

EXAMPLE 1 - ELEMENTARY SCHOOL

Goals: Gain experience in the social-emotional aspects of school counseling.

Objective #1: Become familiar with the process of assessing, referring, receiving, and terminate a student from mental health services.

Related Activities:

- Exposure to assessments rating scales used for referring students for mental health services.
- Exposure to and implementation of the receiving process of a new student (paperwork, procedures, communication ...)
- Gain knowledge of the process of exiting a student from their mental health services.
- Reviewing assessments completed by my students
- Discussing assessments, referrals, and exiting with supervisor and other mental health professionals on site
- Reading articles and texts related to assessment, referrals, and termination

Objective #2: Become familiar with different forms of therapy used in a school setting

- Read books/articles and attend trainings on a variety of therapy approaches (such as play therapy, art therapy, mindfulness-based therapy)
- Incorporate 1-2 of these approaches into sessions with students
- Discuss/summarize how things went using different approaches with different students.
- Possible activities include: Painting, drawing, dancing, singing, musical instruments, Using toys, dolls, action figures, puppets and using yoga or guided meditations for children

Objective #3: Implement a form of stress-management/mindfulness activities for staff at the school site

- Research different activities and programs that have been successfully implemented in a school setting
- Implement an activity for staff at least one time per week
- Speak to participants and collect feedback on the program
- Possible activities include: Yoga, guided meditation and breathing techniques

EXAMPLE 2 - MIDDLE SCHOOL

Goal: To work closely with my supervising counselor to experience the various aspects and responsibilities of school counseling, including social-emotional, academic, and career counseling

Objective #1: Provide mentoring and support to specified at-risk students; shows skills in implementing individual counseling technique

Related Activities

- One-on-one counseling with students whose GPA is below 2.0, in 7th grade
- Mentoring 6th, 7th, 8th grade students in the Read 180 class to encourage them to meet their reading goals and be dismissed from that program

Objective #2: Awareness of roles and functions of pupil personnel specialists

Related Activities

- Practice adding new teachers and students to the master schedule and student database
- Review student and teacher schedules and make necessary changes to the master schedule board
- Practice coordinating and changing student schedules

Objective #3:

-Shows knowledge of school learning support programs and services that promote high academic achievement and learning success and growth

Related Activities:

- Articulation activities for incoming students.
- Determination meetings, 504, SST and LRT meetings for fall placements in electives or remediation classes

EXAMPLE 3 - MIDDLE SCHOOL (OR VARIED LEVELS)

Goal: My goal for this semester is to gain more skills as a professional school counselor, specifically focusing on the socio-emotional aspects and my facilitation and presentation skills.

Objective #1: Gain experience with socio-emotional counseling

Related Activities:

- Will observe other counselor when she conducts mediations and creates safety plans.
- Will lead safety plans with her supervision.
- Will continue to check-in regularly with students who need support

Objective #2: Gain experience with parent communication

Related Activities:

- Will observe both the Director of Parent Involvement and counselor
- Plan meeting with parents of students who are failing more than two classes

Objective #3: Enhance public speaking skills

Related Activities:

- Will collaborate with supervising teacher in preparation for upcoming presentation
- Will present to classes regarding career options
- Will videotape my presentation and debrief with my site supervisor

EXAMPLE 4 - MIDDLE SCHOOL (OR VARIED)

Goal(s): My goal is to gain knowledge about the middle school setting and learn about the common challenges students face at this age. I also want to learn specific counseling techniques that I can apply while working with this student population.

Objective #1: Have a caseload where I meet with students regularly to talk about present issues

Related Activities:

- Meet with cohort students one-on-one and provide guidance plans towards their post education goals and continuation of school service
- Provide a safe space on campus where students feel comfortable using our space to ask questions about classes, college or how to use their agency

Objective #2: My object is to become aware of interventions to be able to support students who need additional accommodations in the classroom via the Instructional Support Team meetings.

