

# 6th Grade School Counseling Newsletter

Ms. Rush

Quarter 2, 2017-18

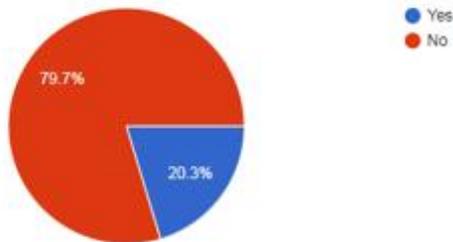
## *Data Check-In: Coping*

During second quarter, the 6th Graders continued to focus on learning the meaning of a very important word: cope. We completed a series of activities to introduce the definition (pictures below!), and then I gave the students an “assessment” four weeks after the lesson to see what they learned and retained. The students were asked to write the definition, which was not an easy task. The results, by team, are below.

### Admirals Team

Accurately define the meaning of the word "cope"?

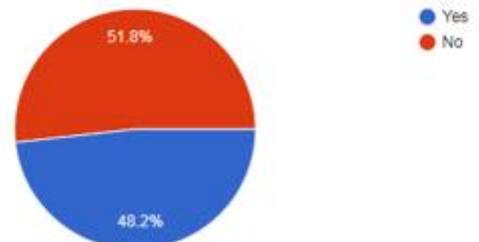
123 responses



Pre-Assessment (Given in Q1, before the lesson)

Can accurately define the meaning of the word "cope"?

114 responses



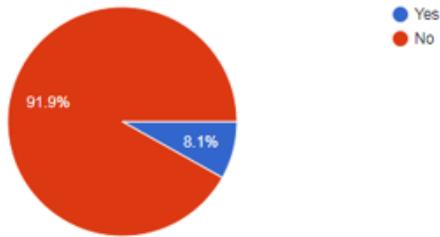
Post-Assessment (Given in Q2, after the lesson)

**The Admirals showed growth in knowledge (regarding the meaning of “cope”) of 28%.**

### Seahawks Team

Accurately define the meaning of the word "cope"?

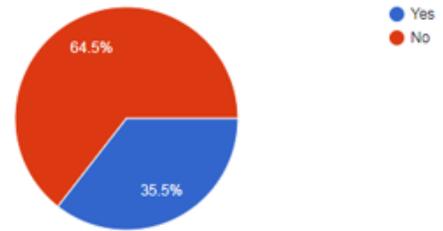
123 responses



Pre-Assessment (Given in Q1, before the lesson)

Can accurately define the meaning of the word "cope"?

121 responses



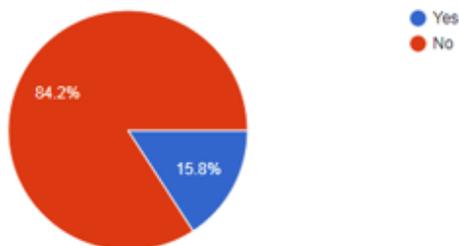
Post-Assessment (Given in Q2, after the lesson)

**The Seahawks showed growth in knowledge (regarding the meaning of "cope") of 27%.**

### Dolphins Team

Accurately define the meaning of the word "cope"?

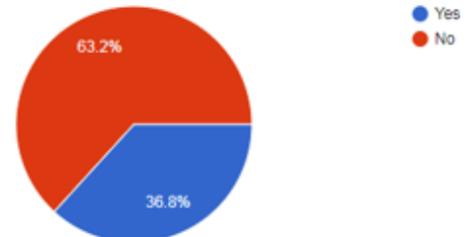
120 responses



Pre-Assessment (Given in Q1, before the lesson)

Can accurately define the meaning of the word "cope"?

106 responses



Post-Assessment (Given in Q2, after the lesson)

**The Dolphins showed growth in knowledge (regarding the meaning of "cope") of 21%.**

### *Why Coping?*

There is an abundance of current research on the importance of adolescents acquiring healthy coping skills. The research also indicates that our students are more emotionally fragile than

youth have ever been before. This phenomenon can be attributed to a number of different factors. What we know for sure is that we want our children to be able to adequately identify and label their emotions, and know what to do when they are feeling anxious, sad, stressed and/or overwhelmed. In an attempt to help the students gain knowledge and skills in these areas, I will be following the plan below. We are halfway through the year, and I will be back in the classrooms in Q3 to continue this important work with our students. Parents have an important role in helping students acquire healthy coping skills. Please talk with your student at home about how they cope with different emotions, as well as share with and model for them the healthy strategies you use to handle stress.

