

# EDISON

# COUNSELING

## FIRST SEMESTER INTERVENTIONS



## GROUPS

Every quarter each grade level counselor will lead a group session. Groups will have no more than five students and they are done weekly. Topics are often picked by students with relevancy in mind. Academic and social groups are referred to by either an administrator or a teacher. The purpose of groups are to give students a sense of belonging.

## EXECUTIVE FUNCTION

Edison is a school that has a lot going on all at once. Learning and practicing what to do first can be overwhelming. Maintaining habits with writing in planners, remembering homework due dates are many of the skill building practices we encourage with students. Remember this skill involves ton of repetition!



## ART THERAPY

Creating has the ability to give the brain a break. During sessions painting is an activity we may choose as we discuss topics amongst group members. Students have the choice of keeping their art pieces or leaving them with their counselor.

## INCENTIVES

Incentives for groups are a source of encouragement for students. Incentives promotes group efforts, unity, and positivity. Students are given the choice to decide what would be the best incentives for their groups as a whole.

## GOALS

Goals are often a combined effort between the students and the counselors. As counselors, our goals involve routine check-in's, fostering awareness, and building our student's strengths. Students mirror these habits by showing up for group and individual sessions.