

# Core Counseling Curriculum Lessons- How to reach ALL students

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# School Counseling is Changing...

## *Before*

- Reactive
- Random Acts of Counseling
- Use of Referrals
- Measure Impact with Number Served



## *New Way*

- Proactive
- Intentional Acts of Counseling
- Use of Data
- Measure Impact with Behavior Change Data

# Our Foundation

## NMMS Counseling Vision Statement

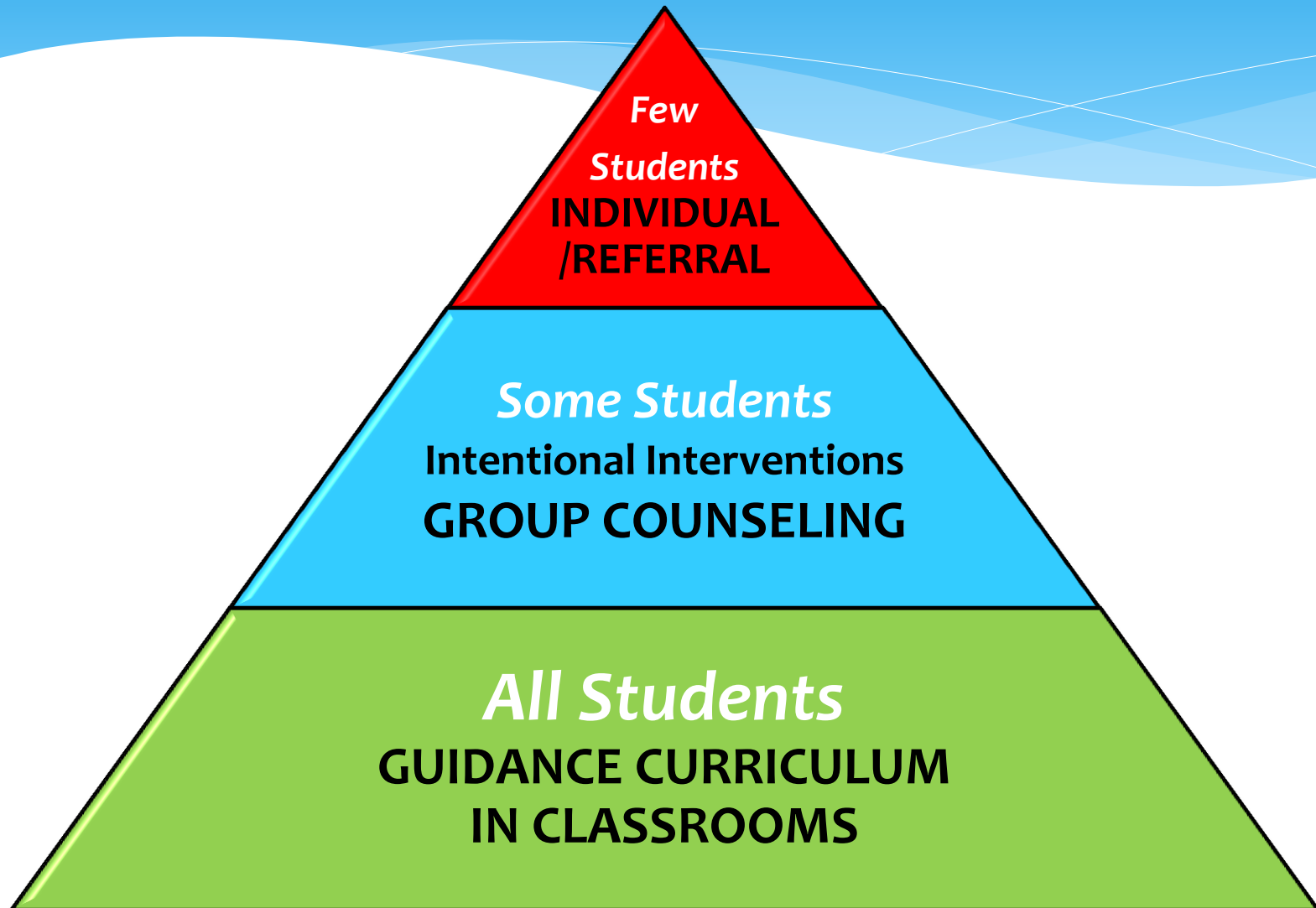
The North Mountain Middle School Counseling program, through **collaboration** with faculty, parents and community stakeholders, will provide all students with the **tools and resources to succeed**. We believe that students will explore their own talents, take pride in themselves, their school, and their community in order to leave North Mountain **college and career ready**.

