

**General Information**

Grant Number	908
Project Title	Group Counseling for At-Risk Students
Please select the <b>MAIN</b> curriculum area your grant addresses.	Counseling
Does your grant have a technology component? (Will you have technology equipment, software, etc. in your budget?)	<input checked="" type="radio"/> No <input type="radio"/> Yes
<b>Primary Contact Information</b>	
First Name	Jamie
Email	jamie.sarten@allenisd.org
Last Name	Sarten
Phone Number	806-786-8808
Campus	Lowery Freshman Center
Main Subject	Other
Grade(s)	9
I have co-applicants.	<input type="checkbox"/>
<b>Social Media</b>	
Please provide your work-related social media contact information.	
Facebook	
Twitter	
Other (please specify)	

**Describe details of the project**

Grant Number	908
<b>Campus/Student Information</b>	
Your campus:	Lowery Freshman Center
Will other campus' be involved/impacted by this grant?	<input checked="" type="radio"/> No <input type="radio"/> Yes
Your grade(s):	9
Will other grades be involved/impacted?	<input type="radio"/> No <input checked="" type="radio"/> Yes
Please select all grades that will be involved/impacted by the grant.	<input type="checkbox"/> 1 <input type="checkbox"/> K <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12
<b>Project Purpose</b>	

What is the problem, need or opportunity that this grant will address? Describe the impact of this project on your students. (500 words or less.)

There is limited research regarding group counseling with at-risk students; however, the literature suggests that group counseling in the school setting is an effective intervention to help students identified as "at-risk." Researchers have indicated that group counseling is a practical way to serve students who are struggling academically, emotionally, and behaviorally (Bemak, Chung, Siroskey-Sabdo, 2005). Students who experience emotional and behavioral issues, and struggle academically need an intervention to help them best meet their needs. According to Perusse, Goodnough, & Lee (2009), group counseling in the school setting is beneficial because the school counselor can see multiple students at once. In many school districts, valuable class time is seen as imperative for students' academic success. It is often difficult for school counselors to see individual students for extended periods of time without them missing valuable class time. With group counseling, school counselors can utilize students' class time more effectively because they are able to reach a group of students seeking their services at one time, compared to individual students seeking their services. Additionally, research indicates that group counseling promotes healthy peer relationships because the students learn from each other in the group setting (Perusse et al., 2009). In other words, group counseling fosters positive growth and development by encouraging students to learn from each other and establish wholesome relationships.

According to Combs and Avila (1985), group counseling in the school system can be beneficial for at-risk students by offering support to improve their self-esteem. Many at-risk students may experience low levels of self-esteem because of the adversity in their home life, and group counseling appears to help this specific population. Moreover, group counseling also provides universality for at-risk students. When utilized appropriately, group counseling gives students an opportunity to hear from other students who are experiencing the same thing (Portman & Portman, 2002). Students can relate to their peers because they understand what each member is experiencing; therefore, creating a sense of normalcy. Lastly, creating group counseling for at-risk students in the school is important because it reduces the risk of failure (Bauer, Sapp, & Johnson, 2000). At-risk students are more likely to experience the possibility of failure, and group counseling in the school may break that cycle.

#### Project Description

How will the project or program be implemented? Describe activities and tasks. Who is the target population and in what ways will they benefit? (500 words or less.)

Group counseling will be implemented at least once a week (either during the school day or after the school day with parent/guardian permission) during the fall semester, spring semester, and extended school year (through the summer). The group will be a closed group (same gender, and no more than 6 students in each group) and will meet one hour per week for 10 weeks during both fall and spring semester, as well as during the summer. There will be one group facilitator and each group will terminate after 10 weeks. During the school year, the target population will be 9th grade students who are identified as "at-risk" students who attend the Lowery Freshman Center. During the summer, all students who attend Allen ISD may join a group. There will be more than one group during the summer if there is a need. The group facilitator must be a licensed professional school counselor (LPSC) or a licensed professional counselor (LPC), or a licensed professional counselor intern (LPC-Intern).

The literature suggests school based group counseling is an effective treatment for at-risk students. Group counseling can promote academic success, personal growth, universality, goal setting, and healthy relationships for at-risk students. Additionally, group counseling proves to be an efficient use of time for the school counselors, as they are able to see multiple students simultaneously, instead of seeing individual students at one time.

