

Life/Soft Skill

Behaviors, Actions, & Evidence of Skill

Managing stress

NSFS.PER.K-12.PS:C1.10
Grades: K-12 Counseling
Learn techniques for managing stress and conflict



- 1:1 weekly check in with instructor
- Passion Planner
- Today I intend... 1 activity + reflection/day
- Some form of full body physical activity for at least 20 minutes a day

Awareness

- Know when you are feeling less than at your best and take healthy positive actions to support yourself
- Permit yourself to not understand everything the first time
- Allow for errors in others
- Indicate to others when you need support or something different in order to manage what is being asked of you.

Communication

NSFS.PER.K-12.PS:A2.7
Grades: K-12 Counseling
Know that communication involves speaking, listening and nonverbal behavior



Responding:

- Responding in a timely manner 70% [7 of 10 communications] or better to direct communications
- Adding to G-class stream
- Participation, spoken/emoji/chat/icon in virtual class time

Asking:

- Requesting clarification or assistance when needed
- Posing different points of view, ideas, or positive suggestions

Participating:

- Completing Google Forms/surveys/polls/diagnostics
- Attending virtual class, 1:1 meetings, and office hours [when needed]
- Adding to shared documents, slides, other online experience tools

Informing

- Keeping Advisory, Andrey, or other CBHS of changes in your situation which may impact your ability to fully participate in socializing and learning during school days.

Effort & perseverance

NSFS.PER.K-12.A:A2.2
Grades: K-12 Counseling
Demonstrate how effort and persistence positively affect learning



Iterate & Editing:

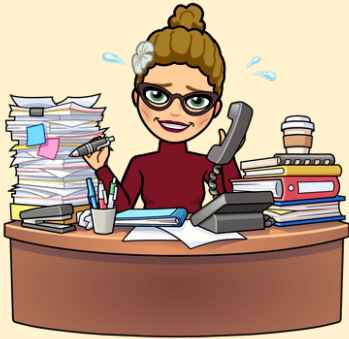
- Revising assignments or projects based on feedback and/or personal observation/testing until satisfied of your BEST WORK

Attempting:

- Trying ALL presented assignments
- Trying new tools, APPS, programs, systems, etc
- Sticking with the discomfort of LEARNING something new until you get it OR ASK FOR HELP
- Seeking out YOUR OWN solutions via internet, YouTube, Forums, HELP menus, experts, friends, teachers, etc
- Embracing **F**irst **A**tempts **I**n **L**earning is how we get better

Initiative and Productivity

NSFS.PER.K-12.A:A3.4
Grades: K-12 Counseling
Demonstrate dependability, productivity and initiative



Self Control

NSFS.PER.K-12.PS:A1.8
Grades: K-12 Counseling
Understand the need for self-control and how to practice it



Creative solutions:

- Using new or different methods for creating evidence of understanding
- Suggesting alternative methods for doing, seeing, understanding or creating
- Volunteering to speak, try, attempt, learn, or share
- Practicing a growth mindset and being curious

Completion:

- Productivity means getting things done vs just looking like work is getting done!
- Following through on ALL the steps/directions etc entailed within an assignment

Timely:

- Using To-Do lists, Google Calendar/Keep, Passion Planner etc to organize your workload and responsibilities
- Completing or attempting completion of ALL assignments
- Turning in work BEFORE or BY set due dates

On Time & Courteous

- Arriving to meetings and/or class before or at beginning
- Maintaining professional behavior & speech

Focused

- Maintaining focus on what is being presented or discussed
- Eliminating/limiting personal distractions; resisting BEING a distraction

Setting up goals:

- Setting you daily intention/focus in planner
- Reflecting on how day went; the good, the bad, the needs improvement; the 'let it go'
- Reflecting on each month with full involvement and intention