

# Small Groups for Middle School

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November 17, 2015



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Georgia's School Superintendent  
"Educating Georgia's Future"  
[gaode.org](http://gaode.org)

# Session Overview

- Logistics of Small Groups
- Academic Small Groups
- Social/Emotional Small Groups
- Career Small Groups
- Small Group Resources

# Format Considerations

## Number of Sessions:

- Typically 6 to 8

## Length of Sessions will depend on:

- Developmental level/attention span of participants
- Schedule of the School
- Flexibility of students' schedules

## Factors to consider when scheduling groups:

- Consult with classroom teachers to establish times for groups
- Consider school activities students may miss, such as lunch
- Minimize classroom interruptions

# Small Group Options

- One session a day for # consecutive days.
- One session on a certain day for a certain # of weeks per group. Rotate groups over the course of the school year.
- Group sessions before school. (Transportation)
- Group sessions after school. (Transportation)
- Group sessions at all times of the school day, but stagger so students do not miss same class period.

(Session 1: 1<sup>st</sup> Period; Session 2: 2<sup>nd</sup> Period; Session 3: 3<sup>rd</sup> Period etc.)

- Group sessions during lunch.

# Group Offerings

- Review Data
- Needs Assessment
- Counselor Comfort Level
- Three Domains
- School Climate...What's Happening in the School?
- Based on counseling standards

# Group Composition

- Heterogeneous groups:
  - Participants have different needs/problems or characteristics
  - Develop more slowly and tend to be less cohesive
- Homogeneous groups
  - Participants have same or similar needs/problems or characteristics
  - Develop more quickly and tend to be more cohesive
- Group Size
  - Recommended group size ranges from 4-10 participants, depending on age of participants and space available. Twelve is maximum I would take.

# Communication

## Communicating Offerings

- Newsletter to Parents
- During Counselor Introductions
- Teacher Referral
- Self-Referral
- Your website

They're in...

Now let's get them to attend.

- Email distribution list
- Provide students in advance a list of dates & the times
- Remind (a text messaging system)
- Passes the day before
- Passes the morning of
- Provide teachers with a list of students who should be attending.

# To Screen or Not to Screen



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- **T**ell student about group
- **A**sk student about his or her level of interest/commitment to expectations of group
- **P**ick participants (consider role models, maturity, diversity, gender, compatibility)
- **Options to screening:**
  - Rely heavily on teacher's recommendation
  - Students who you may see in your office about a topic that will be covered in group
  - Offer multiple groups of same topic (allows more to participate)
  - Have students write a summary of why they feel this group would be a good fit for them. What do they hope to gain?

Rosemarie Smead



# To Seek Permission or Not


## What to Include in Letter:

- How was interest expressed
- Group Dates
- Group Times
- Group Description
- Voluntary
- Will be confidential
- Sign and return
- Just inform if not participating
- Contact Information

# Typical Agenda

- Introductory Icebreaker
- Group Norms
- Review last session
- Content
- Activity
- Discussion
- Summarize
- Follow Up Activity
- Preview next session

## SETTING GROUP NORMS

- starting and finishing on time
  - coming prepared
  - listening to others without interruptions
  - participating
  - saying when you don't understand
  - when anyone is speaking, addressing the whole group and not just the teacher
  - switching off mobile phones
  - treating others' contributions with respect
  - keeping personal issues out of the session
  - maintaining confidentiality within the group.
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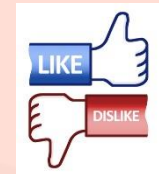
# Follow Ups

## Session Follow-up

- You can send a follow up to parents/teachers after each group session, midway through or end of session to keep these individuals informed of student's progress in the group.
- Include if there is a follow up activity, next session, summary or goal of session

## Post Group Follow Up

- Questions posed to students
- Likes/Dislikes
- Goals they plan to implement/have implemented
- Suggestions for future groups
- Have students rank how they felt before group and after group
- Follow up with student either individually or in group setting 4-6 weeks after last meeting



# Evaluating Groups

- Pre and Post survey related to topic of group perceived improvement
- School data related to attendance, behavior, etc. before and after the group
- Number of referrals
- Group sign-in sheets verifying attendance
- Number of groups held
- Number of participations in groups
- Teacher surveys indicating student improvements

# ACADEMIC SMALL GROUPS

Helps students succeed academically

# Academic Support

- Retained Students
- Organizational Support (Extreme Makeover: Academic Edition)
- Attendance Matters
- Study Skills
- Push Until Grades Improve (for students who are failing academic classes)
- [Building Skills for Academic Success](#)

# SOCIAL/EMOTIONAL SMALL GROUPS

- Recognize and manage their emotions (Anger Management)
- Demonstrate caring and concern for others (Friendship)
  - Establish positive relationships (Friendship)
  - Make responsible decisions (Behavior related)
- Constructively handle challenging social situations (Bystander, Conflict Resolution)

- Peer Relationships ([activities](#))
- [Social Emotional Activities Workbook](#)
- [Family Changes \(divorce, grief, etc.\)](#)
- [Girl Power](#)
- [Relational Aggression in Girls](#)
- [Raise Boys](#) (Relational Aggression)
- [Stress Management](#)
- [Character Traits](#) (sign up to receive free resources)
- [Choices](#)



