



Culminating Project

Alden May

Data Sources

Tier 1 support:

Minute Meetings

1

2

3

4

5











Awful

Not very good

Okay

Really good

Fantastic

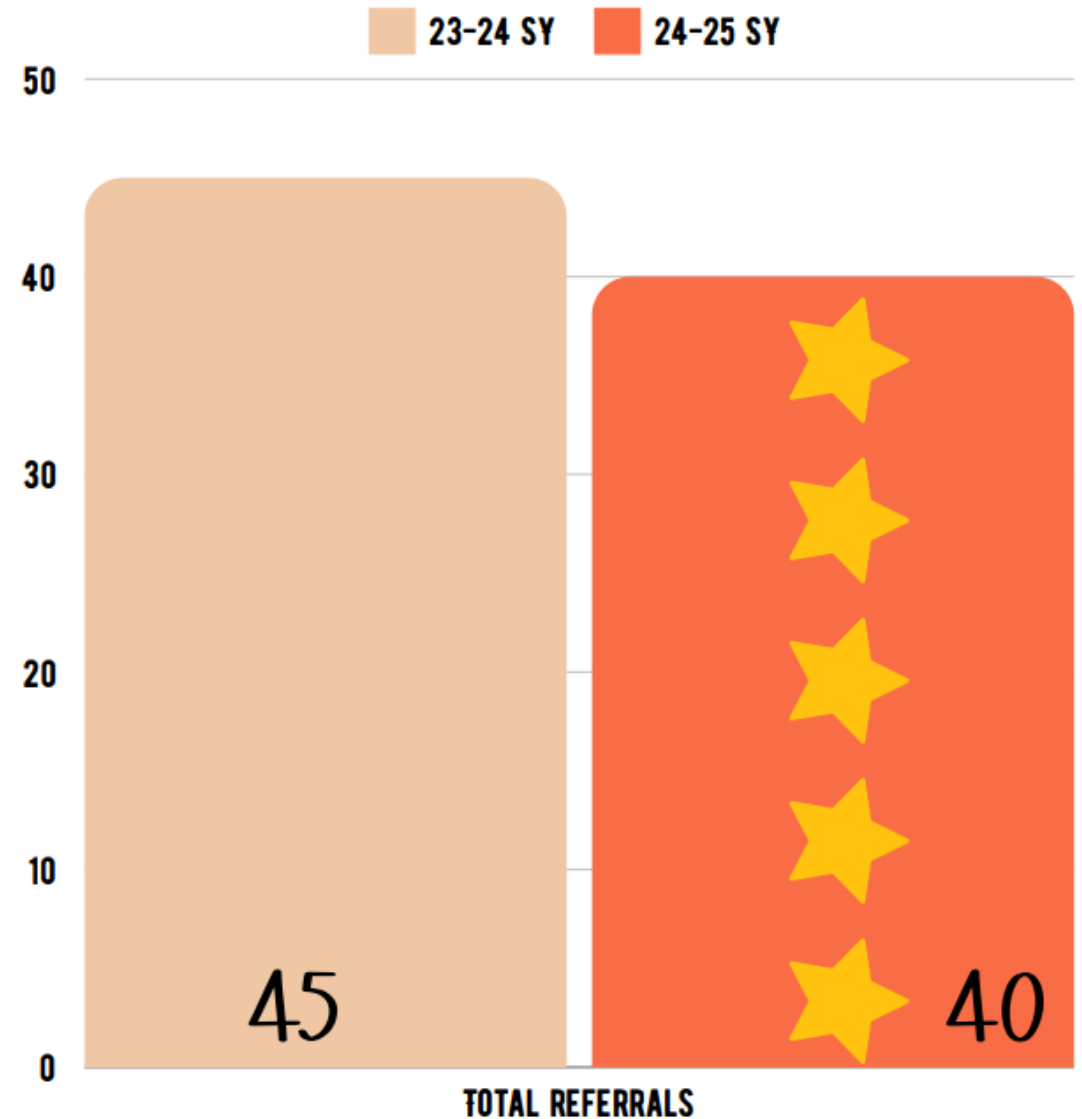
All students grades 1-4 met with Miss Moorman/
Mr. May for 1 minute.

