

What is Small Group Counseling? This is an opportunity for students to learn new skills, develop self-confidence, and better understand how to deal with the problems life presents with a small group of other students.

How did I get invited? Faculty members, teachers, parents, or the students themselves can refer students to counseling.

Do I have to join? *No.* This is an invitation, not a requirement. Students and their parents/guardians must both agree that they would like to be in a Small Group. If at any time the student would like to stop coming to Small Group, the student just needs to tell Mrs. McIntosh, School Counselor.

How often do Small Groups meet? Small Groups meet approximately once a week for 30 minutes per session. Each group will meet for 6-8 sessions.

When do Small Groups take place and what will I miss? Small Groups take place during the school day.

Students will miss academic class time such as math, science, social studies and language arts. Students will not miss special classes that cannot be "made up" such as P.E., Art, Music, Library or Spanish. Students will not miss Resource Room instruction. Students are required to make up any missed work. However, their teachers will help the students with any missed work. Small Groups do not usually meet on the same day and time each week so that students will not always miss the same class.

Topics for Small Group Counseling:

Making Friends - what makes you interesting to others?, approaching a potential friend, starting conversations, letting your friends have other friends, positive friendship behaviors

Anger Management - where in your body do you feel angry?, different types of anger, what triggers your anger?, how to relax your body, safe ways to let anger out

Increasing self-esteem - what is self-esteem?, who supports you?, what are your positive attributes?, how do you cope with others?, how do you accept feedback?

Building social skills - what character traits are desired?, practice respect for others, improve listening skills, identify role models in their lives, what do you do well?, manners, getting along with others