## NMMS Counseling Mission Statement

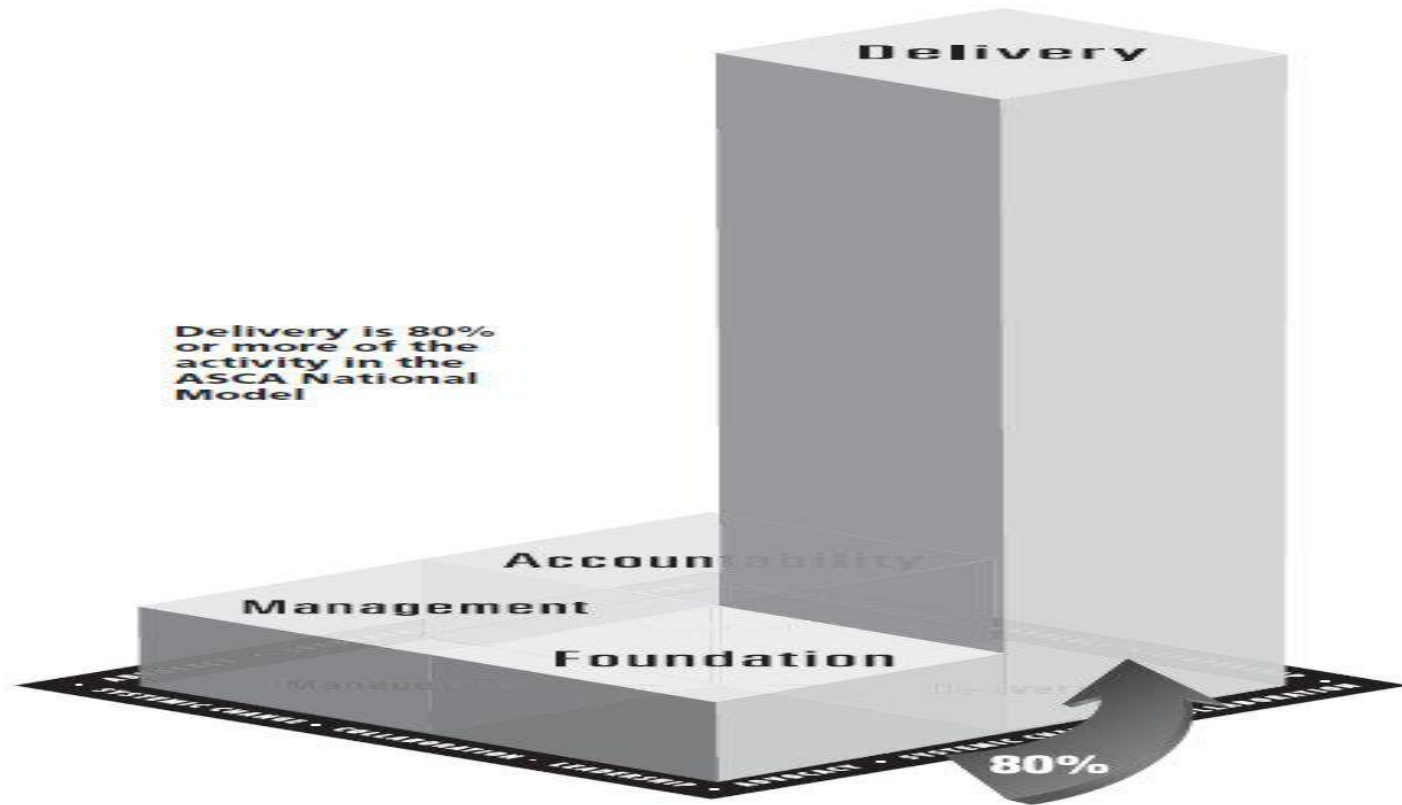
The mission of North Mountain Middle School Counseling program is to ensure that **all** of our students receive **equitable access** to the knowledge, attitudes and skills necessary to achieve **academic excellence, college/career readiness, personal growth and social responsibility** to become contributing members of their community.

