

# School Counseling Program Overview

César Chávez Elementary

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# History of School Counseling at CCE

- Elementary counselors in place off and on throughout the last ten years but paid for primarily by SIPAT
  - These counselors have been 0.2-0.5 FTE (1-2.5 days per week)
- 2014-2015: Elementary Principals asked for district to cover counseling
- 2015-2016: Half-time (0.5 FTE) counselor funded by Davis Joint Unified School District at each elementary site

# The Role of the School Counselor

## What is the role of the school counselor?

- Providing counseling to students to help practice making good choices
- Providing small-group counseling
- Providing individual counseling to students in crisis
- Collaborating with teachers and staff to address academic and social-emotional needs of students at school

## What is NOT the role of the school counselor?

- Performing disciplinary actions or assigning discipline consequences
- Providing therapy or long-term counseling to address psychological disorders
- Administering cognitive, aptitude and psychological assessments

# What is School Counseling?

- Classroom Guidance Lessons
- Small Group Counseling
- Individual Counseling

Based on recommendations set forth by the American School Counselor Association

# Classroom Guidance Lessons

- Implementation at CCE in all the K-6<sup>th</sup> grade classrooms
  - 8 30-minute lessons in all 4 Kindergarten classrooms
  - 6 30-minute lessons in the remaining 21 1<sup>st</sup>-6<sup>th</sup> grade classrooms
  - Classroom lessons occur throughout the school year, mostly in the Fall and Spring
- Universal language for problem solving, communication and school expectations
- Themes include social emotional learning elements:
  - Conflict resolution (Kelso's Choices), self-regulation, friendship, anti-bullying

# Kindergarten Classroom Lessons

1. Introduction of Kelso's Choices  
Big vs. Small problems
2. Kelso's Choice: Ignore  
Role Play
3. Kelso's Choice: Tell Them to Stop  
Role Play
4. Kelso's Choices: Wait and Cool Off & Walk Away  
*When Sophie Gets Angry - Really, Really Angry* & Turtle Tricks to Calm Down
5. Kelso's Choices: Make a Deal & Go To Another Game  
Rock, Paper, Scissors
6. Kelso's Choice: Share and Take Turns  
*The Rainbow Fish*
7. Kelso's Choices: Talk it Out & Apologize  
"I" Messages
8. Respecting Differences  
*It's Okay to be Different*



# 1<sup>st</sup> Grade Classroom Lessons

1. Review of Kelso's Choices  
Big vs. Small Problems
2. Kelso's Choices: Please Stop, Ignore & Walk Away  
Role Play
3. Kelso's Choice: Share and Take Turns  
*Why Should I Share?*
4. Friendship  
*The Recess Queen* & How to Be a Good Recess Friend
5. Kelso's Choice: Wait and Cool Off  
*I Hate Everything* & Cool Off Can
6. Kelso's Choice: Talk it Out  
Feeling Color Scale & "I" Messages



# 2<sup>nd</sup> Grade Classroom Lessons

1. Review of Kelso's Choices
2. Kelso's Choice: Wait and Cool Off  
*Soda Pop Head & Push Pull Dangle*
3. Key to Friendship
4. Kelso's Choice: Talk it Out  
*Spaghetti in a Hot Dog Bun & "I" Messages*
5. *Have you Filled a Bucket Today?*  
How to Be a Bucket Filler
6. Kelso's Choices: Make a Deal & Share and Take Turns  
Cooperative Kelso Wheel Art



# 3<sup>rd</sup> Grade Classroom Lessons

1. Review of Kelso's Choices
2. Kelso's Choice: Talk It Out  
"I" Messages
3. Including & Excluding  
*Invisible Boy*
4. Kelso's Choice: Ignore, Tell Them to Stop & Walk  
Away  
*Simon's Hook*
5. Kelso's Choice: Wait and Cool Off  
Cool Off Cube
6. Being an Upstander  
*One*

# 4<sup>th</sup> Grade Classroom Lessons

1. Styles of Conflict Resolution  
Aggressive (Shark), Assertive (Owl), Passive (Tortoise)
2. What are Your Hooks?
3. Use Your Shield  
How to NOT take the hook
4. Bullying vs. Conflict
5. Refusing and Reporting Bullying
6. Upstander Power

# 5<sup>th</sup> Grade Classroom Lessons

1. Conflict Resolution  
Talk it Out: "I" Messages
2. Rumors & Gossip  
Rumor Blocks
3. Bullying vs. Conflict
4. Refusing & Reporting Bullying
5. Cyberbullying
6. Including & Excluding  
*The Sneetches*

# 6<sup>th</sup> Grade Classroom Lessons

1. Friendship
2. Jumping to Conclusions
3. Conflicts between Friends
4. Bullying vs. Conflict
5. Refusing and Reporting Bullying
6. Bystander vs. Upstander

# Small Group Counseling

- Small groups are focused on a certain topic and are skill-based
- Students are grouped together based on age and groups usually have 3-6 members
- Small groups meet once a week during school for 6-8 weeks, 30 minutes each time
  - Small groups are done in the Winter, after Parent Teacher Conferences

# Small Group Counseling

- Students are recommended for group by their teacher
  - Then parents are contacted to inform them about the topic of the group and to obtain a signed permission slip
- Often, groups will have role model students who can set a good example and be a leader
- Topics for small groups can include:
  - Friendship
  - Managing Strong Emotions (anger, anxiety)
  - Growth Mindset
  - Communication

# Benefits of Small Group Counseling

- Students can:
  - Develop supportive relationships
  - Learn to communicate and cooperate with others in a smaller group setting
  - Recognize and acknowledge similarities of developmental issues that everyone deals with
  - Gain confidence

# Individual Counseling

- Responsive services for students in crisis or distress
  - A loved one has died
  - Parents are getting separated or divorced
  - School refusal
  - Someone or something is bothering them at school
  - Suicidal ideation
- Student may be seen 2-3 times individually



# How to Contact the School Counselor

- I'm at CCE all day Mondays, Thursdays and alternating Wednesdays
  - My office is located in the Annex which is a small room located in the MPR
- Call the front office (530) 757-5490 and ask to leave a message for me
- Email [mcoates@djud.net](mailto:mcoates@djud.net)  
\*This is the best way to contact me\*