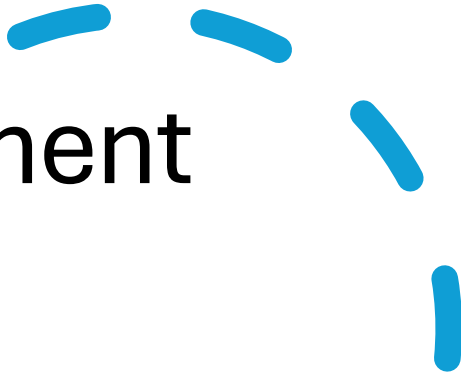
Feelings about school	Making friends okay	Adult they trust/can talk to at school	Anything else
5		5 yes	likes to go swimming
5		5 so/so	likes hockey and football
4		3 yes	likes to draw
3		3 yes	likes to play with toy cars
5		5 yes	likes to draw, has 3 cats and a dog
3		3 yes	likes the Lego movie
5		5 yes	likes to play tag
4		5 yes	likes to play with Legos
5		4 yes	play with friends and roblox
5		5 yes	likes morning bins and recess
4		4 yes	has a dog
5		5 yes	excited for full day
5		2 yes	recess and gym



Referral Data

- There were 45 referral among 1st grade students in the 23-24 school year.
- The schools' goal is the get that number down to 40.





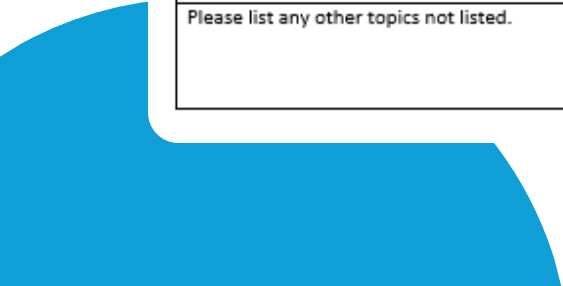
Name _____

1. What subjects would you like to be addressed in classroom guidance? Place a check by the topics you feel are most important.

Subjects	Check
Hygiene	
Bullying	
Good Character	
Integrity	
Positive Choices	
Understanding and accepting consequences	
Controlling behaviors	
Dealing with loss	
Respecting others when teachers are not around	
Being Yourself	
Kindness	
Responsibility	
Tattling Vs. Telling	
Self Esteem	
Feelings/ Emotions	
Coping skills	
Rude Fighting	
Anger Management	
Middle School Preparation	
Friendship	
Coping with Stress	
Manners	
Test Anxiety	
Gossiping	
Negativity	
Separation Anxiety	
Fights	
Not Knowing how to ask for help at school or at home.	
Effective Communication	
Making Mistakes	
ADHD	
Please list any other topics not listed.	

Needs Assessment

- 5 feelings/emotions
- 6 coping skills
- 4 kindness
- 2 positive choices
- 1 negativity
- 1 test anxiety
- 1 manners
- 1 Being yourself





Needs Assessment

I consulted with my site supervisor and principals.

My site supervisor talked to parents that also said they would like if we could talk to students about these different topics.



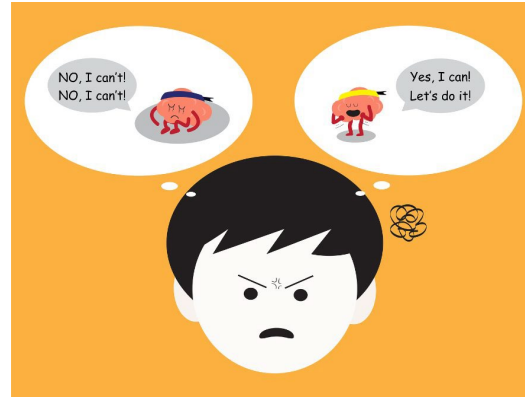
Mindfulness

- Every lesson starts out with a mindfulness breathing.
- The students sit quietly, and we take belly breaths.
- I take one of these monsters to every lessons.
- They are known in the school as Miss. Moorman's mindful monsters.



Lesson 1- Listening, focusing and the role of the school counselor

- I teach them how to be a good listener.
- We go over why it is important to focus your attention on the person talking.
- We teach the kids the term “attentiscopes”.
- We take a walk to see the school counseling office
- We talk about the role of a school counselor



