**Fifth Grade Lessons:**

I will be with our child’s class twice a month for about 30 min and share a variety of topics. All of the lessons are presented in alignment with the American School Counseling Association’s (ASCA) Mindsets and Behaviors for Student Success, SecondStep curriculum for social and academic success, and the Safer Smarter Kids Abuse Prevention Curriculum.

* **Problem Solving** – As our 5th graders will be moving onto Middle School, it is important that they are self-reliant on solving their own problems. The STEPs will be reviewed and it will be stressed how important this skill is to school success.
* **Empathy and Respect** – Empathy and Respect will be reinforced through the Bullying issue. Students will learn what bullying is, but more importantly how to demonstrate their power and compassion as a by-stander in non-aggressive ways to assist those who are victims of bullying.
* **Empowering your child to protect themselves** – When 5th Grade moves to Middle School, it can be daunting for them therefore, they need the courage to stand up for what they know to be right when making decisions. We will talk about peer pressure, cyber bullying, privacy and body boundaries to help them address issues that might arise. Additionally, we will talk about how courage can elicit change that is good.
* **Discovery into the connections of Education and the Career World –** Students will learn about the different areas of careers (<https://careerwise.minnstate.edu/careers/clusters.html>) and how they might connect to their individual learning style or interests. Students will conduct an interest inventory that will lead them to career ideas based on what they like and what they might succeed at. We will also visit goal setting through the S.M.A.R.T. goal format so that they will develop ideas of how to dream a goal, plan a goal, and experience that goal as reality.

If you would like more information on any of the above topics, please do not hesitate to contact me.