Colorado CTE

# Counseling and Mental Health Services (2015): Grades 9, 10, 11, 12, Higher Education

Adopted 2015

**Demonstrate respectful and caring relationships in the family, workplace and community.** RELA.01

**01. Analyze functions and expectations of various types of relationships.** RELA.01.01

- a. Analyze processes for building and maintaining interpersonal relationships. RELA.01.01.A
- b. Predict the effects of various stages of the family life cycle on interpersonal relationships. RELA.01.01.B
- c. Compare physical, emotional, spiritual and intellectual functioning in stable and unstable relationships. RELA.01.01.C
- d. Analyze factors that contribute to healthy and unhealthy relationships. RELA.01.01.D
- e. Analyze processes for handling unhealthy relationships. RELA.01.01.E
- f. Demonstrate stress management strategies for family, work, and community settings. RELA.01.01.F

**02. Analyze personal needs and characteristics and their effects on interpersonal relationships.** RELA.01.02

- a. Analyze the effects of personal characteristics on relationships. RELA.01.02.A
- b. Analyze the effect of personal need on relationships. RELA.01.02.B
- c. Analyze the effects of self-esteem and self-image on relationships. RELA.01.02.C
- d. Analyze the effects of life span events and conditions on relationships. RELA.01.02.D
- e. Explain the effects of personal standards and behaviors on interpersonal relationships. RELA.01.02.E

**03. Demonstrate communication skills that contribute to positive relationships.** RELA.01.03

- a. Analyze communication styles and their effects on relationships. RELA.01.03.A
- b. Demonstrate verbal and nonverbal behaviors and attitudes that contribute to effective communication. RELA.01.03.B
- c. Demonstrate effective listening and feedback techniques. RELA.01.03.C

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d. Analyze strategies to overcome communication barriers in family, community and work settings. RELA.01.03.D

e. Analyze the effects of communication technology in family, work, and community settings. RELA.01.03.E

f. Analyze the roles and functions of communication in family, work, and community settings. RELA.01.03.F

**04. Evaluate effective conflict prevention and management techniques** RELA.01.04

a. Explain how similarities and differences among people affect conflict prevention and management. RELA.01.04.A

b. Apply the roles of decision making and problem solving in reducing and managing conflict. RELA.01.04.B

c. Demonstrate nonviolent strategies that address conflict. RELA.01.04.C

d. Demonstrate effective responses to harassment. RELA.01.04.D

e. Assess community resources that support conflict prevention and management. RELA.01.04.E

**05. Demonstrate teamwork and leadership skills in the family, workplace, and community** RELA.01.05

a. Create an environment that encourages and respects the ideas, perspectives, and contributions of all group members. RELA.01.05.A

b. Demonstrate strategies that utilize the strengths and minimize the limitations of team members. RELA.01.05.B

c. Demonstrate processes for cooperating, compromising, and collaborating. RELA.01.05.C

**06. Demonstrate standards that guide behavior in interpersonal relationships.** RELA.01.06

a. Apply critical thinking and ethical criteria to evaluate interpersonal relationships. RELA.01.06.A

b. Apply guidelines for assessing the nature of issues and situation. RELA.01.06.B

c. Apply critical thinking and ethical standards when making judgments and taking action. RELA.01.06.C

d. Demonstrate ethical behavior in family, workplace and community settings. RELA.01.06.D

e. Compare the relative merits of opposing points of view regarding current ethical issues. RELA.01.06.E

**07. Analyze the effects of family as a system on individuals and society.** RELA.01.07

a. Analyze family as the basic unit of society. RELA.01.07.A

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b. Analyze the role of family in transmitting societal expectations. RELA.01.07.B

c. Analyze the role of family in teaching culture and traditions across the life span. RELA.01.07.C

d. Analyze the role of family in developing independence, interdependence, and commitment of family members. RELA.01.07.D

**08. Evaluate the effects of diverse perspectives, needs and characteristics of individuals and families.** RELA.01.08

a. Demonstrate awareness of multiple diversities and their effects on individuals, families, and society. RELA.01.08.A

b. Analyze the effects of social and cultural diversity on individual and families. RELA.01.08.B

c. Demonstrate respect for diversity with sensitivity to anti-bias, gender, equity, age, culture, and ethnicity. RELA.01.08.C

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**Synthesize knowledge, skills and practices required for careers in family & community services.** RELA.02