# Three-Tier Model

Aligns with Response to Intervention (RtI)



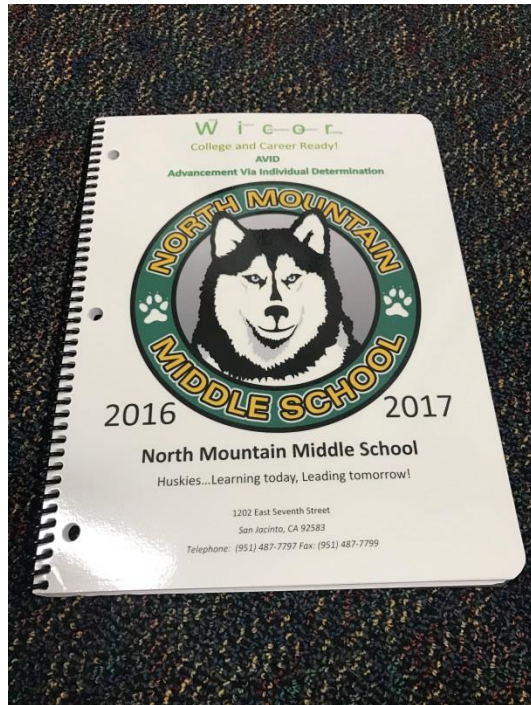
# 80% Direct Services with Students



# Core Curriculum at-a-Glance

	6 <sup>th</sup> grade	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Fall (Sept-Oct) <b>Academic</b>	Academic Success MS transition	Academic Success	Academic Success HS transition, A-G
Winter (Nov-Dec) <b>Social/Emotional</b>	Bullying Prevention	Bullying/ Cyberbullying Prevention	Cyberbullying/Safe School Culture/ Early Warning Signs
Spring (Jan-Mar) <b>College/Career</b>	Using Naviance: Career Tools	Using Naviance: Career Tools	Using Naviance: A-G Tools

# Academic Lesson



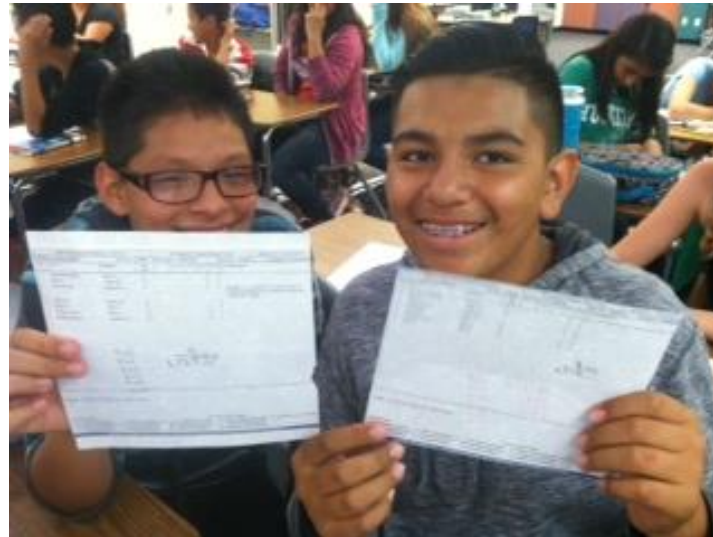
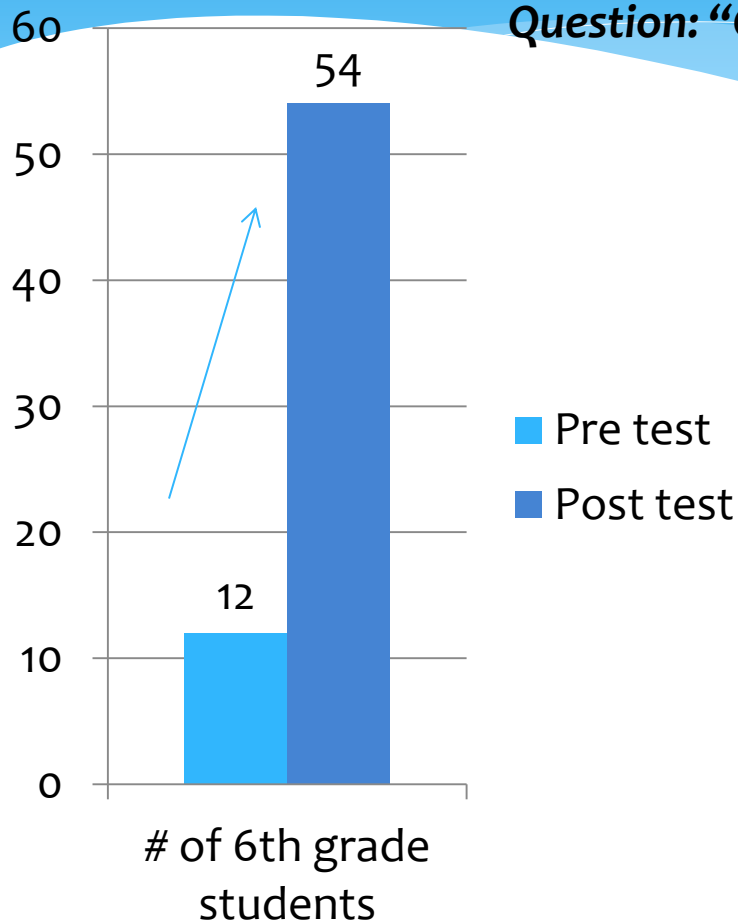
# Activity #1—GPA Team Race

