

Small Groups for Elementary School

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Session Overview

- Logistics of Small Groups
- Academic Small Groups
- Social/Emotional Small Groups
- Career Small Groups
- Small Group Resources

Format Considerations

Number of Sessions:

- Typically 6 to 8

Length of Sessions will depend on:

- Developmental level/attention span of participants
- Schedule of the School
- Flexibility of students' schedules

Factors to consider when scheduling groups:

- Consult with classroom teachers to establish times for groups
- Consider school activities students may miss, such as lunch/recess
- Minimize classroom interruptions

Small Group Options

- One session a day for # consecutive days.
- One session on a certain day for a certain # of weeks per group. Rotate groups over the course of the school year.
- Group sessions before school. (Transportation)
- Group sessions after school. (Transportation)
- Group sessions at all times of the school day, but stagger so students do not miss same class period.

(Session 1: 1st Period; Session 2: 2nd Period; Session 3: 3rd Period etc.)

- Group sessions during lunch.

Group Offerings

- Review Data
- Needs Assessment
- Counselor Comfort Level
- Three Domains
- School Climate...What's Happening in the School?
- Based on counseling standards

Group Composition

- Heterogeneous groups:
 - Participants have different needs/problems or characteristics
 - Develop more slowly and tend to be less cohesive
- Homogeneous groups
 - Participants have same or similar needs/problems or characteristics
 - Develop more quickly and tend to be more cohesive
- Group Size
 - Recommended group size ranges from 4-10 participants, depending on age of participants and space available. Twelve is maximum I would take.

Communication

Communicating Offerings

- Newsletter to Parents
- During Counselor Introductions
- Teacher Referral
- Self-Referral
- Your website

They're in...

Now let's get them to attend.

- Email distribution list parents
- Provide students in advance a list of dates & the times
- Remind (a text messaging system)
- Passes the day before
- Passes the morning of
- Provide teachers with a list of students who should be attending.

To Screen or Not to Screen



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- **T**ell student about group
- **A**sk student about his or her level of interest/commitment to expectations of group
- **P**ick participants (consider role models, maturity, diversity, gender, compatibility)
- **Options to screening:**
 - Rely heavily on teacher's recommendation
 - Students who you may see in your office about a topic that will be covered in group
 - Offer multiple groups of same topic (allows more to participate)
 - Have students write a summary of why they feel this group would be a good fit for them. What do they hope to gain?

Rosemarie Smead

To Seek Permission or Not


What to Include in Letter:

- How was interest expressed
- Group Dates
- Group Times
- Group Description
- Voluntary
- Will be confidential
- Sign and return
- Contact Information

Typical Agenda

- Introductory Icebreaker
- Group Norms
- Review last session
- Content
- Activity
- Discussion
- Summarize
- Follow Up Activity
- Preview next session

Setting Group Norms

- starting and finishing on time
 - coming prepared
 - listening to others without interruptions
 - participating
 - saying when you don't understand
 - when anyone is speaking, addressing the whole group and not just the teacher
 - switching off mobile phones
 - treating others' contributions with respect
 - keeping personal issues out of the session
 - maintaining confidentiality within the group.
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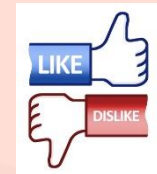
Follow Ups

Session Follow-up

- You can send a follow up to parents/teachers after each group session, midway through or end of session to keep these individuals informed of student's progress in the group.
- Include if there is a follow up activity, next session, summary or goal of session

Post Group Follow Up

- Questions posed to students
- Likes/Dislikes
- Goals they plan to implement/have implemented
- Suggestions for future groups
- Have students rank how they felt before group and after group
- Follow up with student either individually or in group setting 4-6 weeks after last meeting



Evaluating Groups

- Pre and Post survey related to topic of group perceived improvement
- School data related to attendance, behavior, etc. before and after the group
- Number of referrals
- Group sign-in sheets verifying attendance
- Number of groups held
- Number of participations in groups
- Teacher surveys indicating student improvements

