

Dear Parents/Guardians,

I am writing to share with you the positive growth and progress I've seen in our psycho-educational counseling group over the past several weeks. It has been a privilege to work with your child and to see their active participation and personal growth as we explored skills and strategies to support their success.

Our group was designed to focus on the overarching theme of executive functioning. Within the group, we also worked on developing essential skills for academic, social, and emotional well-being. Each week, we concentrated on a specific topic and engaged in fun, interactive activities to make the learning process meaningful and engaging.

Below, I have outlined the topics we covered:

Week 1: Goal setting

- SMART goal organizer

Week 2: Time management and organization

- "Are you on track?" organizer

Week 3: Self-regulation and focus

- Simon-says game focusing on mindfulness skills and active listening
- Distraction managing techniques handout

Week 4: Positive decision making

- Choose your own adventure game: students decided between two outcomes for a given scenario
- Decision-making graphic

Week 5: Positive coping skills

- Coping skills scavenger hunt
- We have provided each student with a ring of coping skills

Week 6: Attendance

- Personal and peer strengths chain

The skills and habits we discussed (see above) can have a long-lasting impact when practiced consistently. I encourage you to ask your child about their experience and what they've learned, and I'd be happy to provide additional resources if you'd like to reinforce these skills at home. The activities and resources from group are provided within this folder as well.

Thank you for allowing me the opportunity to support your child through this group experience. If you have any questions or would like to discuss your child's participation further, please don't hesitate to reach out.

I also wanted to share some data collected from the group experience. Your child was asked to complete a survey at the beginning and the end of group that assessed their personal confidence in each of the lesson topics. Group members also completed a pre- and post-test for each lesson, allowing me to see where I can improve the lessons for the future. **These pre- and post-tests do not count for a grade!** They are for me as a continue to develop group curriculum for the future, as I want to ensure I am upholding data-driven decisions.

PRE- AND POST-TEST DATA

- **Lesson 1:** 83% (5/6 [one absent member]) of group showed improvement or remained at their pre-test score
- **Lesson 2:** 71% (5/7) of group showed improvement or remained at their pre-test score
- **Lesson 3:** 71% (5/7) of group showed improvement or remained at their pre-test score
- **Lesson 4:** 100% (7/7) of group showed improvement or remained at their pre-test score
- **Lesson 5:** 100% (7/7) of group showed improvement or remained at their pre-test score
- **Lesson 6:** 71% (5/7) of group showed improvement or remained at their pre-test score

SURVEY DATA

- Overall, the survey data showed an increase in student belief and ability to (1) utilize time-management, organizational, and study skills, (2) foster a positive attitude toward work and learning, (3) focus and control behavior, (4) identify strengths and apply them to academics, and (5) overcome hard times and challenges.

Warm regards,

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