- \* You will be divided into a team of 4
- \* Each team will be given 6 cards
- \* Each card has a letter grade on it (ex: “A”, “C”, etc.)
- \* Your team task is to Calculate the total GPA
- \* Winning team gets to present

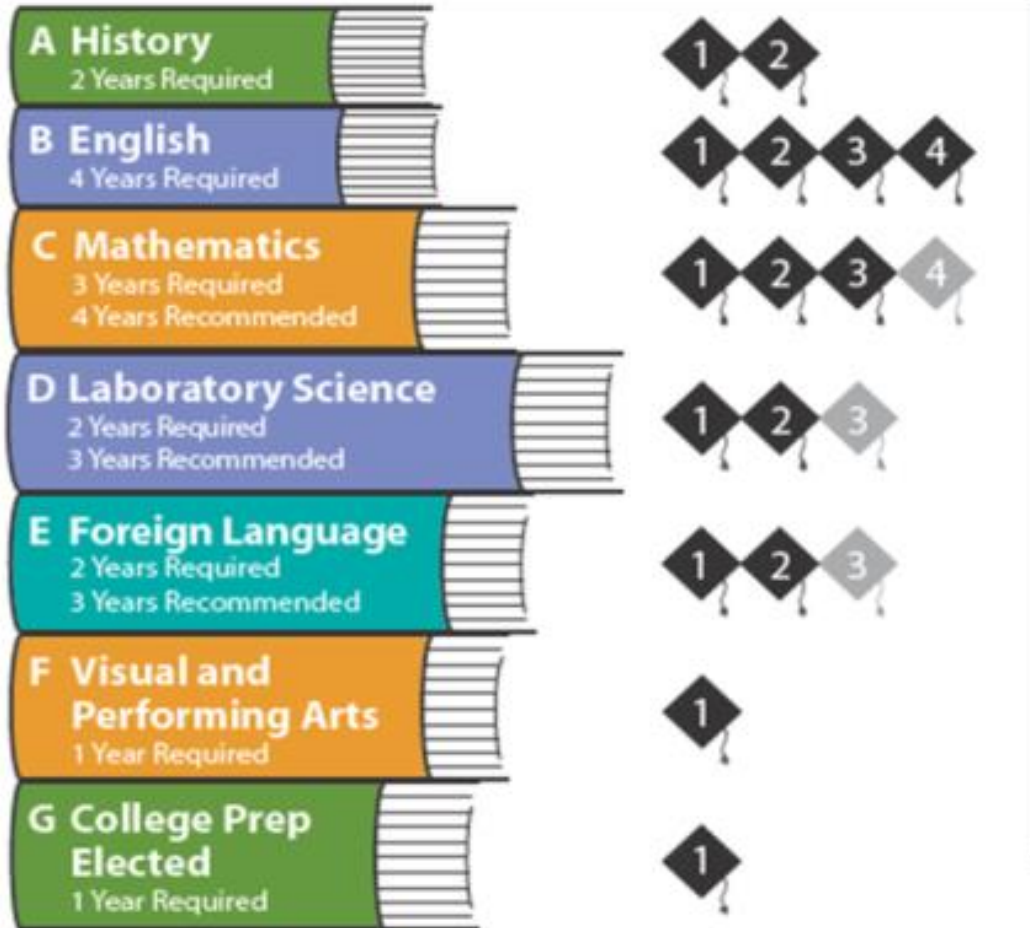


# Skill: # of Students who Could Calculate a GPA from a Scenario

Question: "Calculate a student's GPA"



