



## ALIGNMENT CHART: ASCA MINDSETS AND BEHAVIORS

# Second Step

### Introduction to Second Step

Second Step 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 American School Counselor Association (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 Second Step 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 developing and maintaining healthy relationships, 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 Second Step 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 & Problem Solving, Child Protection\*

### Kindergarten–Grade 3

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

### Grades 4 & 5

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

### Grades 6–8

Mindsets & Goals; Recognizing Bullying & Harassment; Thoughts, Emotions & Decisions; Managing Relationships & Social Conflict

\*Unit sold separately

## Mindset Standards

ASCA Mindset and Behavior Standards	Early Learning	Kindergarten & Grade 1 (K & G1)
	<b>1. Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being</b>	
<b>2. Self-confidence in ability to succeed</b>	<b>Brain Builder Games</b> <b>Skills for Learning Unit</b>	<b>Brain Builder Games</b> <b>Skills for Learning Unit</b>
<b>3. Sense of belonging in the school environment</b>	<b>Skills for Learning Unit:</b> Weekly Theme 1	<b>Bullying Prevention Unit:</b> Classroom Climate-Building Tools and Games
<b>4. Understanding that postsecondary education and life-long learning are necessary for long-term career success</b>		
<b>5. Belief in using abilities to their fullest to achieve high-quality results and outcomes</b>	<b>Skills for Learning Unit:</b> Weekly Theme 4	<b>Skills for Learning Unit:</b> Lesson 4
<b>6. Positive attitudes toward work and learning</b>	<b>Skills for Learning Unit</b>	<b>Empathy Unit:</b> Lesson 10 <b>Problem-Solving Unit:</b> K, Lessons 19–24 G1, Lessons 17–21

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
		<b>Mindsets &amp; Goals Unit</b> <b>Managing Relationships &amp; Social Conflict Unit</b> <b>Advisory Activities</b>
<b>Brain Builder Games</b> <b>Skills for Learning Unit</b>	<b>Empathy &amp; Skills for Learning Unit</b>	<b>Mindsets &amp; Goals Unit</b>
<b>Bullying Prevention Unit:</b> Classroom Climate-Building Tools and Games	<b>Bullying Prevention Unit:</b> Classroom Climate-Building Tools and Games	<b>Mindsets &amp; Goals Unit:</b> G6, Lessons 1a and 1b G7, Lessons 1a and 1b G8, Lesson 1 <b>Recognizing Bullying &amp; Harassment Unit:</b> G8, Lesson 13 <b>Advisory Activities</b>
		<b>Mindsets &amp; Goals Unit:</b> G8, Lessons 5–7
<b>Skills for Learning Unit:</b> G2, Lesson 3 G3, Lessons 2–4	<b>Emotion-Management Unit:</b> G4, Lesson 12 G5, Lessons 11 and 12	<b>Mindsets &amp; Goals Unit</b>
<b>Skills for Learning Unit:</b> G3, Lesson 4 <b>Empathy Unit:</b> G2, Lesson 10 G3, Lesson 6	<b>Problem-Solving Unit:</b> Lessons 17–21 <b>Bullying Prevention Unit:</b> Lessons 1–4	<b>Mindsets &amp; Goals Unit</b>



## Behavior Standards: Learning Strategies

ASCA Mindset and Behavior Standards	Second Step	
	Early Learning	Kindergarten & Grade 1 (K & G1)
<b>1. Demonstrate critical-thinking skills to make informed decisions</b>	<b>Problem-Solving Unit:</b> Weekly Themes 23–25	<b>Empathy Unit:</b> Lesson 10  <b>Problem-Solving Unit:</b> K, Lessons 19–24 G1, Lessons 17–21
<b>2. Demonstrate creativity</b>		
<b>3. Use time-management, organizational, and study skills</b>		
<b>4. Apply self-motivation and self-direction to learning</b>	<b>Skills for Learning Unit</b>	<b>Skills for Learning Unit</b>
<b>5. Apply media and technology skills</b>		
<b>6. Set high standards of quality</b>		
<b>7. Identify long- and short-term academic, career, and social/emotional goals</b>		
<b>8. Actively engage in challenging coursework</b>		
<b>9. Gather evidence and consider multiple perspectives to make informed decisions</b>	<b>Problem-Solving Unit:</b> Weekly Themes 23–25	<b>Empathy Unit:</b> G1, Lessons 7–10  <b>Problem-Solving Unit:</b> K, Lessons 19–24 G1, Lessons 17–21
<b>10. Participate in enrichment and extracurricular activities</b>	<b>Curriculum Connections</b>	<b>Academic Integration Activities</b>

