

Counseling and Mental Health 1 (2025)

Analyze techniques for building and maintaining a healthy intrapersonal relationship. 1.00

- 1 Understand the foundations of self-awareness. 1.01
- 2 Understand the effects of different types of relationships on personal development. 1.02
- 3 Understand strategies to promote self-management. 1.03
- 4 Apply strategies for making responsible decisions. 1.04
- 5 Analyze the effects of social awareness on individual and families. 1.05

Understand the foundations of healthy interpersonal relationships. 2.00

- 1 Understand the functions and expectations of various types of interpersonal relationships. 2.01
- 2 Understand the characteristics of healthy interpersonal relationships. 2.02
- 3 Understand communication skills that contribute to positive relationships. 2.03
- 4 Understand effective conflict prevention and management techniques. 2.04

Understand strategies to manage interpersonal relationships across the lifespan. 3.00

- 1 Understand the nature of friendship. 3.01
- 2 Understand the role and function of dating. 3.02
- 3 Understand strategies for manage adult responsibilities and decisions. 3.03
- 4 Understand strategies for building and maintaining long-term relationships. 3.04

Analyze the family life cycle. 4.00

- 1 Understand the effects of family as a system on individuals and society. 4.01
- 2 Understand the effects of various stages of the family life cycle on interpersonal relationships. 4.02
- 3 Analyze the impact of conditions that influence the well-being of individuals and families. 4.03
- 4 Analyze services for individuals and families with a variety of conditions that affect their well-being. 4.04

Understand career literacy skills. 5.00

1 Understand career paths within counseling and mental health. 5.01

2 Understand teamwork and leadership skills in the family, workplace, and community. 5.02

3 Understand the effect of personal interests, abilities, goals, and priorities on career choice. 5.03

4 Understand how to utilize transferable knowledge, attitudes, and technical and employability skills in school, community, and workplace settings. 5.04