Lesson 2- Positive Self Talk

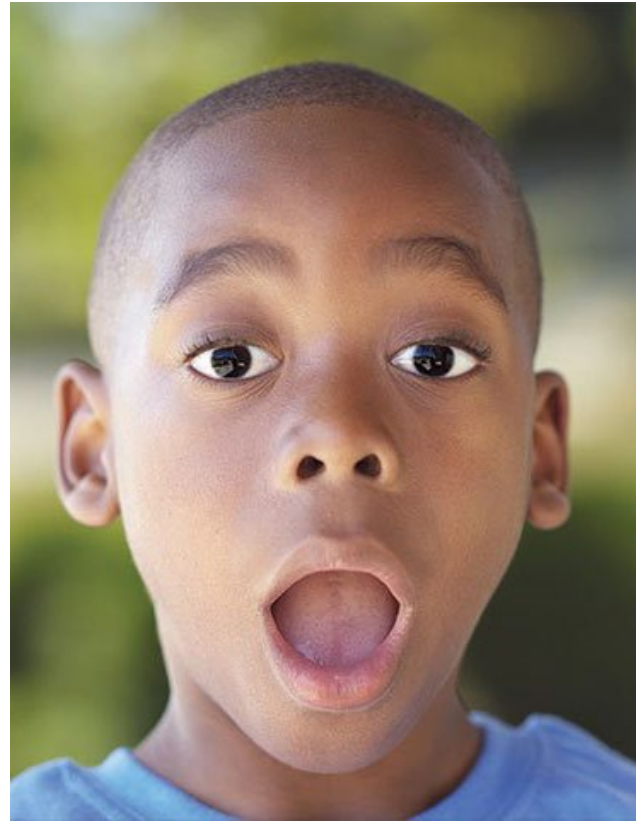
- Positive self talk vs. negative self talk
- Examples of positive self talk
- How can the boy on the left use positive self talk to ignore the girls.





The ZONES of Regulation®

BLUE ZONE		GREEN ZONE		YELLOW ZONE		RED ZONE	
Sad Sick Tired Bored Moving Slowly		Happy Calm Feeling Okay Focused Ready to Learn		Frustrated Worried Silly/Wiggly Excited Loss of Some Control		Mad/Angry Terrified Yelling/Hitting Elated Out of Control	



Lesson 3- Identify emotions and zones of regulation

- How are the kids feeling?
- Zones of regulation



Lesson 4- Empathy



- The golden rule.
- We talk about putting yourself in someone else's shoes to help understand how other are feeling.

AIA Standards



ACADEMIC
DEVELOPMENT



FOUNDATIONS



DIVERSITY AND
ADVOCACY



ASCA Mindsets and Behaviors

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being (ASCA, 2021)

B-SMS 6. Ability to identify and overcome barriers. (ASCA, 2021)

B-SMS 7. Effective coping skills (ASCA, 2021)

If someone can't
change something
about themselves in
30 seconds... stop and
think before you say
it.

Is it kind?

Will it hurt their feelings?

How would you feel if someone
said that to you?

IT'S COOL
TO BE KIND

Cultural Sensitivity

- I started every lesson with this poster.
- Multiple races were represented in the pictures during my lessons.



Evaluation

First Grade Pre/Post Test

What is a school counselor?

- A. Math teacher
- B. Specials teacher
- C. Someone I can talk to about my feelings

What is positive self-talk?

- A. Homework
- B. Feeling sick
- C. A way I can encourage myself to do hard things.

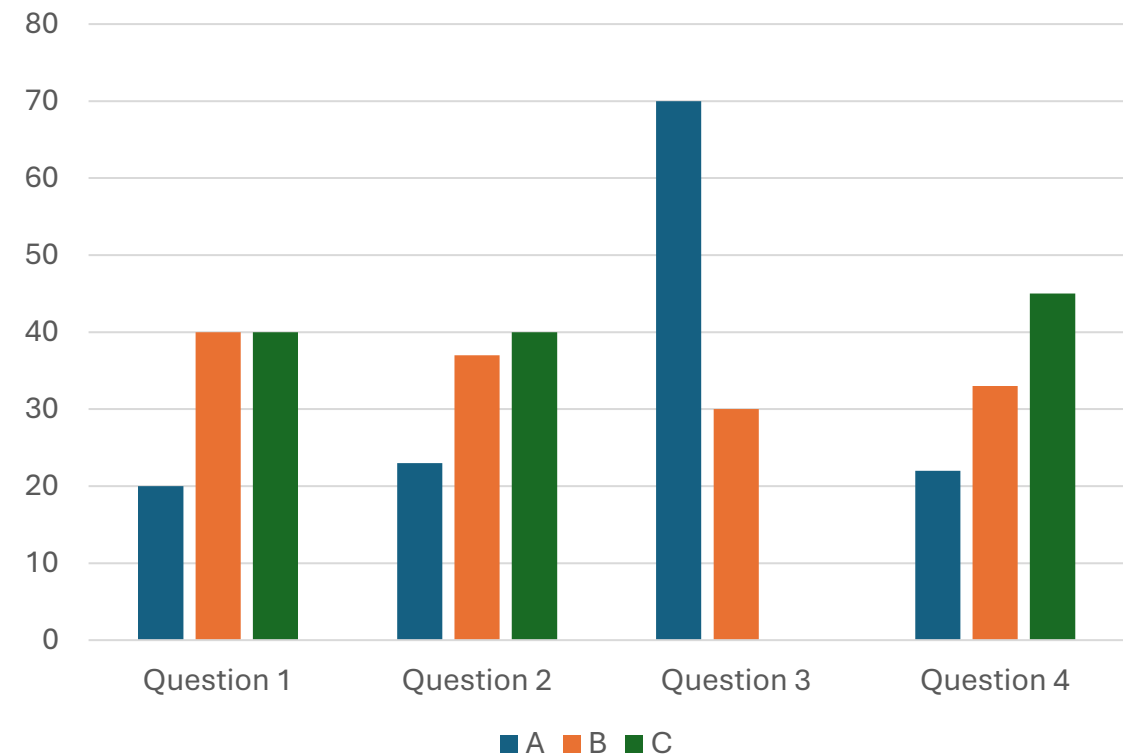
Is it bad to feel certain emotions?

