North Carolina CTE

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

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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