

A School Counselor's Guide to Small Groups

Coordination, Leadership, & Assessment

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The Soundtrack of Hope	331
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—CLOSURE —

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<i>Christy Land</i>	

SECTION III: Appendices

- American School Counselor Association (ASCA) ASCA Ethical Standards for School Counselors (2016)
- American School Counselor Association (ASCA) ASCA School Counselor Competencies (2012)
- Association for Specialists in Group Work (ASGW) Group Worker Principles for Seeking Multicultural and Social Justice Competence (Singh, Merchant, Skuryzk, & Ingene, 2012)
- American Counseling Association (ACA) Multicultural and Social Justice Competencies (Ratts, Singh, McMillan-Nasser, Butler, & McCullough, 2016)
- American Counseling Association (ACA) Competencies for Counseling Transgender Clients (2010)
- American Counseling Association (ACA) Competencies for Counseling the Multiracial Population (Kenney, Kenney, Alvarado, Baden, Brew, Chen-Hayes et al., 2015)
- Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC) Competencies for Counseling Lesbian, Gay, Bisexual, Queer, Questioning, Intersex, and Ally Individuals (Harper, Finnerty, Martinez, Brace, Crethar, Loos et al., 2013)

My Gift Package

Level: Elementary

Stage:

- ☐ Orientation
- ☐ Working
- ☒ Closing

ASCA Mindsets Standards

- Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being

ASCA Behavior Standards

Learning Strategies:

- Demonstrate critical-thinking skills to make informed decisions

Self-Management Skills:

- Demonstrate effective coping skills when faced with a problem

Social Skills:

- Create positive and supportive relationships with other students
- Create relationships with adults that support success

Learning Objectives

1. Students will move through the group closure stage and recognize the many gifts that they learned throughout the group.
2. Students will be able to positively manage their experiences with individual grief and loss.

Materials:

1. "Gift package" printouts (see Appendix A)
2. Pencils/markers/colored pencils/crayons

Session Procedure:

1. The school counselor will remind students that the group is in the closure stage and that this will be the last group session.
2. The school counselor will distribute printouts of the "gift package" (see Appendix A).
3. The school counselor will instruct students to write their names on the handout and encourage students to decorate their gift package.
4. The school counselor will facilitate a discussion with students about the possible "gifts" that they have received for participating in the group.

Discussion Questions: What are some of the things that you have learned throughout the group process that will be helpful to you as you continue to manage your own grief and loss? How did you feel supported throughout the group process? What did you learn about yourself from participating in the group? What did you learn from other students?

5. The school counselor will tell students that they are going to have an opportunity to share their gift packages as a "gift" to share with each group member.
6. The school counselor will instruct students to write a brief positive statement on other students' packages by having them pass their gift package handout to the right until each student has his or her own gift package back.
7. Once all students have gotten their respective gift package handouts back, the school counselor will allow a few minutes for each student to read and individually process the statements written on their handouts. Students may be encouraged to think about how their body feels as they are reading these "gifts."
8. The school counselor will give students the opportunity to share their responses to the activity before moving into the closing discussion questions.
9. The school counselor will suggest that students take their gift packages with them as they leave the group and encourage them to post them somewhere that will serve as a visual reminder of their group experience.

Closing Discussion Questions/Activities

1. How did it feel to share your “gifts” with other group members?
2. How would you describe your reaction to the other students’ statements on your own gift package?
3. What specific “gifts” from the group do you see yourself using in the future?

Perception Data Collection Strategies

100% of group members will identify at least one feeling they experience associated with the conclusion of the group.

100% of group members will share at least one feeling about the gifts they received from their group members.

About the Group Worker:

Christy Land, PhD, LPC, has her doctorate in Counselor Education and Supervision. Dr. Land worked as a school counselor for 14 years and believes in a comprehensive and collaborative approach to ensure young people’s academic and personal success. Additionally, she is experienced in the availability of student supportive services delivered by the school system. Dr. Land is a full-time faculty member in the Department of Counseling & Communication Sciences at the University of West Georgia. She has numerous professional publications; holds leadership positions in numerous counseling organizations; and has been recognized at the local, state, and national levels for her contributions to the field of counseling.

REFERENCES

None.

APPENDIX A

Gift Package Printout:

