

## **Sixth Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 6-8)**

- 1. August – Getting Organized** (1.06, 2.07, 3.01, 8.11)  
Students will understand the benefits of being organized and making a schedule. Students will learn organizational tips for school.
- 2. September – Challenge Yourself** (1.05, 1.07, 2.01, 7.18)  
Students will understand that challenging themselves academically pays off and the role of good study habits. Students will learn why grades are important and how they are calculated.
- 3. October – How Did They Get There?** (3.03, 3.04, 3.06, 4.03, 4.06, 5.03, 7.18)  
Students will learn about educational progression by examining the career paths of three individuals in different professions (from middle school, high school, college, to work).
- 4. November – The World of Careers** (4.09, 5.04, 6.01, 6.06)  
Students will understand that there are thousands of careers and that they can be divided into 16 National Career Clusters. Students will learn several reasons why people work (e.g., help others, earn money, do something enjoyable).
- 5. December – Who Am I?** (1.09, 1.12, 6.02, 7.01)  
Students will understand that people have different personalities as well as ways of learning and doing things. Students will learn about themselves and others during this activity.
- 6. January – Career Interests** (2.05, 2.10, 4.04, 5.02, 5.06, 5.10)  
Students will learn how interests relate to careers, take a career interest inventory, and identify three careers of interest.
- 7. February – Career Focus** (4.01, 5.06)  
Students will gain more in-depth knowledge on one career of interest (e.g. what they do, work setting, required education).
- 8. March – My School Subjects and Careers** (2.02, 3.03, 5.01)  
Students will understand how school subjects and college majors relate to careers. Students will take the Major Finder on CFNC.org and explore some examples of how math, communication, and critical thinking skills are used in careers.
- 9. April – Saving is Smart** (4.03, 8.01, 8.08)  
Students will learn about the value of saving money and that saving for the future is smart.
- 10. May – Summer Goals** (2.07, 3.02, 8.08, 8.11)  
Students will learn about the value of setting goals, explore ideas for summer activities, and set several goals for their summer.

## **Seventh Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 6-8)**

- 1. August – Goal-Setting** (2.07, 8.08, 8.11)  
Students will learn the importance of setting goals, and record short- and long-term goals to complete during the school year.
- 2. September – Why Work Hard in School?** (3.03, 3.06, 7.18)  
Students will recognize the value of completing schoolwork and earning good grades, understand the purpose of taking classes in different subjects, and learn to calculate GPA.
- 3. October – Time Management** (1.06, 3.01)  
Students will understand that prioritizing activities and creating a schedule can help them balance their schoolwork, extracurricular activities, family time, and social activities.
- 4. November – Why People Work** (6.01, 6.04, 6.06)  
Students will recognize the benefits of work and gain awareness of factors that motivate adults' career choices, including personal fulfillment, helping others, and earning a living.
- 5. December – The World of Work** (4.01, 4.02)  
Students will gain awareness that there are many career options. Use the work blogs, career videos, and profiles on CFNC.org to explore various careers.
- 6. January – Careers and Your Interests** (1.12, 2.07, 3.03, 5.02, 6.02)  
Students will take a career interest inventory and complete a real-life math activity to recognize the connection between academics and careers.
- 7. February – Taking Challenging Courses** (3.06, 5.07, 5.09)  
Students will understand the relevance of taking challenging courses – especially in math – to post-secondary education and careers.
- 8. March – What Is College?** (2.13)  
Students will understand what college is and gain awareness of factors that make each college unique, such as size, student activities, and the types of degrees that are offered.
- 9. April – Delayed Gratification** (1.05, 7.06)  
Students will understand the value of delaying gratification. As an example, they will learn that college costs, but a lack of education is even more costly.
- 10. May – Career Clusters** (5.02, 5.04)  
Students will understand career clusters and how they can help identify groups of prospective careers that match their individual interests and abilities.

