

## 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>