#### Project Summary

Provide a brief summary for use on the Foundation's website and social media. (2-3 brief sentences)

Allen ISD Counseling Program Mission Statement: In partnership with other educators, parents or guardians, and the community, school counselors facilitate the support system to ensure all students in AISD have access to and are prepared with the knowledge and skills to contribute at the highest level as productive members of society. ASCA Counseling Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span. ASCA Counseling Standard A:A1 Improve Academic Self-concept.

#### Allen ISD Goals/ TEKS

Which Allen ISD goals/TEKS does this project support? Provide only two or three examples.

The mission of Allen ISD School Counseling Program is to provide a comprehensive, developmental counseling program addressing the academic, career, personal/social development of all students. School counselors are professional school advocates who provide support to maximize student potential and academic achievement. In partnership with other educators, parents or guardians and the community, school counselors facilitate the support system to ensure all students in AISD have access to and are prepared with the knowledge and skills to contribute at the highest level as productive members of society.

### Measurement

What specific measurements will be used to evaluate the effectiveness of the project? (500 words or less)

My hope for each small group is that the identified at-risk students will improve their grades, reduce their disciplinary referrals, reduce their absenteeism and tardiness, learn how to create healthy relationships, and increase their self-esteem and academic self-concept.

Group Counseling for At-Risk Students will be assessed through a variety of measurements such as informal assessments (student feedback for the following areas: interpersonal relationships, changes during group counseling and 6 weeks after termination) and formal assessments: Piers-Harris 2 Children's Self-Concept Scale (PH2CSC) to measure how students' perceive themselves, Brookover Self-Concept of Ability Scale to measure each student's academic self-concept (Brookover, Beady, Flood, Schweitzer, & Wisenbaker, 1979). In addition, I will determine if academic performance has increased for each student, and determine if disciplinary referrals, absenteeism, and tardiness has decreased after attending group sessions.

### Teaching Methods

What teaching methods will be used to implement this project? (500 words or less.)

Each group session takes in consideration the different type of learners in the group and is designed by the group facilitator based on student needs. The group facilitator and group members will establish group norms with group members, and each session will be structured with a curriculum that the facilitator creates. Group sessions are student-focused, and the group facilitator will help all group members to be involved in the group process. This includes whole group participation, and collaborative activities that provide a safe environment for each student to share their own experiences.

### Timeline

What is the project timeline and the date of implementation?

Group Counseling for At-Risk Students will begin at the beginning of the school year and it will be implemented throughout the entire school year, and extended through the summer.

### Curriculum/System Support

Explain how this idea or project enhances/supports Allen ISD curriculum or existing systems.

Group counseling enhances the Allen ISD Counseling department and supports the ASCA National Model by providing opportunities for students to grow in the areas of educational, academic, career, personal, and social needs, as well as offer support for every students' journey of personal growth.

### Budget details

Budget Details \*\* All awarded funds will be available by September of the next school year.

Budget Item	Item Type	Unit Cost	Quantity	Total Cost
Piers-Harris 2 Kit	Instructional Supplies or Resources	173.0	1	173.0
Piers-Harris 2 AutoScore Forms	Instructional Supplies or Resources	60.0	2	120.0

BUDGET TOTAL 293

Are there any additional funds available for this grant? Campus or District Funds? PTA funds? Let us know if you have or will be seeking funds from other sources to help with this project.

Additional funds?  No  
 Yes

### Signature page and principal contact

Principal Approval Required

**Please provide the Name and Email of your PRINCIPAL. (Not your name)**

First Name

Last Name

Email Address(Completed)

Jill	Stafford	Jill.Stafford@allensid.org
Applicant Signature		
By entering my name below I signify that I understand that if I move within the District and have written the grant myself, I may take the grant with me to my school (as long as it is appropriate for my classes). If I have written the grant as part of a team, I will leave the grant behind with the team. If I leave AISD, I will leave the grant with the school for which I wrote the grant. As a condition of this grant, I will complete an evaluation form provided by the Foundation.		
Signature		Jamie Sarten
Date		02/04/2018

**Principal's approval form**

I certify that this would be a good use of funds for our school and this grant supports the district goals and/or our campus improvement plans. **Do NOT include any identifiers, such as: campus name, your name, teachers name or mascot **	
No actions possible.	
Comments	
Approved	

**History and final disposition of application**

<b>State Change History</b>	
	***** State Change 02/04/2018 18:50:34 Submitted
	***** State Change 02/05/2018 13:41:59 Accepted
<b>Grant Status</b>	
	<input type="radio"/> <b>Yes</b> <input type="radio"/> <b>No</b>
Award Amount	