Behavior Standards: Learning Strategies

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
<b>Skills for Learning Unit:</b> G3, Lesson 4  <b>Empathy Unit:</b> G2, Lesson 10 G3, Lesson 6  <b>Problem-Solving Unit:</b> Lessons 17–21	<b>Problem-Solving Unit:</b> Lessons 17–21  <b>Bullying Prevention Unit:</b> Lessons 1–4	<b>Managing Relationships &amp; Social Conflict Unit</b>  <b>Advisory Activities</b>
		<b>Advisory Activities</b>
		<b>Mindsets &amp; Goals Unit:</b> G6, Lessons 4–7 G7, Lessons 3–7
<b>Skills for Learning Unit</b>	<b>Empathy &amp; Skills for Learning Unit</b>	<b>Mindsets &amp; Goals Unit</b>
		<b>Advisory Activities</b>
<b>Skills for Learning Unit:</b> G3, Lesson 4  <b>Emotion-Management Unit:</b> G3, Lesson 14  <b>Problem-Solving Unit:</b> Lesson 21, Home Link	<b>Problem-Solving Unit:</b> Lesson 18	<b>Mindsets &amp; Goals Unit:</b> G6, Lessons 4–7 G7, Lessons 4–7 G8, Lessons 4–7
<b>Empathy Unit:</b> G2, Lesson 10 G3, Lesson 6  <b>Problem-Solving Unit:</b> Lessons 17–21	<b>Empathy &amp; Skills for Learning Unit:</b> G4, Lessons 6 and 8 G5, Lessons 5 and 7  <b>Problem-Solving Unit:</b> Lessons 17–21	<b>Thoughts, Emotions &amp; Decisions Unit</b> <b>Managing Relationships &amp; Social Conflict Unit</b> <b>Advisory Activities</b>
<b>Academic Integration Activities</b>	<b>Academic Integration Activities</b>  <b>Child Protection Unit:</b> Safety Card Research Project	<b>Advisory Activities</b>



## Behavior Standards: Self-Management Skills

ASCA Mindset and Behavior Standards	Second Step	
	Early Learning	Kindergarten & Grade 1 (K & G1)
<b>1. Demonstrate ability to assume responsibility</b>	<b>Empathy Unit:</b> Weekly Theme 11	<b>Empathy Unit:</b> K, Lesson 10 G1, Lesson 10 <b>Emotion-Management Unit:</b> K, Lessons 13–18 G1, Lessons 13–16
<b>2. Demonstrate self-discipline and self-control</b>	<b>Brain Builder Games</b>	<b>Brain Builder Games</b> <b>Emotion-Management Unit:</b> K, Lessons 13–17 G1, Lessons 13–16
<b>3. Demonstrate ability to work independently</b>	<b>Skills for Learning Unit</b>	<b>Skills for Learning Unit</b>
<b>4. Demonstrate ability to delay immediate gratification for long-term rewards</b>	<b>Brain Builder Games</b>	<b>Brain Builder Games</b>
<b>5. Demonstrate perseverance to achieve long- and short-term goals</b>	<b>Emotion-Management Unit:</b> Weekly Theme 18	<b>Emotion-Management Unit:</b> K, Lesson 15
<b>6. Demonstrate ability to overcome barriers to learning</b>	<b>Skills for Learning Unit</b>	<b>Skills for Learning Unit</b>
<b>7. Demonstrate effective coping skills when faced with a problem</b>	<b>Friendship Skills &amp; Problem-Solving Unit:</b> Weekly Themes 23 and 24	<b>Problem-Solving Unit:</b> K, Lesson 19 G1, Lessons 17 and 18
<b>8. Demonstrate the ability to balance school, home, and community activities</b>		
<b>9. Demonstrate personal safety skills</b>	<b>Child Protection Unit</b>	<b>Child Protection Unit</b>
<b>10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities</b>		

