**Steinmetz College Prep**

**Transfer Support Group: Session Two**

**Group and Friendship Skills**

**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.

**Competency(ies) Addressed:**

A:A1.3 Take pride in work and achievement

PS:A1.9 Demonstrate cooperative behavior in groups

PS:A1.10 Identify personal strengths and assets

PS:A1.11 Identify and discuss changing personal and social roles

PS:A2.3 Recognize, accept, respect and appreciate individual differences

PS:A2.6 Use effective communications skills

PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior

PS:A2.8 Learn how to make and keep friend

**Goals:**

* Practice friendship seeking skills
* Identify things that the group members have in common
* Develop group discussion skills

**Materials:**

* Pens/ pencils
* One bag of starbursts
* Paper

**Process:**

* Students will begin the session with a “Getting to know each other and Steinmetz” icebreaker- they will each select four different starbursts. After each group member has their starbursts the colors will be revealed.

Yellow- What you like about Steinmetz?

Red- One activity (club or sport) that you would like to join?

Pink- One thing that you would change about Steinmetz?

Orange- What you would like to do after college?

The students will reveal their answers in a circle format until all of the starbursts have been explained.

* Students will describe one of their closest friends in a circle format and name one quality that makes them a quality friend
* Explain that the best way to make friends is to get involved- pass out current sports/activity sheet
* Discuss the importance of maintaining grades to be part of a school activity
* Counselor will pass out the Healthy Friendship Vs. Toxic Friendships
* Group members will openly discuss the handout and complete the Choosing Healthy Friendships Worksheet
* Counselor will lead a discussion regarding the worksheet
* If there is remaining time, group members will begin a discussion prompted by “The Jar” cards

**Closing Time:**

* Reflect back on one activity that you would like to get involved with at Steinmetz College Prep.
* Remind students about the next group session.