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|  |  | **SMALL GROUP ACTION PLAN** |
| School Name |  Lincoln Park High School |
| Group Name |  Calming the Mind |
| Goal | The goal of the stress management group is to assist students in increasing their knowledge of stress and to teach them how to cope more effectively with distress. |
| Target Group |  9th grade |
| Data to Identify Students  |  The group is opened to Freshman Students only. The group is structured to help freshman students receive personal attention and support services as well as develop the necessary tools to make the transition from elementary to high school. |
| School Counselor | ASCA Domain, Standard and Student Competency | Outline of Group Sessions to be Delivered | Resources Needed | Process Data (Projected number of students affected) | Perception Data (Type of surveys to be used) | Outcome Data (Achievement, attendance and/or behavior data to be collected) | Project Start/Project End |
| Mr. Baker | Personal/Social:PS:A1.5 Identify and express feelingsPS:A2.6 Use effective communication skillsPS:B1.4 Develop effective coping skills for dealing with problemsPS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisionsPS:C1.6 Identify resource people in the school and community, and know how to seek their helpPS:C1.10 Learn techniques for managing stress and conflictPS:C1.11 Learn coping skills for managing life events | Session 1: What is stress?Session 2: What makes you feel better under stress?Session 3: How can you prevent stress?Session 4: How can you cope with stress effectively? | Materials:- Informed Consent Form- Group Agreements- Pre and Post Test Stress Inventory- Writing Materials (pens, pencils, markers or crayons)- “The World on My Shoulders” activity sheet- “Symptoms Checklist” activity sheet- “Stress Alert” activity sheet- “Individual Plan for Coping with Stress’ activity sheet | 79 freshman students participated in the small group discussion – “Calming the Mind” | 100% of the freshman students can name at least two situations or experiences that provoked stress. | The number of freshman students referred to counseling due to heightened stress has decreased from seventy-nine students to thirty. A 62% decrease. | There will be 4 sessions. The group will meet every Wednesday from 12 p.m. – 1 p.m. during their lunch period, starting April 2nd and ending April 23rd, 2015.  |