# A-G Requirements



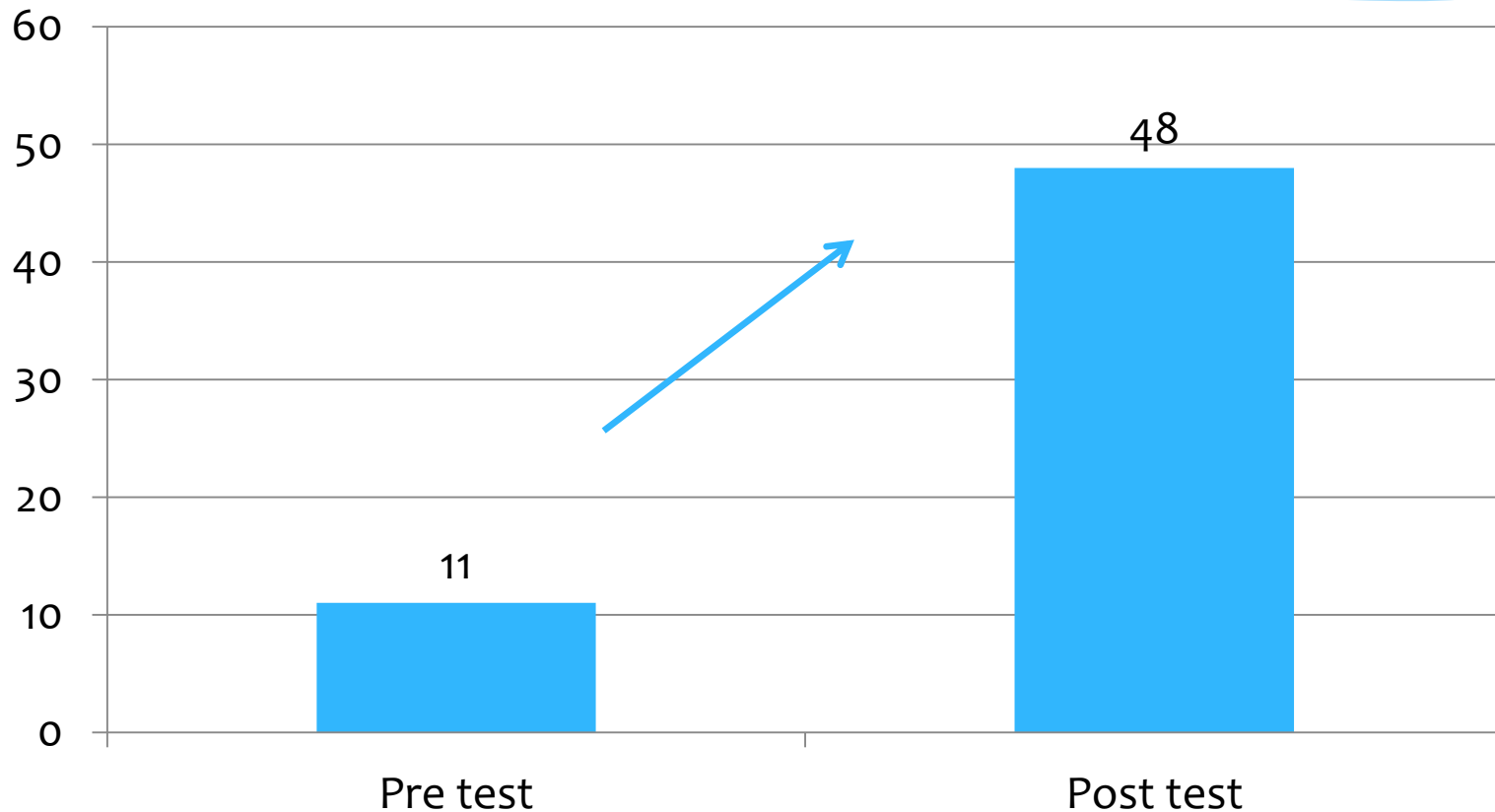
\* Grades of C or better required.

# Are you A-G ready?? Quiz challenge

- Letter A stands for \_\_\_\_\_
- At SJHS, the 2 foreign languages offered are \_\_\_\_\_ and \_\_\_\_\_
- 3 years of math are required but \_\_\_\_ are recommended.
- Classes like theatre, dance, and ceramics are examples of the \_\_\_\_\_ requirement
- Two universities I can go to if I am A-G ready are \_\_\_\_\_ and \_\_\_\_\_

# Knowledge: # of Students who Knew A-G Requirements

Question "What are A-G requirements?"



