



SMALL GROUP RESULTS REPORT

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

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.

Data to Identify Students

School Counselor(s)	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)	Implications
Mr. Baker	Personal/Social: PS:A1.5 Identify and express feelings PS:A2.6 Use effective communication skills PS:B1.4 Develop effective coping skills for dealing with problems PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions PS:C1.6 Identify resource people in the school and community, and know how to seek their help PS:C1.10 Learn techniques for managing stress and conflict PS: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	Seventy-nine 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	The students will learn how to effectively manage stress and be able to achieve better test scores, cope with social/emotional concerns more effectively, and be able to have a better understanding of stress.