

Small Group Counseling Topics and Objectives

FRIENDSHIP

OBJECTIVES

1. Analyze how to make new friends
2. Identify important qualities of a friend
3. Understand common friendship problems
4. Learn how to manage conflicts
5. Develop a plan to improve friendships

ACADEMIC SUCCESS

OBJECTIVES

1. List goals and make a plan on how to accomplish them
2. Monitor academic progress
3. Develop study skills
4. Develop organizational skills

UNDERSTANDING YOURSELF AND OTHERS

OBJECTIVES

1. Understand your characteristic traits and uniqueness
2. Develop a positive self-image
3. Identify strengths
4. Improve relationships
5. Understand behavior/misbehavior

SELF-CONCEPT (K-2)

OBJECTIVES

1. Emphasize uniqueness
2. Identify feelings and appropriately express them

3. Understand similarities with others
4. Develop a positive self-image

STUDY SKILLS

OBJECTIVES

1. Identify best place and time to study
2. Set short-term academic goals
3. Develop organizational skills
4. Learn processes to best utilize time
5. Monitor academic processes

NEW STUDENT

OBJECTIVES

1. Help student become comfortable in new school
2. Become acquainted with school
3. Build new friendships in and out of group
4. Have a school buddy (special class friend/helper)

FAMILY GROUPS (Divorce/Separation)

OBJECTIVES

1. Express feelings about changing family
2. Understand that divorce/separation is not child's fault
3. Identify common problems associated with divorce/separation
4. Understand positive ways family and group members can help in adjustment

ANGER

OBJECTIVES

1. Identify factors that cause anger
2. Understand the consequences of irrational behavior when angry
3. Examine why some situations make everyone mad and others do not
4. Identify different anger reduction techniques

MANAGING CONFLICTS

OBJECTIVES

1. Identify feelings and appropriately express them
2. Learn Win/Win resolutions
3. Speak clearly
4. Understand others point of view (be empathic)
5. Learn how to talk out conflicts

DRUG AND ALCOHOL PREVENTION

OBJECTIVES

1. Learn dangers of drugs and alcohol
2. Understand and utilize the problem solving model
3. Learn refusal skills
4. Identify ways to have fun and keep friends while staying out of trouble
5. Develop a plan to handle peer pressure

LOSS

OBJECTIVES

1. Express feelings about loss
2. Learn five stages of grief (denial, anger, bargaining, depression, acceptance)
3. Discuss happy memories
4. Identify ways to handle stress and loss

CLASSROOM BEHAVIOR

OBJECTIVES

1. Understand behavior/misbehavior
2. Identify causes for misbehavior
3. Set short and long term goals
4. Identify positive ways to get attention in the classroom
5. Learn and implement effective behavior plan

