

## 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"> <li>• Core program goal includes promotion of skills for school readiness and academic success</li> <li>• Students learn social-emotional skills built on base of executive-function skills, self-regulation, and key skills for learning</li> </ul>	<ul style="list-style-type: none"> <li>• The program promotes a growth mindset, which helps students achieve academic success</li> <li>• Students learn social-emotional skills foundational to success in school (setting and achieving goals, responsible decision making, and strategies for coping with difficult emotions)</li> </ul>
Career Development	<ul style="list-style-type: none"> <li>• Students learn interpersonal skills central to success in the workplace (empathy, emotion management, and problem solving)</li> <li>• Key communication and partner interaction skills also taught</li> </ul>	<ul style="list-style-type: none"> <li>• Students learn skills foundational to success in the workplace (perspective taking, emotion management, decision making, conflict resolution, and goal setting)</li> </ul>
Social/Emotional Development	<ul style="list-style-type: none"> <li>• Program goal is to promote social and academic success</li> <li>• Every lesson in Empathy, Emotion Management, and Problem-Solving Units focused on social-emotional development</li> <li>• Strong focus on how these skills relate to making and keeping friends</li> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• The entire program addresses social-emotional development</li> <li>• Students learn to recognize and handle their own emotions, apply their personal values to make good decisions, and how to plan ahead to handle difficult situations</li> <li>• Students also learn interpersonal skills, including making friends and strengthening friendships, resolving serious conflicts, and helping prevent bullying and harassment</li> </ul>



**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**

Mindsets and Goals; Values and Friendships; Thoughts, Emotions, and Decisions; Serious Peer Conflicts

**Grade 8**

Mindsets and Goals; Values and Relationships; Thoughts, Emotions, and Decisions; Serious Peer Conflicts

**\*Units sold separately**

**Mindset**

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					Mindsets and Goals Unit G6 and G7, Values and Friendship Unit G8, Values and Relationships Unit Advisory Activities
	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	Mindsets and Goals 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	Mindsets and Goals Unit: G6, Lesson 2 G7, Lesson 2 G8, Lesson 2  Serious Peer Conflicts Unit: G8, Lesson 25 Advisory Activities
	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	Mindsets and Goals Unit
	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	Mindsets and Goals Unit

## Behavior Standards: Learning Strategies

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)	
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	G6 and G7, Values and Friendships Unit G8, Values and Relationships Unit Thoughts, Emotions, and Decisions Unit Serious Peer Conflicts Unit Advisory Activities
	2. Demonstrate creativity					Advisory Activities
	3. Use time-management, organizational, and study skills					Mindsets and Goals Unit: G6, Lessons 6 and 7 G7, Lessons 5 and 6 G8, Lessons 5 and 6
	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	Mindsets and Goals Unit
	5. Apply media and technology skills					Advisory Activities
	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	Mindsets and Goals Unit: G6, Lessons 3 and 4 G7, Lesson 3 G8, Lesson 3
	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	Thoughts, Emotions, and Decisions Unit: G6, Lesson 17 G7, Lesson 17 G8, Lesson 16  Serious Peer Conflicts Unit: G6, Lesson 8 G7, Lesson 17 G8, Lesson 17  Advisory Activities
	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	Advisory Activities

## Behavior Standards: Self-Management Skills

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)	
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	Advisory Activities
	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	Advisory Activities
	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	Advisory Activities
	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	Advisory Activities
	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	Thoughts, Emotions, and Decisions Unit: G6, Lessons 16 and 17 G7, Lessons 15 and 16 G8, Lessons 15 and 16  Advisory Activities
	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	
	10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities					

## Behavior Standards: Social Skills

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)	
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	Class Discussions Writing activities Advisory Activities
	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	Mindsets and Goals Unit: G7, Lesson 2 G8 Lesson 2 Values and Friendships Unit: G6, Lessons 9–12 G7, Lessons 9–11 Values and Relationships Unit: G8, Lesson 8 and 9, 11 Advisory Activities
	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: G2, Lesson 4 G3, 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	Advisory Activities
	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	Mindsets and Goals Unit: G7, Lesson 2 G8, Lesson 2 Serious Peer Conflicts Unit: G6, Lessons 18 and 19 G7, Lessons 17 and 18 G8, Lessons 17 and 18 Advisory Activities
	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 and G7, Values and Friendships Unit G8, Values and Relationships Unit Serious Peer Conflicts Unit Advisory Activities
	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	Challenge lessons Class Discussions Group activities Advisory Activities

**Behavior Standards: Social Skills, cont.**

ASCA Mindset and Behavior Standards	<i>Second Step</i> Suite				
	Early Learning	Kindergarten & Grade 1 (K & G1)	Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
7. Use leadership and teamwork skills to work effectively in diverse teams					Challenge lessons Class Discussions Advisory Activities
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	Challenge lessons Class Discussions Advisory Activities
9. Demonstrate social maturity and behaviors appropriate to the situations and environment	All <i>Second Step</i> Suite units	All <i>Second Step</i> Suite units	All <i>Second Step</i> Suite units	All <i>Second Step</i> Suite units	All <i>Second Step</i> Suite 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:**

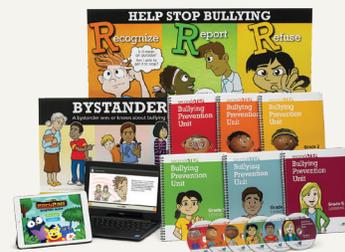
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**Second Step**  
Skills for Social and Academic Success  
Early Learning–Grade 8

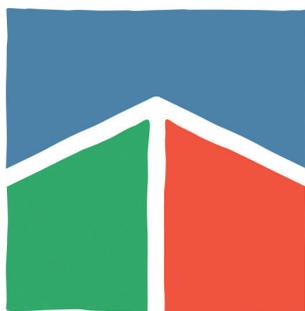


**Bullying Prevention Unit**  
The Power to Create a Positive School Climate  
Kindergarten–Grade 5



**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