**Steinmetz College Prep**

**New Student Support Group: Session One**

**Introduction**

**ASCA National Standard(s):**

Academic Development: Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.

Personal/ Social Development: Standard A: Students will acquire the knowledge, attitudes and inter-personal skills to help them understand and respect self and others.

Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

**Competency(ies) Addressed:**

A:A1.3 Take pride in work and achievement

A:A2.3 Use communications skills to know when and how to ask for help when needed

A:A3.3 Develop a broad range of interests and abilities

A:A3.4 Demonstrate dependability, productivity and initiative

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.4 Understand change is a part of growth

PS:A1.9 Demonstrate cooperative behavior in groups

**Goals:**

* Introduction of counselor(s) and group members
* Review purpose and goals with group members
* Review and sign informed consent
* Establish group norms
* Administer pre-test

**Materials:**

* Informed Consent Form
* Pre-test
* Pens/pencils
* Post-its
* Yarn

**Process:**

* Counselor introduces him/herself to the group and explains the importance of the group and what he/she hopes students gain as a result of the group.
* Counselor explains what confidentiality means and reassures students that the group is a safe space for them to share their thoughts and feeling.
* Counselor reads aloud the informed consent document and addresses any questions students may have.
* Once students understand what is expected of them, they sign and return the informed consent.
* Students will complete Ice Breaker. Each student will select a post it number on the board that corresponds with the number of students in the group. The students will stand in circle and the counselor will have the first person hold one end of a roll of yarn. The counselor will ask a “getting to know you” question to the student that has selected the “1” posit it and once answered the student will hold on the beginning of the yarn and toss the yarn to the student that has the “2” labeled post-it. This will continue until all the students have answered a question and a spider web has been created with the yarn.
* Counselor asks students what they hope to get out of the group and discuss what was the hardest part of transitioning into Steinmetz College Prep.
* Counselor explains the significance of the pre-test and distributes to students. The pre-test will include a section of what students hope to get out of the group.
* Students get to know one another by playing the question ball game.
* Counselor will lead an open discussion on what has been the hardest part of transitioning into Steinmetz College Prep.

**Closing Time:**

* Students will reflect back on either one thing that they have learned or one thing that they hope to get out of the group.
* Counselor will remind students about the next group session.