Behavior Standards: Self-Management Skills

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
<b>Empathy Unit:</b> G2, Lesson 10 <b>Emotion-Management Unit:</b> Lesson 13 <b>Problem-Solving Unit:</b> G2, Lesson 19 and Home Link 19 G3, Lesson 17	<b>Emotion-Management Unit:</b> G4, Lessons 11–15 G5, Lessons 10–15 <b>Problem-Solving Unit:</b> G4, Lesson 20 <b>Bullying Prevention Unit:</b> Introductory Lesson	<b>Advisory Activities</b> <b>Managing Relationships &amp; Social Conflict Unit:</b> G6, Lesson 25 G7, Lesson 25 G8, Lesson 25
<b>Brain Builder Games</b> <b>Emotion-Management Unit:</b> G2, Lessons 12–16 G3, Lessons 13–16	<b>Emotion-Management Unit:</b> G4, Lessons 11–15 G5, Lessons 10–15	<b>Advisory Activities</b> <b>Thoughts, Emotions &amp; Decisions Unit:</b> G6, Lessons 17–19 G7, Lessons 14–17 G8, Lessons 16–19
<b>Skills for Learning Unit</b> <b>Emotion-Management Unit:</b> G2, Lesson 16	<b>Empathy &amp; Skills for Learning Unit:</b> Lessons 1–3	<b>Advisory Activities</b>
<b>Brain Builder Games</b>		
<b>Emotion-Management Unit:</b> G3, Lesson 14	<b>Problem-Solving Unit:</b> Lesson 18	<b>Advisory Activities</b> <b>Mindsets &amp; Goals Unit</b>
<b>Skills for Learning Unit</b> <b>Emotion-Management Unit:</b> G3, Lesson 14	<b>Emotion-Management Unit:</b> G4, Lessons 12–14 G5, Lessons 11–15	<b>Mindsets &amp; Goals Unit:</b> G7, Lessons 4–7
<b>Emotion-Management Unit:</b> Lessons 12–16 <b>Problem-Solving Unit:</b> Lessons 17 and 18	<b>Emotion-Management Unit:</b> G4, Lessons 11–16 G5, Lessons 10–15 <b>Problem-Solving Unit:</b> Lessons 16 and 17	<b>Thoughts, Emotions &amp; Decisions Unit</b> <b>Advisory Activities</b> <b>Managing Relationships &amp; Social Conflict Unit:</b> G6, Lessons 22–26 G7, Lessons 22–26 G8, Lessons 22–26
<b>Child Protection Unit</b>	<b>Child Protection Unit</b>	



## Behavior Standards: Social Skills

ASCA Mindset and Behavior Standards	Second Step	
	Early Learning	Kindergarten & Grade 1 (K & G1)
<b>1. Use effective oral and written communication skills and listening skills</b>	Skills for Learning Unit	Skills for Learning Unit
<b>2. Create positive and supportive relationships with other students</b>	<b>Empathy Unit:</b> Weekly Theme 12  <b>Friendship Skills &amp; Problem-Solving Unit</b>	<b>Empathy Unit:</b> Lesson 11  <b>Problem-Solving Unit:</b> K, Lessons 19–24 G1, Lessons 19–21  <b>Bullying Prevention Unit:</b> Lesson 4
<b>3. Create relationships with adults that support success</b>	<b>Skills for Learning Unit:</b> Weekly Theme 6  <b>Child Protection Unit</b>	<b>Skills for Learning Unit:</b> Lesson 5  <b>Bullying Prevention Unit:</b> Lessons 1–4  <b>Child Protection Unit</b>
<b>4. Demonstrate empathy</b>	Empathy Unit	<b>Empathy Unit</b>  <b>Bullying Prevention Unit</b>
<b>5. Demonstrate ethical decision-making and social responsibility</b>	<b>Empathy Unit:</b> Weekly Theme 12  <b>Friendship Skills &amp; Problem-Solving Unit:</b> Weekly Themes 19–21	<b>Empathy Unit:</b> Lesson 11  <b>Problem-Solving Unit:</b> K, Lessons 20–22 G1, Lessons 19 and 20
<b>6. Use effective collaboration and cooperation skills</b>	Friendship Skills & Problem-Solving Unit	<b>Problem-Solving Unit</b>  <b>Think, Turn, Tell instructional strategy</b>

