



Small Group Internship 2 Project

Group name: Thrive

Grade level: 9-12

By: Grace Suttera





Goal of the group

The goal of the small group is to support students during their high school career and provide a focused learning environment where students can receive more individualized attention and support. From participating in this group, students will be able to collaborate with classmates. Students will also learn about time management, recognize and consider the perspectives and feelings of others, learn about the impact of social media on mental health and gain confidence through positive self-talk/self-care activities.



Group Topics

1. Positive self-talk
 2. Respecting authority and its importance/how to respond when told no
 3. Resolving conflicts
 4. Impact of social media on mental health
 5. Managing anger
 6. Time management/effective study habits
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Data Sources

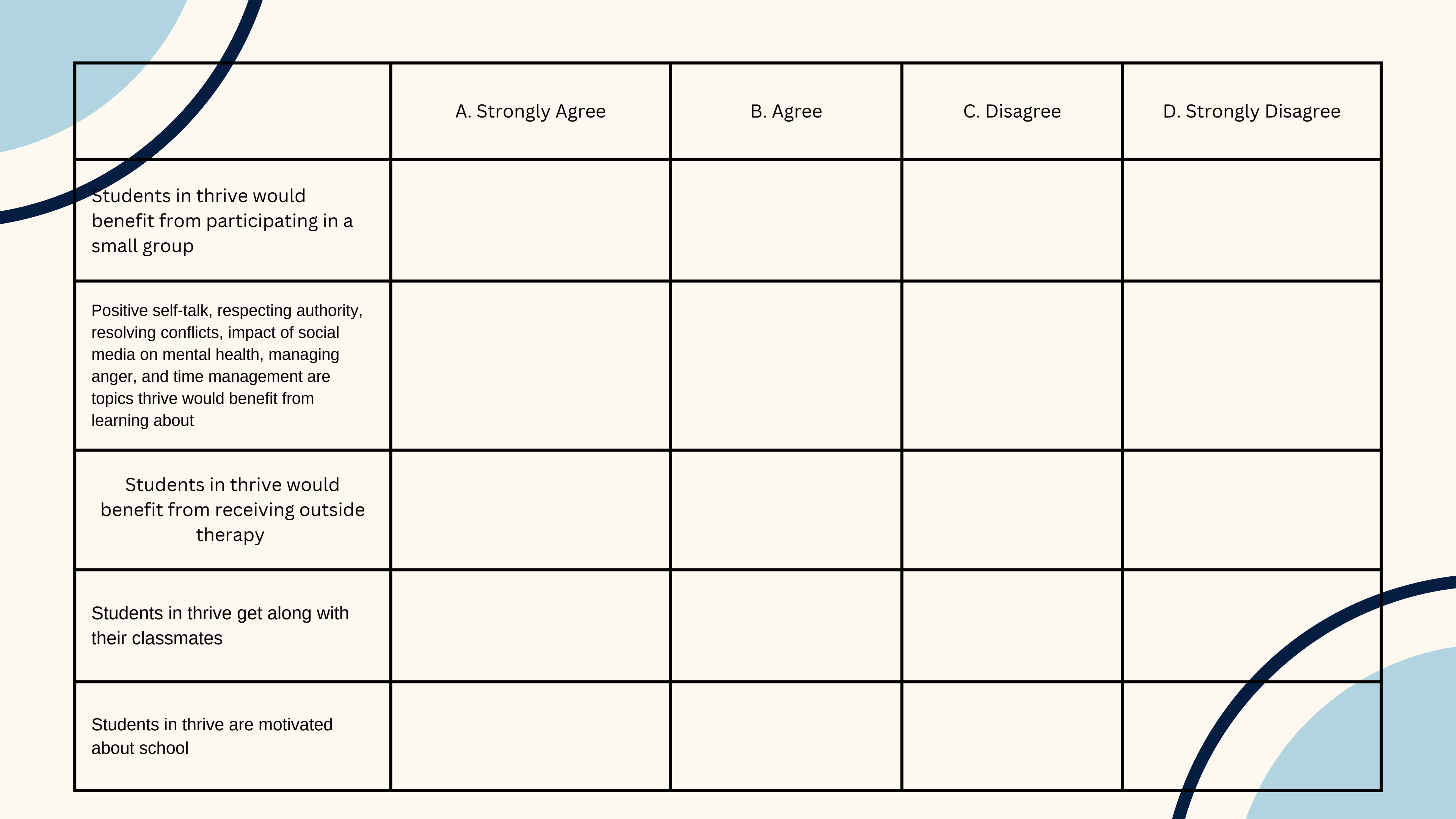
Behavioral data and attendance records are existing data sources that identify and support the need for this small group. The students in thrive have several suspensions this school year and many unexcused absences that are interfering with their graduation date.





Needs Assessment

To support the need for the small group, the counselor advisory committee and administrators were surveyed. Based on their responses, it was determined that creating a small group for this particular group of students would be very beneficial.



	A. Strongly Agree	B. Agree	C. Disagree	D. Strongly Disagree
Students in thrive would benefit from participating in a small group				
Positive self-talk, respecting authority, resolving conflicts, impact of social media on mental health, managing anger, and time management are topics thrive would benefit from learning about				
Students in thrive would benefit from receiving outside therapy				
Students in thrive get along with their classmates				
Students in thrive are motivated about school				



AIA Standards

Academic development- The small group aligns with academic development because this particular group of students struggles academically. With that being said, one of our group topics is time management and effective study habits so the students can learn the importance of studying and being organized. During this session students went through their backpack and organized their binders.

Counseling prevention and intervention- In our small group we practiced positive self-talk/self-care. Each student in the small group shared two positive statements about themselves. Students also came up with a strategy to get more sleep by getting off their phone by 11 P.M. on school nights.



ASCA Mindsets and Behaviors

B-LS 3. Time management, organizational and study skills (ASCA, 2021)

B-SMS 1. Responsibility for self and actions (ASCA, 2021)

B-SMS 8. Balance of school, home and community activities (ASCA, 2021)

B-SS 2. Positive, respectful and supportive relationships with students who are similar and different from them (ASCA, 2021)

B-SS 10. Cultural awareness, sensitivity and responsiveness (ASCA, 2021)



Cultural Sensitivity



- As a group, we went over group rules and expectations, one being to respect everyone and their differences.
- Our small group consists of Caucasian, African American, and Hispanic students.
- Our small group consists of students with disabilities and students on free/reduced lunch.

Evaluation

My small group had some success throughout our six weeks of meeting. Our first session, the entire group wasn't open to the idea of learning about positive self-talk or how to resolve conflicts. However, once I changed the scenery and took the students outside or in the gym, they were more open to hearing me out and they actually started to participate and enjoy group. By the end of group, students mentioned that they only came to school because we had group. This helped with attendance which is one of the biggest concerns in this group of students. Overall, the evaluation of our group had many positives.

Artifacts





References

*ASCA student standards: Mindsets & Behaviors for student success. ASCA Student Standards: Mindsets & Behaviors for Student Success - American School Counselor Association (ASCA). (n.d.-a).
<https://www.schoolcounselor.org/Standards-Positions/Standards/ASCA-Mindsets-Behaviors-for-Student-Success>*