# Needs Assessment

Hello 6<sup>th</sup> grade team,

Your school counselors are working to deliver the best academic lesson possible to our students in January.

As such, we'd like your input on what areas were of most concern to you during 1<sup>st</sup> semester.

Please take a minute to rank your top three (3) areas (1=most concerning...) that you believe 6<sup>th</sup> graders would benefit receiving more support on, via a classroom school counseling lesson.

	Check (X)
Calculating a GPA	
Organization	
Time management/Using time wisely	
Task avoidance/motivation	
Asking for help/self-advocacy	
Short-term and long-term goal setting	
Connecting with school activities	
Examining grades/reading a transcript	
Accessing student portal	

Thanks for all of your support of your school counseling program!

--Erika and Pedro

# Other Academic Success Activities

- \* Organization Backpack Competition
- \* Good vs. Bad Transcript
- \* Logging students into Student Portal



# Social/Emotional Lesson

## Huskies. Let's Take a Stand Against Bullying



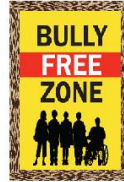
### 4 Main Types of Bullying:

1. Emotional/Psychological
2. Cyber
3. Physical
4. Verbal



### What can I do to be an UPSTANDER?

- Fill out an incident report
- Befriend the target
- **AVOID VIOLENCE!**
- If you feel safe, stand up for the person being bullied
- Tell an adult

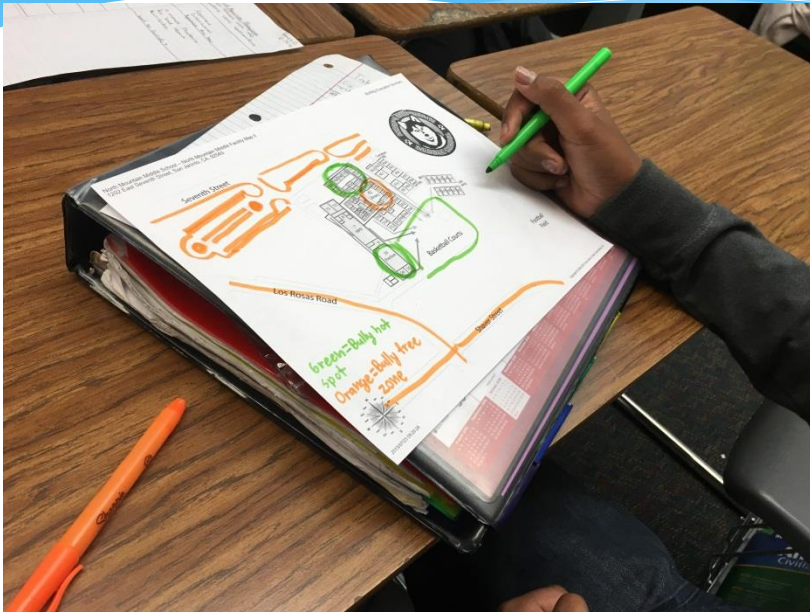


### What if I am the target?

- Stay in a group
- Participate in school activities to meet friends with similar interests
- **AVOID VIOLENCE!**
- If you are being bullied online, **DON'T REPLY!**
- If you feel safe, tell the bully, "STOP! I don't like that!"