**01. Evaluate conditions affecting individuals and families with a variety of disadvantaging conditions.** RELA.02.01

a. Assess health, wellness, and safety issues of individual and families with a variety of disadvantaging conditions. RELA.02.01.A

b. Analyze management and living environment issues of individuals and families with a variety of disadvantaging conditions. RELA.02.01.B

c. Discriminate between situations that require personal prevention or intervention and those situations that require professional assistance. RELA.02.01.C

d. Analyze situations which require crisis intervention. RELA.02.01.D

e. Summarize the appropriate support needed to address selected human services issues. RELA.02.01.E

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**Integrate multiple life roles and responsibilities in family, work and community settings.** RELA.03

**01. Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community and global).** RELA.03.01

a. Analyze the effects of social, economic, and technological change on work and family dynamics. RELA.03.01.A

b. Analyze ways that individual career goals can affect the family's capacity to meet goals for all family members. RELA.03.01.B

c. Analyze potential effects of career path decisions on balancing work and family. RELA.03.01.C

d. Define goals for life-long learning and leisure opportunities for all family members. RELA.03.01.D

e. Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual. RELA.03.01.E

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**Analyze roles and responsibilities of parenting.** RELA.04.01

a. Analyze parenting roles across the life span. RELA.04.01.A

**strengthening the well-being of individuals and families.** RELA.04

b. Analyze expectations and responsibilities of parenting. RELA.04.01.B

c. Analyze consequences of parenting practices to the individual, family, and society. RELA.04.01.C

d. Analyze societal conditions that influence parenting across the life span. RELA.04.01.D

e. Explain cultural differences in roles and responsibilities of parenting. RELA.04.01.E

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**Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities.** RELA.05

**01. Evaluate reasoning for self and others** RELA.05.01

a. Analyze different kinds of reasoning (e.g., scientific, practical, interpersonal). RELA.05.01.A

b. Distinguish between adequate and inadequate reasoning. RELA.05.01.B

c. Establish criteria for adequate reasoning. RELA.05.01.C

d. Contrast consequences of adequate and inadequate reasoning for self, others, culture/society, and global environment. RELA.05.01.D

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**Use reasoning processes, individually and collaboratively, to take responsible action in families, workplaces and communities.** RELA.06

**01. Analyze recurring and evolving family, workplace and community concerns.** RELA.06.01

a. Classify different types of concerns (e.g., theoretic, technical, practical) and possible methods for addressing them. RELA.06.01.A

b. Describe recurring and evolving concerns facing individuals, families, workplaces, and communities. RELA.06.01.B

c. Describe conditions and circumstances that create or sustain recurring and evolving concerns. RELA.06.01.C

d. Describe levels of concerns: individual, family, workplace, community, cultural/societal, global/environmental. RELA.06.01.D

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**02. Analyze practical reasoning components.** RELA.06.02

a. Differentiate types of knowledge needed for reasoned action: value-ends, goals, contextual factors, possible actions, and consequences. RELA.06.02.A

b. Analyze short-term and long-term consequences on self, family, culture/society, and global environment. RELA.06.02.B

c. Analyze assumptions that underlie beliefs and actions. RELA.06.02.C

d. Distinguish adequate and/or reliable information from inadequate and/or unreliable information. RELA.06.02.D

e. Analyze role exchange, universal consequences, the role of ethics, and other tests for making responsible judgments. RELA.06.02.E

f. Distinguish adequate from inadequate reasons. RELA.06.02.F

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**Implement practical reasoning for responsible action in families, workplaces and communities.** RELA.06.03

a. Synthesize information from a variety of sources that are judged to be reliable. RELA.06.03.A

b. Describe a particular recurring and evolving individual, family, workplace, or community concern. RELA.06.03.B

c. Select goals/valued ends to resolve a particular concern. RELA.06.03.C

d. Establish standards for choosing responsible action to address a particular concern. RELA.06.03.D

e. Evaluate the conditions of a particular concern, e.g. historical, social-psychological, socioeconomic, political, cultural, global/environmental. RELA.06.03.E

f. Use adequate and reliable information to critique possible actions. RELA.06.03.F

g. Evaluate potential short- and long-term consequences of possible actions on self, others, culture/society, and global environment. RELA.06.03.G

h. Justify possible reasons and actions based on valued ends and information that is judged to be adequate and reliable. RELA.06.03.H

i. Implement and monitor a plan of action based on established standards and valued ends. RELA.06.03.I

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**04. Demonstrate scientific inquiry and reasoning to gain factual knowledge and test theories on which to base judgments for action.** RELA.06.04

a. Delineate scope, concepts, and scientific terminology for a particular inquiry. RELA.06.04.A

b. Judge validity and reliability of information, sources, opinions, and evidence. RELA.06.04.B