# Book Club for Students

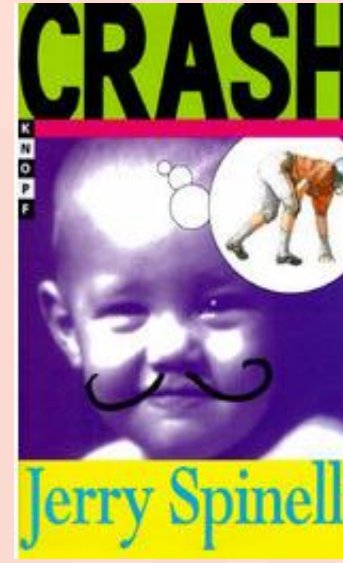
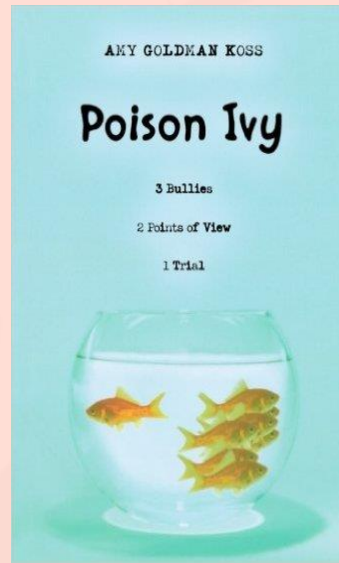
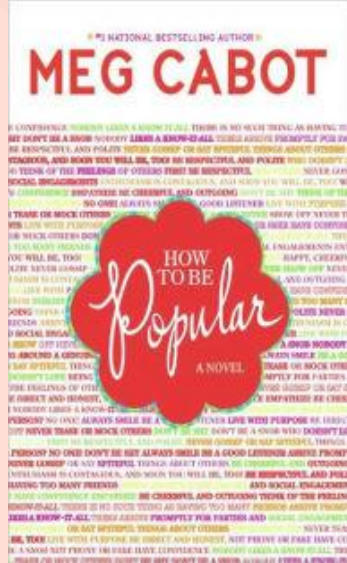
Students are given the opportunity to practice fluency, character, plot, and other literary skills while also learning life lessons.



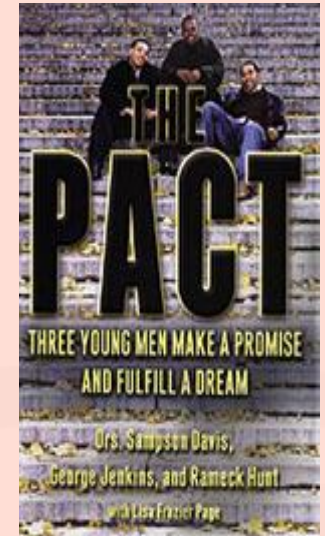
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[Stargirl Discussion Guide](#)



[Discussion Guide](#)



[Discussion guide based on movie](#)

## SELECTED PARTICIPANTS:

1. Mixture of Reading Levels
2. Depending on theme of novel and those who frequent your office based on that theme



# BOOK Club



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## Book Club Jobs

- **Page Tracker** - Writes the page number we end on each week
- **Timeline Tracker** - Allows us to track the story events of the plot
- **Character Tracker** - Keeps a running list of our characters in the book
- **Character Traits/Setting Tracker**- Keeps a running list of setting locations and character traits displayed in the book.
- **Chapter Summarizer** - Writes a two or three sentence summary of the chapters Pick two students for this one so they can alternate.

## Book Club Logistics

- Number of students = number of books needed
- Read/Discuss/Activity or Read/Discuss
- Incorporating Literacy with reading strategies you may employ
- Student booklet to jot down happenings and illustrations
- Create bookmarks for place holders as well as with dates/times

# CAREER SMALL GROUPS

Career awareness and motivational activities that empower participants in developing an educational plan with short-term and long-term academic goals.

- [College Awareness](#)
- [College Board Session Guides](#)
- [College Awareness Activities](#)
- [Career Exploration Activities](#)
- [Leadership Group](#) (Team Building)
- 17 Cluster Specific Groups...Focus on the pathways that your high school offers when determining what cluster to conduct group

# Sample Units with Lesson Plans



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- [More Career Lesson Plans](#)
- [Additional Career Lesson Plans](#)
- [Career Plan Project Workbook](#)
- [Career Exploration Modules](#)

Georgia Department of Education

# SMALL GROUP Resources

# Additional Resources

- [Group Lessons](#)
- [Interactive Activities](#)
- [Icebreakers](#)
- [40 Icebreakers for Small Groups](#)
- [Self-Esteem Resources](#)
- [Small Group Unit Lesson Plans](#) **NEW RESOURCE ADDED AFTER WEBINAR RECORDING**

# ALL LEVELS

2:PM - 3:PM

9

2:PM - 3:PM

## Supporting Your ELL Students

# DECEMBER WEBINAR

**REGISTER TODAY!!  
DON'T DELAY!!  
Click on session's  
topic to register.**

This webinar will discuss how school counselors can best support ELL students in their academics to help them succeed and eventually transition from high school.





**THE END**

THANKS FOR WATCHING

**ANY QUESTIONS??**