Helping Students Build Personal Connections Between Social Learning, Self-Management and Communication

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Welcome & Introductions

Valerie Hardy
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Webinar Outcomes

1. Participants will learn how the Approaches to Learning (ATL) course focuses on the categories of Social, Communication, Self-Management, Research and Thinking skills.

2. Participants will learn how to use the ASCA National Model to advocate for a skill based course or lessons.

3. Participants will learn how school counselors can implement and integrate an ATL course or small group in collaboration with others in their school buildings.
Delivery Component

• Direct Service
• Depending on your schools data and needs, ATL could adapt too:
  – Small group counseling
  – RTI/MTSS (Tier 2 or Tier 3 intervention)
  – Classroom guidance lessons

Alignment - ASCA Mindsets and Behaviors for Student Success

Grade Level Competencies - Standards

How does this align with the goals within your school (school improvement plan/action plan)?

How does this align with your school counseling program goals or personal evaluation goals?
Outcome

So how did we get to ATL?
Delivery at Henderson Middle School

- The Approaches to Learning class provide students an opportunity to develop a variety of social emotional and academic skills to enable them to take responsibility for their learning and develop awareness of how they learn best.
- The ATL course is taught each quarter to 6th grade students.
- Each quarter 6th grade students take one of the following courses: ATL, Spanish, French or Mandarin.
- Each class period is a 90 minute block every other day.

Course Structure at Henderson MS

- All lessons are connected to the global context or theme of the course focused on identities and relationships.
- The instructors focus on skill development by teaching a mini-lesson of an explicit skill, guided practice or feedback and the last step is applying the skill to a new and meaningful task for the student that eventually will become part of the ‘All About Me’ Google sites portfolio.
Course Structure at Henderson MS

School Counselors collaborate with the IB MYP Coordinator, Librarian, Technology Specialist and Assistant Principal to develop and teach the course.

Four units are taught by a different specialities:

- Counseling - Self management, social learning, communication, thinking
- Librarian - Research
- Tech Specialist - Communication and social learning
- Assistant Principal - Self-management and thinking

Each unit varies in the number of lessons taught.

Delivery at Henderson Middle School
In order to best collaborate with the other teachers quickly we use a process journal to document what is happening in the classroom. The journal is on our shared Google Drive.

We meet each quarter to review lessons, give feedback and make connections. (Like, Notice, Wonder Activity)

School Counselors teach six 90 minute lessons each quarter.

- **Getting to Know You/Exploring the Brain** - Thinking
- **Problem Solving and Conflict Resolution** - Social Learning and Communication
- **Being Accountable** - Self Management and Communication
- **How to Treat Others/Empathy** - Social Learning and Communication
- **Stress Management** - Self Management and Communication
- **Teamwork** - Social Learning and Communication
Sample Lesson- Stress Management

Objectives
1. Students will define stress
2. Students will learn how to identify feelings of stress
3. Students will explore positive coping skills
4. Students will select or create a stress management strategy they can apply to their own lives.
   (ATL Skills- Self Management and Communication)

Classroom Procedures
1. Introductions- Create a community
2. Review Classroom Essential Agreements
3. Mindful activity-
   The activity varies each class
Sample Lesson - Stress Management

Procedures for Lesson

1. Mindful activity - Mandala coloring
2. Progressive relaxation activity
3. Slideshow - What is Stress?
4. Individual self care plans
5. Small group or individual artifact work

Sample Artifacts

Breathing Bookmark

Relaxing Activity
Sample Artifacts

- Videos teaching breathing techniques
- Videos showing exercises and yoga poses
- Videos teaching progressive relaxation tips
- Videos using role plays to show how to talk to a friend and ask for help
- Google Slides
- Poems

Supportive people in my life are........

My parents and family, my friends, and my teachers/ school counselors.

Sample Student Portfolio

ATL

ATL was a very interesting and fun class. We covered whole sorts of things such as Growth vs. Fixed mindset, Digital Citizenship Project, Song Parody, Self-Directed Learning Project, and the Stress Project. Scroll down to see the many projects I did!

(Quarter 2)
Artifacts from Students

- The school uses the Google Suite and students create a personal portfolio through using their own Google sites.
- On this site the students keep artifacts of the various skills that they are learning.
- Students can place artifacts/reminders in other places like their lockers, agendas, cell phone wallpaper, etc.
- Animation video example

ASCA Mindsets and Behaviors

- ATL course addresses the mindsets and behaviors through the core curriculum. These could be addressed in small group settings.
- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.
- B-SMS 7: Demonstrate effective coping skills when faced with a problem.
- B-SMS 8: Demonstrate the ability to balance school, home and community activities.
Data Collection

- **Perception Data**
  - Survey all students who have taken the course
  - Survey all 6th grade parents at the end of the school year
  - Survey 6th grade teachers and the teachers that collaborated on the course
  - MESH survey
- **Outcome Data**
  - Attendance
  - Grades/Test scores
  - Discipline referrals

Perception Data from Quarter 1: How might you apply what you have learned outside this class?

- “When I am stressed we learned how not to be stressed”
- “I can do the relaxing thing when I am mad”
- “Spend time thinking about what I can do to learn my best”
- “In life, like having empathy for other people and being accountable”
- “I can use it in other classes”
- “Cooperate with other people”
- “With my friends, family, school, internet, and everything in my social life.”
- “You learn life lessons”
Quotes

• “The one that helped me the most is definitely the self-direct project. This skill helped me in so many ways, not only I can use this skill at school, I can use this at dance and tennis. I can direct my self to the route of either getting good grades or improving skill at dance or tennis. All in all the self-direct project helped me the most.”

• “These classes were fun and helpful I like having an ATL class, I would probably use the things we learned in other classes like math if i'm having a test and I'm stressed then the Stress Management helped me with that. If I had a big project coming up and I didn't wanna do it then the Growth Mindset course helped me by showing I can do it if I put my mind to it.”

Resources for Lessons

• Refocus and Recharge 50 Brain Breaks for Middle Schoolers
  www.responsiveclassroom.org

• Mindful School Curriculum, www.mindfulschools.org

• Overcoming Obstacles Lessons- English and Spanish versions are available
  www.overcomingobstacles.org

• United States Institute of Peace, www.usip.org/public-education/educators/

• Teaching Tolerance, www.tolerance.org
Resources for Lessons

• The “Sentis Brain Animation Series” on Youtube (How the brain works, Areas of the Brain, Limitations of the Brain and NeuroPlasticity)
• Teachers Pay Teachers, www. Teacherspayteachers.com
• “Your Fantastic, Elastic Brain” by Sarah Ackerly

Other Way to Implement in Your Building

• Small group counseling lessons (Pull out for groups or find a small group class that could benefit)
• Use this course as possible intervention for one of your department goals
• Individual classroom lessons
• Co-teach with any subject area teacher
Questions?