ACADEMIC SMALL GROUPS

Helps students succeed academically



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Academic Support

- Retained Students
- Organizational Support (Extreme Makeover: Academic Edition)
- Attendance Matters
- Study Skills

SOCIAL/EMOTIONAL SMALL GROUPS

- Recognize and manage their emotions (Anger Management)
- Demonstrate caring and concern for others (Friendship)
 - Establish positive relationships (Friendship)
 - Make responsible decisions (Behavior related)
- Constructively handle challenging social situations (Bystander, Conflict Resolution)

- Peer Relationships ([activities](#))
- [Social Emotional Activities Workbook](#)
- [Family Changes \(divorce, grief, etc.\)](#)
- [Girl Power](#)
- [Relational Aggression in Girls](#)
- [Raise Boys](#) (Relational Aggression)
- [Stress Management](#)
- [Character Traits](#) (sign up to receive free resources)
- [Choices](#)

- **Girls' Groups** - This group is really an extension of classroom guidance for all 4th grade girls. It is not a problem focused group and allows girls an opportunity to discuss and practice healthy friendship and problem-solving skills through fun games and activities. For more information about this and to complete the permission form, [click here](#).
- **Boys' Groups** - This group is an extension of classroom guidance and usually offered to all the boys in 4th or 5th grade. It is not a problem focused group and allows boys the opportunity to identify characteristics of the men they want to grow into as well as opportunities to create projects based on folklore that are designed to promote understanding and value various talents and virtues that each boy in each group has. For more information and the permission form, [click here](#).
- **Banana Splits (Divorce Support)** - This is a group available to students whose parents are divorced or are divorcing. For more information and the permission to participate, [click here](#).



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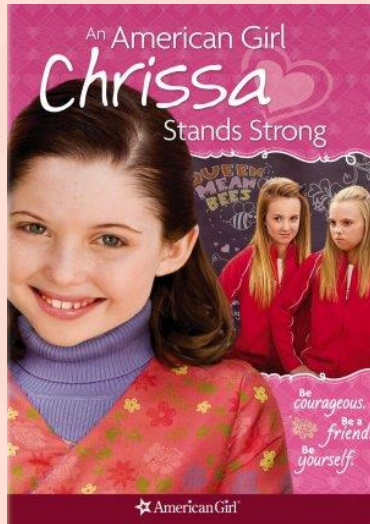
- **Friendship Group:** This group deals with socialization skills, friendship and self-concept. Lessons focus on students having difficulty initiating or continuing friendships.
- **Play Group:** This group provides extra time to work on appropriate socialization, and is primarily for kindergarten and first grades.
- **Deployment Group:** This group provides support to students from military families whose parent is somewhere in the process of deployment. Whether getting ready to deploy, actively deployed, or preparing for a homecoming, students may experience a range of emotions.
- **Anger Group:** This group helps students understand that anger is a normal emotion and that the options that they may presently be using to release their anger are inappropriate. They will learn different coping skills for anger management.

Book Club for Students

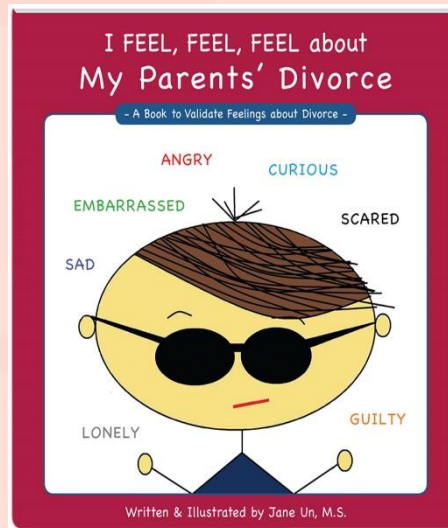
Students are given the opportunity to practice fluency, character, plot, and other literary skills while also learning life lessons.