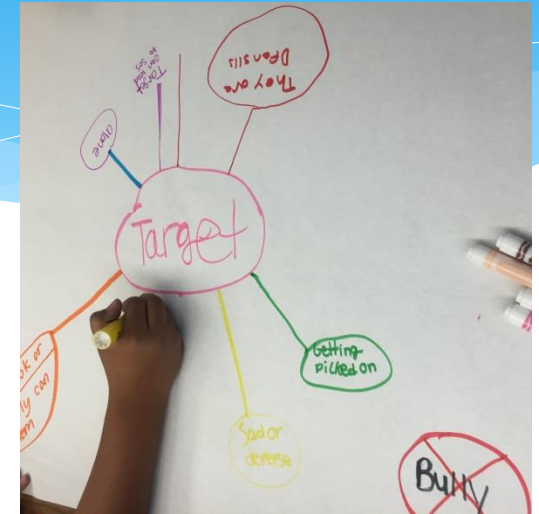
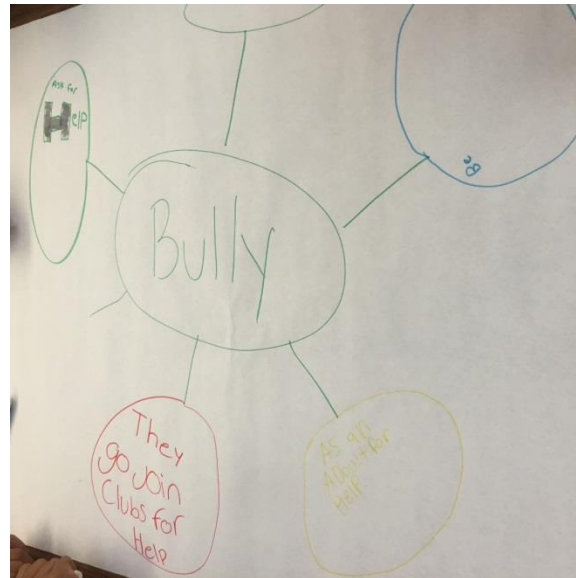
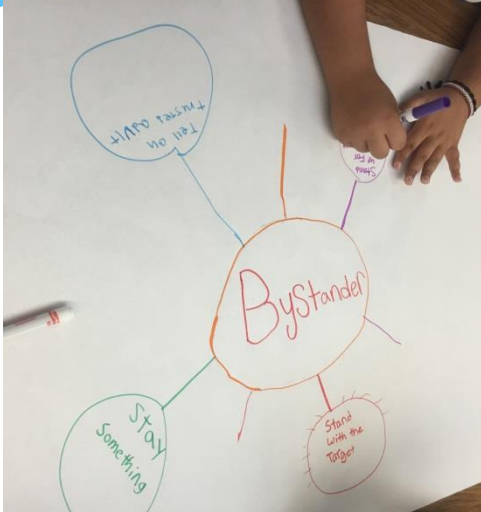


