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| Small Group Action Plan  |
| School Counselor (s) | ASCA Domain, Standard and Student Competency | Outline of Group Sessions to be Delivered | Resources Needed | Process Data (Projected number of students affected) | Perception Data (Type of surveys to be used) | Outcome Data (Achievement, attendance, and/or behavior data to be collected) | Projected Start/End |
| Bethany Sinkhorn | Academic DevelopmentStandards A and C:A:A1.5A:C1.1Personal/Social DevelopmentStandards A and B:PS:A1.10PS:B1.4 | Weekly meetings of the group to learn coping skills for stress/anxiety management; Biweekly meetings with the professional school counselor to supplement group sessions | The Stress Reduction Workbook for Teens by Gina Biegel; Laptop with internet access; PBIS website resources | Nine students in the Eleventh grade for nine weeks | Pre/post surveys for students; pre/post surveys by parents/teachers; anecdotal notes; student goals | Pre/Post survey results; results of anecdotal notes; students’ personal goals results | The second nine weeks (October 14-December 20) |