

December/January **School Counseling** Report



The following report will illustrate the school counseling services provided by Mrs. Kemper and Mrs. Russell during the month of **December/January**. All services provided strive to meet the academic, personal/social, and career exploration needs of every student.

Core Curriculum Classroom Lessons

In **December/January**, we continued lessons on executive functioning and stress management. 6th and 7th graders learn executive functioning skills, while 8th graders learned what stress is, how it affects their bodies, and how to cope with it in a healthy way. In **January**, both counselors helped with HS scheduling for the 8th graders.

STATS

Total number of students reached - 515

Total number of lessons taught - 21

Total amount of time **conducting** lessons - 11 hours and 45 mins

Small Group Counseling

Our self-regulation small groups came to and end in December. New groups for girls combating relation aggression, and groups for students with anxiety are beginning in February.

STATS

Total # of students in groups: 25

Total number of groups conducted: 4

Total amount of time conducting groups: 2 hours

SMALL GROUPS

Individual Counseling

All students are able to meet with their school counselor. The following stats indicate the students that seen for individual counseling in **December/January** through self, teacher, parent, or counselor referral on a variety of topics.



STATS

Total # of student contacts - 326

Reasons for referral - **issues with friends, social media, issues outside of school**

Meetings

The following stats indicate the number of meetings and the amount of time spent conducting meetings the counselors were in charge of in the month of **December**, as well as any trainings attended.

STATS

Total number of ARC meetings - 34

Total number of 504 meetings - 8

Total amount of time conducting meetings - 36.5

Total number of team meetings - 27

Total number of hours in trainings - 8