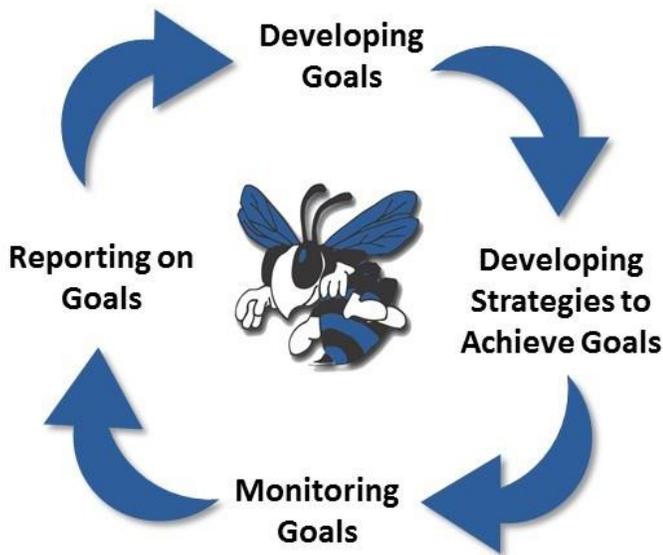
Quarter 1	Quarter 2	Quarter 3	Quarter 4
Assess knowledge regarding the meaning of the word "cope."	Provide instruction/activities regarding the meaning of the word "cope." Assess knowledge gained.	Provide instruction/activities to help students accurately identify emotions, and distinguish between healthy and unhealthy coping skills. Assess knowledge gained.	Provide instruction/activities to assist students in completing individualized coping skills plans.



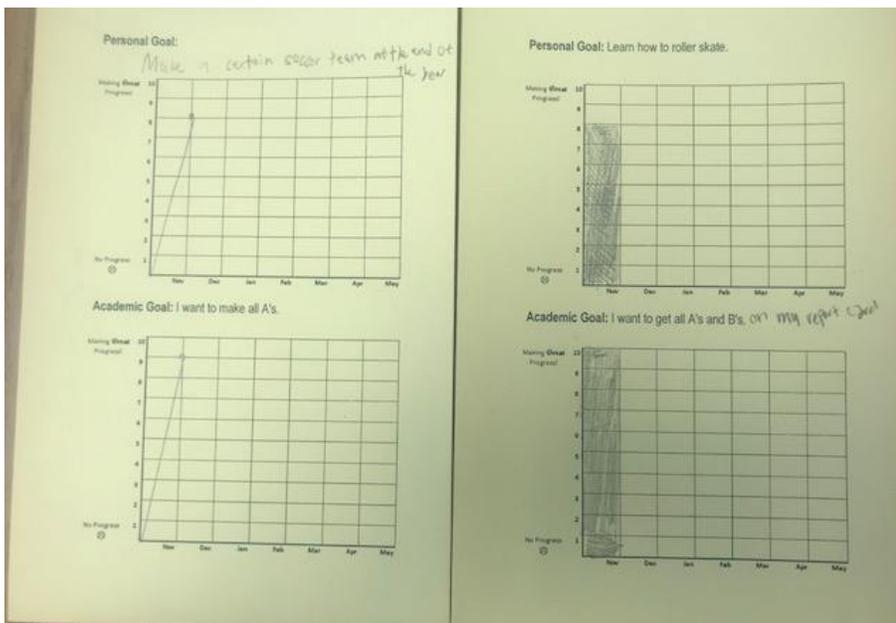
*Sixth graders analyzing Shakira's "Try Everything!" song lyrics, which are actually about coping skills and resilience.*

## SMART Goal Setting

Goal setting and healthy coping are closely related. The students have all outlined at least one short-term and/or long-term SMART goal that they would like to accomplish. Research indicates that monitoring the progress of goals is a critical step in this process. Our 6th Graders are actively engaging in this process monthly with their teachers during their Smart Lunch time. The accompanying video link for the lesson can be found here, and below is a picture of two sample SMART Goal progress-monitoring forms that the students complete each month.



*Our Launch Video*



Here you can see that one student chose to create a line graph, while the other used a bar graph to rate their progress. We missed December with the holiday break and January snow, but will be charting progress for the month of January very soon!

## *In Closing....*

I continue to be very excited about working with the 6th Graders, and I am making progress in getting to know each of them! Parents will want to pay attention to announcements in the month of March, as we will be preparing for rising 7th Grade registration and course selection. I will be partnering closely with your students during this process. The 6th Grade Parent Book Club is continuing to meet to discuss *The Gift of Failure* by Jessica Lahey - please contact me if you would like to join us (either face to face, online, or if you want the notes of what we discussed)! You can always reach me at [crush1@wcpss.net](mailto:crush1@wcpss.net) or 919.881.4860 ext 23342 if you have questions or concerns. Thank you for your continued partnership!