# Bully Zones/Bully Free Zones

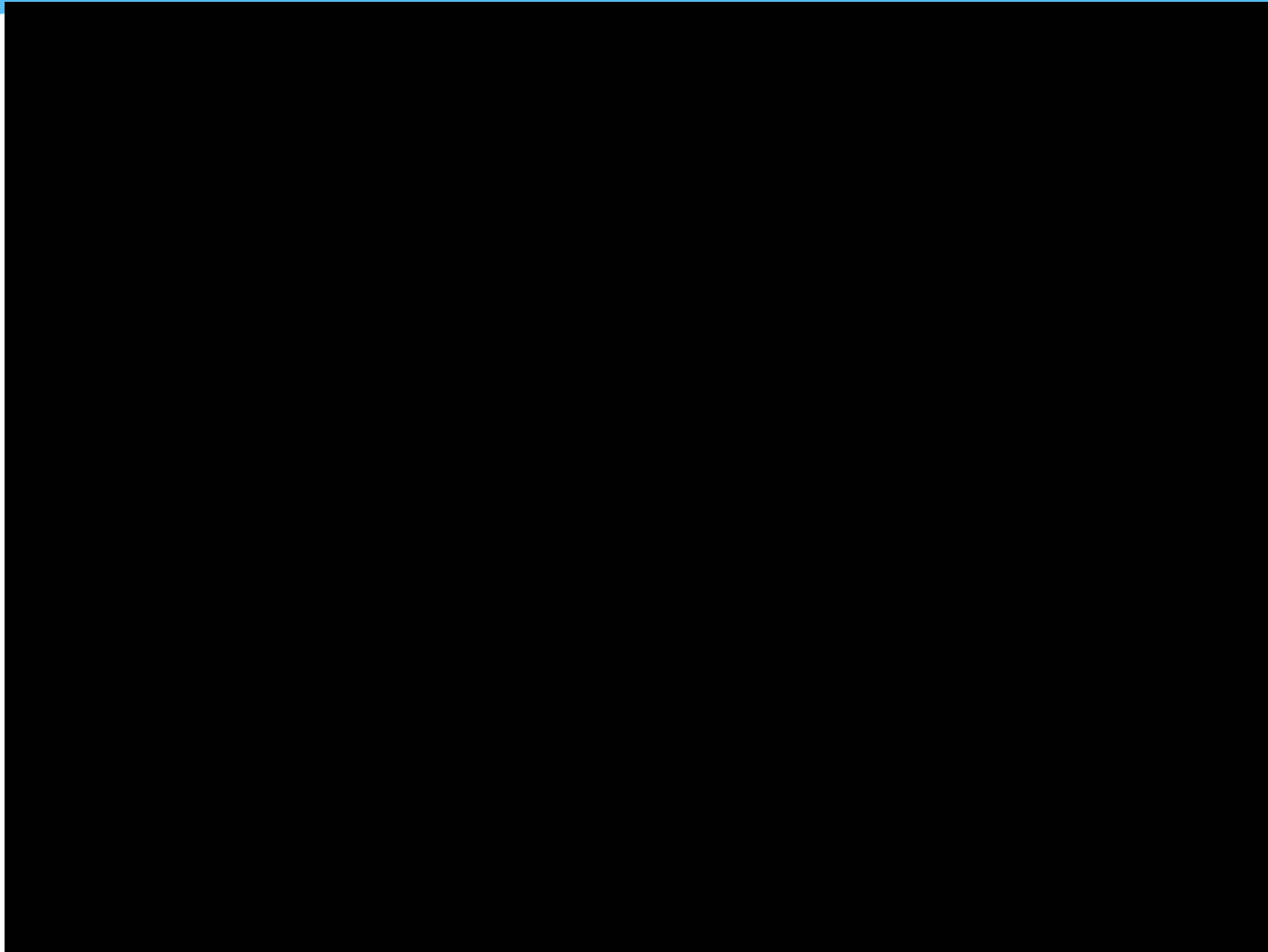




# 6<sup>th</sup> Grade Anti-Bully Lesson



# Bullying in Action



# Attitude: % of students Who Believed they Could help to Make NMMS Safer

**Question: "I believe I can take a part in helping to make NMMS a safer place to be."**

## PRE-TEST

**42 %** of students chose Agree or Strongly Agree

## POST-TEST

**78%** of students chose Agree or Strongly Agree

**This is an 86% INCREASE!!**

**SHIFTING ATTITUDES!!**

# Culture Stand Up

Please stand if the question applies to you...

# Other Activities for Bully Prevention

- \* Role Plays
- \* Cyberbullying
- \* Video Clips
- \* Upstander T-Shirt Giveaways
- \* What are some engaging activities that your schools do?

# College and Career Lesson

- \* Naviance
- \* [www.californiacareerzone.org](http://www.californiacareerzone.org)
- \* Interest Inventories
- \* CCGI
- \* College Exploration
- \* College Admissions GPA Game

# Possible Core Curricula

- \* Boys' Town
- \* Insight
- \* 2<sup>nd</sup> Step
- \* Salvaging Sisterhood  
(Small Groups)
- \* Why Try?
- \* Counselor Created
  - \* Pinterest
  - \* Teachers Pay Teachers
  - \* CESCAL

# Pre and Post Tests for Data

## Pre/Post Test 6<sup>th</sup> grade Academic Lesson—Academic Success

- 1. I believe establishing good habits in middle school will help me in the future.**
  - a. strongly agree
  - b. agree
  - c. not sure
  - d. disagree
  - e. strongly disagree
- 2. I believe it is important to check my Student Portal account twice a week so I know exactly what my grades are at all times.**
  - a. strongly agree
  - b. agree
  - c. not sure
  - d. disagree
  - e. strongly disagree
- 3. Being organized at school helps with which of the following, except:**
  - a. Remember due dates
  - b. Locate materials
  - c. Have a positive attitude
  - d. Having a plan for success
  - e. none of the above are correct
- 4. A document that lists of all of the grades received while in middle school is known as a:**
  - a. Report card
  - b. Transcript
  - c. GPA
  - d. Planner
  - e. Grade list
- 5. Santana is a 6<sup>th</sup> grader at NMMS. She is receiving the following grades: A in Math, B in Social Studies, B in Language Arts, D in P.E., D in Science and B in AVID. What is her GPA?**
  - a. 3.83
  - b. 3.44
  - c. 2.70
  - d. 2.50
  - e. 2.25



# Music

Ain't No Mountain High Enough	Celebration
Let's Get it Started	Don't Worry be Happy
We Will Rock You	The World's Greatest
Sweet Home Alabama	Welcome Back Kotter Theme
Man in the Mirror	Beautiful
Why Can't We be Friends	Another one Bites the Dust
Taking Care of Business	Hit my with your Best Shot
Jaws Theme Song	Beautiful Day- U2

# Thank You



*The School Counseling Program is contributing in a meaningful and positive way to the academic and social/emotional development of students.*



EVERY STUDENT  
WILL BE COLLEGE & CAREER READY!



*Thank you for your dedication to students and support of the North Mountain School Counseling Program!*

Contact Us

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