## **Eighth Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 6-8)**

- 1. August – A Visit to the Fortune Teller (Goal-Setting)** (2.07, 4.03, 8.08, 8.11)  
Students will understand the value of setting goals instead of just letting things happen, as well as record several goals to complete during the school year.
- 2. September – Excelling** (3.03, 3.06, 4.03)  
Students will learn to recognize the value of challenging themselves and doing their best. They will also understand that dreams for the future can motivate current performance in school.
- 3. October – Your Learning Style** (1.09)  
Students will understand that people learn differently and take an inventory about how they learn best.
- 4. November – Life after Middle School** (1.05, 2.13)  
Students will understand several differences between middle school, high school, and college concerning scheduling, homework, and independence. They will gain tips on successful transitioning and learn that high school and college can be fun.
- 5. December – Careers and Your Interests** (1.12, 2.07, 3.03, 5.02, 6.02)  
Students will complete a career interest survey, identify two specific careers of interest; explore relevant high school courses, and education beyond high school.
- 6. January – The World of Careers** (4.01, 4.02)  
Students will be able to identify and learn more about different types of jobs as well as how to search for a career.
- 7. February – Registering for High School Courses** (2.11, 5.01, 5.06, 5.09)  
Students will understand the importance of upcoming high school registration, high school graduation requirements, and admission to college. Students will gain awareness of what colleges require for admission and the importance of taking rigorous courses.
- 8. March – Using Your CFNC.org Portfolio** (2.06, 2.11, 5.06)  
Students will become comfortable using their portfolio on their own and become familiar with all of its functions.
- 9. April – North Carolina Colleges** (2.13)  
Students will understand the characteristics of two- and four-year colleges, as well as the differences between community colleges, public universities, and independent colleges.
- 10. May – College Costs** (2.13)  
Students will understand different types of college costs (tuition, books, etc.), find costs of several colleges, and gain awareness that college is affordable because of the many ways to pay for college including savings, scholarships, work, and loans.

## **Ninth Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 9-12)**

- 1. August – Making Decisions (2.12, 4.05, 5.01, 8.01)**  
Students will understand how the decisions they make during high school can affect post-secondary and employment opportunities. Students will gain skills for making better decisions.
- 2. September – Learning Styles (1.09, 2.06)**  
Students will gain awareness of different learning styles and complete the Learning Style Inventory on CFNC.org.
- 3. October – Study Habits for Success (2.03)**  
Students will receive tips for improving study habits, including taking effective notes, active reading, and increasing their vocabulary.
- 4. November – Your Personality (4.03, 7.10, 7.15)**  
Students will take and interpret the Do What You Are personality inventory (based on Myers-Briggs) on CFNC.org.
- 5. December – Relating Personality to Careers (4.01, 5.02, 5.06)**  
Students will gain awareness of the relationship between results on the Do What You Are personality inventory (based on Myers-Briggs) and careers.
- 6. January – School and Real Life (3.03, 3.06)**  
Students will complete real-life math and communication activities to recognize the connection between schoolwork and careers.
- 7. February – Transcripts and Academic Planning (2.05, 2.10, 4.07)**  
Students will understand what is printed on a high school transcript, the importance of their transcript, how to use CFNC's four-year planner to keep track of courses, and how to calculate GPA.
- 8. March – College Admissions Criteria (2.14)**  
Students will view a timeline for applying to college and gain awareness of the factors that determine admission, including grades, test scores, and extracurricular activities.
- 9. April – Colleges and Degrees (2.14)**  
Students will learn the definitions of different college degrees (e.g. AA, BA, MA, JD, PhD) and the types of colleges that offer each degree.
- 10. May – College Scholarships (8.10, 9.06)**  
Students will understand different ways to qualify for a scholarship, including academic performance, need, and talent. Students will also gain awareness of the NC 529 college savings plan.

## **Tenth Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 9-12)**

- 1. August – Sophomore Progress Check (2.12, 3.06, 4.07, 8.12)**  
Students will learn about goal setting and understand high school graduation requirements to find out if they are on track to graduate.
- 2. September – What is the PSAT? (2.09, 4.07)**  
Students will learn about the PSAT, how to prepare for it, and how to use the results.
- 3. October – Life Outside the Classroom (1.12, 3.01, 3.02, 4.09)**  
Students will discover how to choose extracurricular activities that will add depth to the high school experience and help build a stronger resume or college application.
- 4. November – Habits of Mind (1.05, 1.08, 2.02, 8.11)**  
Students will learn the importance of, and gain tips on, developing key habits including persistence, striving for accuracy, and questioning and posing problems.
- 5. December – Earning College Credit in High School (2.01, 2.08, 5.01)**  
Students will learn about the opportunities to earn college credit while in high school including AP, Learn and Earn programs, and community college dual enrollment.
- 6. January – Careers and Your Interest (2.09, 2.11, 4.03, 5.09)**  
Students will explore their interests and learn how they can turn them into careers through an online interest inventory at CFNC.org.
- 7. February – Exploring the World of Work (3.03, 4.16, 5.11)**  
Students will learn opportunities to explore the world of work, such as job shadowing, part-time work, volunteering, and more. Students will begin a resume on CFNC.org.
- 8. March – College Admissions (2.12, 2.14, 5.10)**  
Students will learn admissions requirements of one to two selected colleges and gain awareness of the UNC minimum course requirements.
- 9. April – College Costs and Ways to Pay (2.04, 2.12, 4.07)**  
Students will understand the average cost of college for the different types of colleges in North Carolina, other expenses besides tuition, and ways to pay for college (including North Carolina's 529 Plan).
- 10. May -- Visiting Colleges (2.04, 2.14)**  
Students will understand the importance of visiting colleges, making the best of their time on their visits, and researching several colleges of interest.