Behavior Standards: Social Skills

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6–8 (G6, G7, & G8)
Skills for Learning Unit	Empathy & Skills for Learning Unit	<b>Class Discussions</b> <b>Writing Activities</b> <b>Advisory Activities</b>
<b>Empathy Unit:</b> G2, Lesson 9 G3, Lessons 9 and 10  <b>Problem-Solving Unit:</b> Lessons 19–21  <b>Bullying Prevention Unit:</b> Lesson 4	<b>Empathy &amp; Skills for Learning Unit:</b> G4, Lessons 7–9 G5, Lesson 8  <b>Problem-Solving Unit:</b> G4, Lesson 19  <b>Bullying Prevention Unit:</b> Lessons 2–4	<b>Mindsets &amp; Goals Unit:</b> G6, Lessons 1a and 1b G7, Lessons 1a and 1b G8, Lesson 1  <b>Managing Relationships &amp; Social Conflict Unit:</b> G6, Lessons 20–22 G7, Lessons 20–22 G8, Lessons 20–22  <b>Advisory Activities</b>
<b>Skills for Learning Unit:</b> G2, Lesson 4 G3, Lesson 3  <b>Bullying Prevention Unit:</b> Lessons 2 and 4  <b>Child Protection Unit</b>	<b>Empathy &amp; Skills for Learning Unit:</b> Lesson 3  <b>Problem-Solving Unit:</b> G5, Lesson 19  <b>Bullying Prevention Unit:</b> G4, Lessons 1–4 G5, Lessons 1–3  <b>Child Protection Unit</b>	Advisory Activities
<b>Empathy Unit</b>  <b>Bullying Prevention Unit</b>	<b>Empathy &amp; Skills for Learning Unit:</b> G4, Lessons 1, 4–9 G5, Lessons 1, 4–8  <b>Bullying Prevention Unit:</b> G4, Lesson 2 G5, Lessons 2 and 3	<b>Managing Relationships &amp; Social Conflict Unit</b> G6 G7 G8, Lessons 22–24  <b>Advisory Activities</b>
<b>Empathy Unit:</b> G2, Lessons 8–10 G3, Lessons 6–9  <b>Problem-Solving Unit:</b> G2, Lessons 20 and 21 G3, Lesson 20	<b>Empathy &amp; Skills for Learning Unit:</b> G4, Lessons 4 and 6 G5, Lessons 5 and 6  <b>Emotion-Management Unit:</b> G5, Lesson 15	<b>Mindsets &amp; Goals Unit:</b> G8, Lesson 4  <b>Managing Relationships &amp; Social Conflict Unit</b>  <b>Recognizing Bullying &amp; Harassment Unit</b> G6, Lessons 11–13 G7, Lessons 12–13 G8, Lessons 11–13  <b>Advisory Activities</b>
<b>Problem-Solving Unit</b>  <b>Think, Turn, Tell instructional strategy</b>	<b>Problem-Solving Unit</b>  <b>Think, Turn, Tell instructional strategy</b>	<b>Challenge Lessons</b> <b>Class Discussions</b> <b>Group Activities</b> <b>Advisory Activities</b>



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

ASCA Mindset and Behavior Standards	Second Step	
	Early Learning	Kindergarten & Grade 1 (K & G1)
<b>7. Use leadership and teamwork skills to work effectively in diverse teams</b>		
<b>8. Demonstrate advocacy skills and ability to assert self, when necessary</b>	<b>Skills for Learning Unit:</b> Weekly Themes 6 and 25	<b>Skills for Learning Unit:</b> Lesson 5 <b>Bullying Prevention Unit:</b> Lessons 2-4
<b>9. Demonstrate social maturity and behaviors appropriate to the situations and environment</b>	<b>All Second Step units</b>	<b>All Second Step units</b>

Second Step		
Grades 2 & 3 (G2 & G3)	Grades 4 & 5 (G4 & G5)	Grades 6-8 (G6, G7, & G8)
		<b>Challenge Lessons</b> <b>Class Discussions</b> <b>Advisory Activities</b>
<b>Skills for Learning Unit:</b> G2, Lesson 4 G3, Lesson 3 <b>Problem-Solving Unit:</b> Lessons 20 and 21 <b>Bullying Prevention Unit:</b> Lessons 2-4	<b>Empathy &amp; Skills for Learning Unit:</b> Lesson 3 <b>Emotion-Management Unit:</b> G5, Lessons 14 and 15 <b>Problem-Solving Unit:</b> G4, Lesson 21 <b>Bullying Prevention Unit</b>	<b>Challenge Lessons</b> <b>Class Discussions</b> <b>Advisory Activities</b> <b>Recognizing Bullying &amp; Harassment Unit</b> G6, Lessons 11-13 G7, Lessons 12-13 G8, Lessons 11-13
<b>All Second Step units</b>	<b>All Second Step units</b>	<b>All Second Step units</b>



Second Step, a program rooted in social-emotional learning (SEL), helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive.

By offering Second Step's research-based SEL curriculum for Preschool through Grade 8 in combination with our Bullying Prevention and Child Protection Units, we've formed an integrated, comprehensive program that makes a difference. It's a difference you can feel the moment you open the doors to a Second Step school—a sense of safety and respect grounded in the social-emotional health and well-being of the entire school community.

Learn more at [SecondStep.org](https://SecondStep.org) or call us at 1-800-634-4449, ext. 1.