



ASCA National Model School Counseling Program

Core Curriculum - Socio-Emotional SMART Goal

<p>Specific Issue: What is the specific issue based on our school's data?</p>	<p>Based on school data, and as the student population has increased, crisis involving suicide assessments has similarly increased.</p> <p>Number of suicide interventions; approximately 74.6% of students rated their daily stress level as 3 or higher out of the possible 5; 66.6% of students reported that their daily stress level as being consistent from anywhere from 3 months to a year or longer.</p>
<p>Attainable: What outcome would stretch us but is still attainable?</p>	<p>5% decrease in counseling referrals for self-harm assessment.</p>
<p>Time Bound: When will our goal be accomplished?</p>	<p>By end of calendar school year, i.e. June 2017</p>
<p>Measurable: How will we measure the effectiveness of our interventions?</p>	<ul style="list-style-type: none"> ■ Pre/Post tests ■ Number of counseling referrals as well as reasons for counseling referral ■ Completed Stress Management Plan handouts
<p>Results-Oriented: Is the goal reported in results-oriented data (process, perception and outcome)?</p>	<p>Process: each 11th grade student will receive counseling intern-made lesson presented to them with more information on stress management and self-care.</p> <p>Perception: Pre/Post tests will show growth-in knowledge regarding related terms, change in attitude towards investing in self-care and ability to formulate a stress management plan.</p> <p>Outcome: Will show a decreased percentage of counseling referrals coded for suicidal ideation.</p>