

# FUN IN THE SUN CLASSROOM GUIDANCE SERIES: LESSON 1: MEET THE COUNSELOR

## OBJECTIVES:

- Student will become familiar with the School Counselor's role
- Student will participate in cooperative activity with classmates
- Student will be able to verbalize 3 ways the School Counselor can help

## OUTLINE:

- **Welcome:** Introduce self to class and let students know you are the School Counselor. "Some of you know me from last year, and for some of you, I am a new face. I'm going to be telling you more about what I do, but first, I want to find out what you already know." Pass out pre-test and let students know this is NOT a graded test— it's simply a way for you to see what they already know about your role. Collect pre-tests (Alternately, you could ask teachers to administer pre-test before you come to conduct lesson). "What are some of the things that you know that I do in our school?" Allow student responses with hand raises. Record student responses on board if desired.
- **Explain:** "There are many different things that a school counselor does! You'll see me in lots of places in the building with all kinds of people. My role is to create an atmosphere where everyone feels respected and safe so that we can all learn to our highest potential." Review Meet the Counselor PowerPoint (choose ready-to-show presentation or editable presentation to personalize the information). Allow student questions as needed.
- **Activity Option 1 (requires large open space):** Divide students into teams of 4-5 and give each group a beach ball. Students will stand with their backs to one another and the beach ball will remain between them. Students will stand at a starting point and move to the other side of the room to collect a true/false card. They must work together to keep the beach ball between them and not let it touch the floor. When they collect the T/F card, they will return to the starting point and place it on the T/F mat in the correct spot. They will then retrieve another T/F card and continue this until they have retrieved all cards and placed them on the T/F mat. If a team drops a ball, they should return to the starting point. You may choose to reward the team that completes the task in the fastest time if desired! Because groups can/will have different cards, have each group share their cards and responses with the group to review the counselor's role.  
**Activity Option 2:** Have students stand in circle. Read 1 True/False card and tap a beach ball to a student to call on him/her. You may choose to let student confer with person next to him/her if needed. That student will then tap the beach ball to another student to answer next true/false question. You may choose to have students sit in the center of the circle once they have answered questions so that everyone will have a turn.
- **Debrief:**
  - What did you learn today that you didn't know before?
  - Are you surprised by anything you learned about my role?
  - What sorts of things are you hoping to learn about from me this year?
  - What was it like to work with your team in this activity?
  - What helped you work together?
  - How can you use these skills to work with your peers this year?
- **Individual activity:** Students create beach ball craft to remind them of counselor's role. Choose handout page for craft, or have students cut out circles to simply create a beach ball. Students cut out and glue beach ball flaps onto ball. Under the flaps, students can write things they might like to talk to the counselor about regarding that topic (i.e. Counselor meets with groups of students – student might write that he/she would like to participate in a group for students with divorced parents).
- **Wrap-up:** You may choose to review school-specific policies at this time, such as where your office is located, appointment scheduling, classroom guidance schedule, small groups, peer mediation program, etc. Let students know you are excited to learn more about them this year and to learn from them, too!

## MATERIALS:

- Pre-test
- Meet the Counselor PowerPoint (choose ready-to-show or editable PPT)
- Beach balls
- True/False cards
- True/False mats
- Student beach ball craft (choose handout or cut-out craft)
- Scissors
- Glue
- Writing utensils
- Coloring utensils
- Posttest
- Objectives assessment checklist

## ASCA STANDARDS ALIGNMENT:

- **Mindsets:** Sense of belonging in the school environment
- **Behavior: Social Skills:** Create relationships with adults that support success
- **Behavior: Social Skills:** Use effective collaboration and cooperation skills

## SUGGESTED DATA COLLECTION:

- **Process:** Attendance (students present during classroom counseling lesson)
- **Perception:** Student perception of counselor's ability and willingness to help (as indicated by student post-test)
- **Outcome:** Students will understand the counselor's role (as indicated by student post-test)