## **Eleventh Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 9-12)**

- 1. August - Junior Progress Check** (2.12, 2.14, 7.02)  
Students will assess where they stand relative to their goals (including course selection and GPA) and learn strategies for finding a college that fits their preferences in terms of location, major, cost, etc. Students will take a virtual tour of some colleges at CFNC.org
- 2. September – College Entrance Tests** (2.08, 3.06, 5.10)  
Students will learn about the different types of college entrance tests (SAT, ACT, ASSET, COMPASS, and ACUPLACER), when to take them, and how to prepare for them.
- 3. October – Your Learning Style** (1.09, 2.06)  
Students will gain awareness of their personal learning style by taking the Learning Style Inventory at CFNC.org and plan study strategies that work best for them.
- 4. November – Managing Your Money** (4.05, 4.07, 7.02, 8.09)  
Students will learn strategies for managing money, how to create a budget, and tips for planning financially for college.
- 5. December – Finding Scholarships** (2.04, 8.12)  
Students will learn about the different sources of scholarships, where to find scholarships, and how to do a scholarship search at CFNC.org. Students will gain awareness of the other ways to pay for college including grants, work, savings, payments plans, and loans.
- 6. January – Your Personality** (2.09, 5.02, 6.03, 7.10, 7.15)  
Students will learn more about their own personality and others when they take a personality assessment called Do What You Are (based on Myers-Briggs) at CFNC.org. Students will also understand how personality influences career choice.
- 7. February – Your Work Values** (2.09, 4.03, 7.02)  
Students will understand how personal values relate to career selection using the Work Values Sorter at CFNC.org.
- 8. March – Who Would You Admit?** (2.02, 2.14, 3.06)  
Students will learn more about the college admissions process, reviewing mock student profiles and deciding who to admit and why.
- 9. April – Your Abilities** (2.09, 4.03, 5.02, 6.08)  
Students will make the connection between their abilities and career options when they take the Ability Profiler at CFNC.org.
- 10. May – Preparing for College Applications** (2.10, 4.07, 5.01)  
Students will prepare to complete college applications by updating their portfolio/high school information at CFNC.org and reviewing a college application worksheet (sample application).

## **Twelfth Grade Learning Outcomes and Alignment with NC Comprehensive School Counseling Standard Course of Study (Grades 9-12)**

- 1. August – Senior Progress Check (2.12, 4.07, 8.12)**  
Students will assess where they stand relative to their goals, record important senior year deadlines, and understand the importance of senior grades.
- 2. September – College Entrance Tests (2.05, 2.09)**  
Students will learn about the different college entrance tests, which test they need to take, the deadlines for those tests, and tools for preparing for the ACT, SAT, COMPASS, ASSET, or ACCUPLACER.
- 3. October – Applying to College (1.01, 4.07, 5.06)**  
Students will gather information needed to apply to college, complete a college application worksheet, and understand how to write a college admissions essay. Students will also learn about North Carolina College Application Week in November.
- 4. November – Careers and You (4.01, 5.06)**  
Students will take a career interest inventory and explore selected careers online through reading interviews, watching videos, and reading blogs.
- 5. December – Narrowing Your Options (2.12, 7.02)**  
Students will learn strategies for selecting the right college for them, including variables such as career aspirations, campus visits, distance from home, and costs.
- 6. January – Free Application for Federal Student Aid (FAFSA) (2.02, 2.04)**  
Students will understand the financial aid process and the FAFSA, including when to apply and how to get help on FAFSA Day in February.
- 7. February –College Academics (2.03, 2.04, 2.08)**  
Students will understand how college is different academically than high school, including the importance of study skills, syllabi, asking professors questions, and getting help through tutors or learning labs.
- 8. March – Financial Aid Award Letters (4.01, 4.07)**  
Students will examine the kind of financial aid award letters they may receive from colleges, how to interpret them, and how they can be used to guide decisions.
- 9. April – Resume 101 (3.05, 4.16, 5.05, 5.06)**  
Students will learn more about jobs, understand the importance of a good cover letter and resume, and develop their own resume at CFNC.org.
- 10. May – Money Management (4.05, 4.07, 6.05)**  
Students will learn about the importance of money management, personal budgeting tips for life after high school, and average starting salaries in North Carolina.