and Skills for Learning Unit: G4, Lessons 7–9; G5, Lesson 8 Problem-Solving Unit: G4, Lesson 19 Bullying Prevention Unit: Lessons 2–4	G6, Lessons 1, 2, 7 G7, Lessons 4–6 G8, Lessons 2, 4, 5
	3. Create relationships with adults that support success	Skills for Learning Unit: Weekly Theme 6 Child Protection Unit	Skills for Learning Unit: Lesson 5 Bullying Prevention Unit: Lessons 1–4 Child Protection Unit	Skills for Learning Unit: Grade 2, Lesson 4; Grade 3, Lesson 3 Bullying Prevention Unit: Lessons 2 and 4 Child Protection Unit	Empathy and Skills for Learning Unit: Lesson 3 Problem-Solving Unit: G5, Lesson 19 Bullying Prevention Unit: G4, Lessons 1–4; G5, Lessons 1–3 Child Protection Unit	G6, Lesson 6 G7, Lessons 4 and 5 G8, Lesson 5
	4. Demonstrate empathy	Empathy Unit	Empathy Unit Bullying Prevention Unit	Empathy Unit Bullying Prevention Unit	Empathy and Skills for Learning Unit: G4, Lessons 1, 4–9; G5, Lessons 1, 4–8 Bullying Prevention Unit: G4, Lesson 2; G5, Lessons 2 and 3	G6, Lessons 1–4, and 7 G7, Lessons 1–4 G8, Lessons 1–3
	5. Demonstrate ethical decision-making and social responsibility	Empathy Unit: Weekly Theme 12 Friendship Skills and Problem-Solving Unit: Weekly Themes 19–21	Empathy Unit: Lesson 11 Problem-Solving Unit: K, Lessons 20–22 G1, Lessons 19 and 20	Empathy Unit: G2, Lessons 8–10 G3, Lessons 6–9 Problem-Solving Unit: G2, Lessons 20 and 21 G3, Lesson 20	Empathy and Skills for Learning Unit: G4, Lessons 4 and 6 G5, Lessons 5 and 6 Emotion Management Unit: G5, Lesson 15	G6, Lesson 10 G7, Lesson 3 G8, Lesson 4
	6. Use effective collaboration and cooperation skills	Friendship Skills and Problem-Solving Unit	Problem-Solving Unit Think, Turn, Tell instructional strategy	Problem-Solving Unit Think, Turn, Tell instructional strategy	Problem-Solving Unit Think, Turn, Tell instructional strategy	Lesson 1
	7. Use leadership and teamwork skills to work effectively in diverse teams					G6 and G7, Lesson 1 G8, Lessons 1 and 6
	8. Demonstrate advocacy skills and ability to assert self, when necessary	Skills for Learning Unit: Weekly Themes 6 and 25	Skills for Learning Unit: Lesson 5 Bullying Prevention Unit: Lessons 2–4	Skills for Learning Unit: G2, Lesson 4; G3, Lesson 3 Problem-Solving Unit: Lessons 20 and 21 Bullying Prevention Unit: Lessons 2–4	Empathy and Skills for Learning Unit: Lesson 3 Emotion Management Unit: G5, Lessons 14 and 15 Problem-Solving Unit: G4, Lesson 21 Bullying Prevention Unit	G6, Lessons 5–7 G7, Lessons 4, 5, 7 G8, Lessons 3 and 7
	9. Demonstrate social maturity and behaviors appropriate to the situations and environment	All <i>Second Step Suite</i> units	All <i>Second Step Suite</i> units	All <i>Second Step Suite</i> units	All <i>Second Step Suite</i> units	All <i>Second Step Suite</i> units

Safe, Supported, and Ready to Learn

The *Second Step* Suite provides a fully integrated framework for protecting children and promoting social, emotional, and academic success.

Use the *Second Step Suite* to build a caring community that improves learning and life.

Contact Us:

800-634-4449

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Learn More:

cfchildren.org/second-step



Second Step
Skills for Social and Academic Success
Early Learning–Grade 8



Bullying Prevention Unit
The Power to Create a Positive School Climate
Kindergarten–Grade 5



Child Protection Unit
Working Together to Keep Kids Safe from Abuse
Early Learning–Grade 5

Building an Environment for Learning



- Social-Emotional Learning**
- Bullying Prevention**
- Child Protection**