Related Activities:

- Set up one-on-one meetings with parents and students to discuss credits, graduation, alternative plans, college, financial aid and etc.
- Learn about different career pathways and alternative plans students who are not graduating have

Objective #3: My objective is to implement meetings with parents and students to discuss any academic changes or challenges the student had encountered and assure them with support

Related Activities:

- Set up one-on-one meetings with parents and students to discuss credits, graduation, alternative plans, college, financial aid and etc.
- Learn about different career pathways and alternative plans students who are not graduating have

EXAMPLE 5 – HIGH SCHOOL (OR VARIED)

Goal(s): Gain exposure/experience working face to face with students in the areas of academics, career exploration, and social emotion of conflict resolution/prevention of conflict

Objective #1: Facilitate group and individual career exploration with 6th grade female students

Related Activities:

- Facilitate workshops on career explorations
- Career Panels
- Individual career counseling sessions
- Organize and lead field trips to STEM related businesses
- Organize telephone interviews between students and professionals
- Educate on professional etiquette

Objective #2: Support students in group and individually to address social-emotional conflicts

Related Activities:

- Lead bullying workshops to address this issue
- Lead groups experiencing social conflicts to teach positive communication respect, acceptance, inclusive cultures
- Resolve conflicts using Conflict Resolution Contracts (Form)

Objective #3: Academic Advising and support students in meeting academic requirements to promote high school. Increase student's and parent's knowledge of A-G requirements to promote college awareness.

Related Activities:

- facilitate presentations on promotion and A-G requirements with small groups of students
- Educate students on importance of GPA and how to calculate them
- Review transcripts to ascertain A-G readiness

EXAMPLE 6 – HIGH SCHOOL

Goal: Gain a better context for the academic, social/emotional and career counseling at a high school setting.

• **Objective 1:** Gain professional experience in individual academic counseling and post-graduation guidance.

Related activities

- Brainstorm and set SMART goals with students
- Weekly meetings to evaluate progress and adjust goals, if necessary
- Job readiness training including interview preparation, resume building, industry guest speakers and visits, job shadow opportunities and current job board
- Community College and Financial aid presentations and enrollment assistance
- Organize guest speakers for various college and career readiness

• **Objective 2:** Gain experience in counseling in a group setting through leadership programming

Related activities:

- Host meetings 2 times a week
- Advise the direction of the leadership council
- Provide council with opportunities to engage their school and their community.

• **Objective 3:** Gain knowledge of and experience in mindfulness practices

Related activities:

- Work with new curriculum
- Hold workshops
- Observe supervisor

EXAMPLE 7 - COLLEGE LEVEL

Goal: To gain experience conducting academic counseling at the community college.

Objective #1: Conduct a counseling session with counselor supervision

Related Activities:

- Observing counselors during appointments and drop-ins
- Becoming familiar with catalog and schedule of classes and related policies and procedures

Objective #2: Participate in degree petition process

Related Activities:

- Learn about transcript evaluation
- Learn degree certificate requirements
- Learn degree audit system
- Become familiar with needed forms and processes

Objective #3: Assist with workshops and student presentations

Related Activities:

- Learn the college's academic standby policies and procedures
- Attend existing workshops for students who are on probation dismissal
- Co-facilitate workshops
- Attend high school planning sessions

EXAMPLE 8 - COLLEGE LEVEL

Goal: To provide individual coaching to matriculating students with disabilities

Objective #1: To help students learn time management, organization, self-advocacy, executive functioning skills.

Related Activities:

- teaching students how to read and use their syllabus
- coaching students on how to use academic planners
- mapping out time commitments visually with students

Objective #2: To become familiar with campus resources, intervention programs, and services

Related Activities:

- introducing students to tutoring services
- educating and referring students to psychological services/counseling
- understanding resources like EOPS/CARE, Umoia and Puente

Objective #3: Collaborating with counselors on case management and supporting students

Related Activities:

- Attending Academic Coaching weekly meetings
- Attending monthly staff meeting
- Consulting with counselors as needed

EXAMPLE 9 - COLLEGE LEVEL

Goal(s): Facilitate the developmental process in self-marketing skills to help individuals implement their career goals, run activities to assist with job search process, career decision making in self-awareness, career exploration, and create a plan to help students reach career goals

Objective #1: Familiarize myself with career development topics to eventually facilitate workshops and conduct drop-ins with students

Related Activities:

- Assist in co-facilitating topic on resume, networking, and interview process
- Advise student on interview process, career services, and internship applicants process
- Observe career counseling session and perform assessment interpretations for MBTI and STRONG -conduct resume critiques and give constructive feedback

Objective #2: Gain in-depth knowledge on campus wide services and resources to refer students

Related Activities:

- Compile a list of student success centers on campus, point of contact, location, and services that can be utilized
- Plan and participate in career programming for job fairs, info sessions, and interview process

Objective #3: Collaborate with career education team to brainstorm and develop workforce topics to integrate into curriculum

Related Activities:

- Attend meetings with team members to generate topics/ideas to deliver engaging workshop material
- Reviews elements of graphic facilitation and ways to capture the attention of students
- Review content that can be changed to make workshop content more exciting