- True
- False

What is empathy?

- A. Talking to a teacher
- B. Raising your hand
- C. The ability to know how others are feeling and showing them kindness

Pre Test





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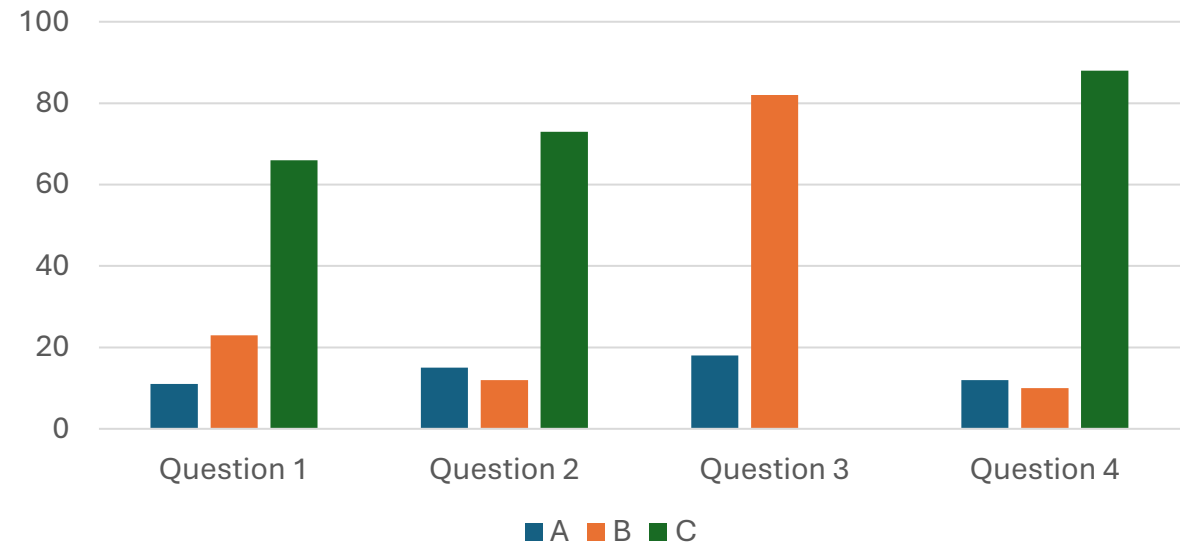
- True
- False

What is empathy?

- A. Talking to a teacher
- B. Raising your hand
- C. The ability to know how others are feeling and showing them kindness

Evaluation

Post Test





Evaluation

- I evaluated the data with a pre/post test and based on the data, it seems like the lessons were successful.
- I would share the data with stakeholders because the information could be useful for future lessons.

References

- American School Counselor Association (2021). ASCA Student Standards; Mindsets and Behaviors for Student Success. Alexandria, VA: Author.
- Megginson, A. J., & Maddox, R. P. (n.d.). Upgrading your needs assessment. Upgrading Your Needs Assessment – American School Counselor Association (ASCA). <https://www.schoolcounselor.org/newsletters/october-2018/upgrading-your-needs-assessment>
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