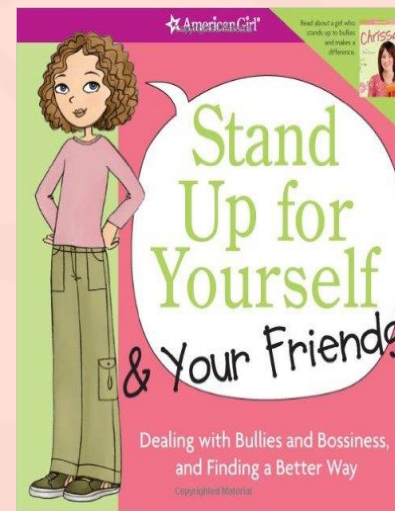
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Chrissa Stands Strong
(relational aggression)



Author: Jane Un
(Divorce)



(Conflict Resolution)



SELECTED PARTICIPANTS:

1. Mixture of Reading Levels
2. Depending on theme of book and those who frequent your office based on that theme



BOOK Club



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Book Club Jobs

- **Page Tracker** - Writes the page number we end on each week
- **Timeline Tracker** - Allows us to track the story events of the plot
- **Character Tracker** - Keeps a running list of our characters in the book
- **Character Traits/Setting Tracker**- Keeps a running list of setting locations and character traits displayed in the book.
- **Chapter Summarizer** - Writes a two or three sentence summary of the chapters Pick two students for this one so they can alternate.

Book Club Logistics

- Number of students = number of books needed
- Read/Discuss/Activity or Read/Discuss
- Incorporating Literacy with reading strategies you may employ
- Student booklet to jot down happenings and illustrations
- Create bookmarks for place holders as well as with dates/times

Links to Book Lists

- Bibliotherapy for Bereaved Siblings: <http://www.counselingstlouis.net/bibliotherapy.html>
- Guidance Book List: vtcounselors.wikispaces.com/file/view/Guidance+Book+List.doc
- Counseling Book List Elementary:
<http://counselorscabinet.pbworks.com/w/page/82909399/Counseling%20Resources>
- School Counselor's Book List:
https://www.runmyclub.com/VSCA/ClientFiles/Documents/A_School_Counselors_Book_List_51302013-085145PM.pdf
- Elementary Career Booklist:
<http://vacareerview.org/resources/pdf/parents/Elementary%20Career%20Booklist.pdf>
- Julia Cook booklist: <http://www.iowareading.org/uploads/julia-cook-book-list.pdf>
- <http://www.sesdweb.net/Page/4200>
- <https://theschoolcounselorkind.wordpress.com/books-i-love/>
- <https://www.pinterest.com/jkl5502/books-for-guidance-book-lessons/>

CAREER SMALL GROUPS

Career awareness and motivational activities that empower participants in developing an educational plan with short-term and long-term academic goals.

- [Career Café](#)
- [Career Exploration Activities](#)
- [Leadership Group](#) (Team Building Activities)
- [The Leader In Me](#) (SAMPLE Student Activity Guides K-6)
- 17 Cluster Specific Groups...Focus on the pathways that your high school offers when determining what cluster to conduct group

SMALL GROUP Resources

Additional Resources

- [Group Lessons](#)
- [Icebreakers](#)
- [40 Icebreakers for Small Groups](#)
- [Self-Esteem Resources](#)
- [Small Group Unit Lesson Plans](#)
- [Variety of Groups](#) (DocStoc has lesson plans that can be downloaded)

ALL LEVELS

2:PM - 3:PM

9

2:PM - 3:PM

Supporting Your ELL Students

DECEMBER WEBINAR

**REGISTER TODAY!!
DON'T DELAY!!
Click on session's
topic to register.**

This webinar will discuss how school counselors can best support ELL students in their academics to help them succeed and eventually transition from high school.



THE END

THANKS FOR WATCHING

ANY QUESTIONS??