

**School Counseling 2022 - 2023**  
**Quarter One Nine Week Plans**  
**August 25 - October 28**  
**(Lessons are Bi-Weekly)**

**Lesson One: Counselor Introduction**

**Lesson Two: Calm Down Strategies**

**Lesson Three: Second Step Bullying Prevention Unit (Introduction/Lesson One)**

**Lesson Four: Second Step Bullying Prevention Unit (Lesson Two)**

**Lesson Five: Second Step Bullying Prevention Unit (Lesson Three)**

**\*Not all classes will have completed Lesson Five by the end of quarter one\***

**LCPS Counselors follow VDOE Standards and ASCA Student Standards:  
Mindsets & Behaviors for Student Success**

**[Standards for School Counseling Programs in Virginia Public Schools](#)**

**[ASCA Student Standards: Mindsets & Behaviors for Student Success](#)**