

## Unit 4: Reflection & Planning

**Unit #:** APSDO-00020370  
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**Grade(s):** 7  
**Subject(s):** School Counseling  
**Course(s):** GR. 7 - SCHOOL COUNSELING

### Unit Focus

In this unit, students will reflect on their growth (personal, social, and academic) through this school year. Following their reflection, students will create both a short-term and long-term goal for eighth grade.

### Stage 1: Desired Results

Established Goals	Transfer		
<b>Standards</b> <ul style="list-style-type: none"> <li>• Avon School Counseling Standards (CT 2020)               <ul style="list-style-type: none"> <li>◦ <i>School Counselling</i> <ul style="list-style-type: none"> <li>▪ <b>ACADEMIC DEVELOPMENT</b> <ul style="list-style-type: none"> <li>▪ Demonstrate an understanding of the habits of mind of an engaged student in relation to all aspects of their lives. (A3)</li> <li>▪ Demonstrate the ability to set goals based on reflective evaluation of current performance. (A6)</li> </ul> </li> </ul> </li> </ul> </li> </ul>	<i>What kinds of long-term, independent accomplishments are desired? Students will be able to independently use their learning to...</i>		
	T1 (T1) Use self-knowledge in order to develop effective decision making skills, create meaningful goals, and identify positive attributes.		
	Meaning		
	Understanding(s)	Essential Question(s)	
	<i>What specifically do you want students to understand? What inferences should they make? Students will understand that...</i>		<i>What thought-provoking questions will foster inquiry, meaning making, and transfer? Students will keep considering...</i>
	U1 (U3) Reflection is necessary to develop self-knowledge.	Q1 (Q01) What is really important to me? How does that shape my priorities?	
	U2 (U5) Exploration and planning are essential for future success.	Q2 (Q03) What choices do I make when I have the opportunity to decide?  Q3 (Q10) What am I interested in? What am I fascinated by? What am I good at?  Q4 (Q11) What do I want to try? How do I pursue it?	
Acquisition			
Knowledge	Skill(s)		
<i>What facts and basic concepts should students know and be able to recall? Students will know...</i>		<i>What discrete skills and processes should students be able to use? Students will be skilled at...</i>	
K1 What habits they used were helpful to them in order to reach their goals	S1 Evaluating progress toward their personal/social and academic goal(s)		
K2 How to use skills they have developed to set a new goal for the future	S2 Reflecting on goal(s) attainment and revise or create new goals  S3 Identifying strategies that they used that were helpful to them to reach goals		