

Small Group Title/Theme: Organization and Study Skills Preparation

Grade Level(s): 6-8

Group Description: Focus on improving academic success through goal-setting, study skills, and test-taking strategies. Provides opportunity for academic skill-building and a time for sharing and relating to peers on a social level. Students will enhance their self-concept through increased personal responsibility.

Number of Sessions in Group: 8 Sessions and Optional Follow-up Session

Session Titles/Materials:

Session # 1: Getting Your Act Together

Materials needed:

[Small Group Counseling Guidelines](#)
[Counselor Information Sheet—Teacher Version](#)
[Counselor Information Sheet—Student Version](#)
Jenga Blocks®, dominos, building blocks, etc.
Chart Paper (Optional)
Pocket Folders (Optional)
Assignment Book or Planner or Small Notebook
[Setting Up a Planner with a Plan](#)
[Student Assignment Log](#)
[Teacher/Parent/Guardian Follow-up](#)

Session # 2: Where Does the Time Go?

Materials needed:

[Small Group Counseling Guidelines](#)
[Counselor Information Sheet—Teacher Version](#) (from Session #1)
[Counselor Information Sheet—Student Version](#) (from Session #1)
Markers or Colored Pencils
Assignment Notebook or Planner
[Pie of Life](#)
[How I Spend My Day](#)
[Planning My Week](#)
[Teacher/Parent/Guardian Follow-up](#)

Before Session 3: Schedule individual sessions with the students, regarding their homework from Session #1, [Counselor Information Sheet-Student Version](#), along with the [Counselor Information Sheet-Teacher Version](#) that the counselor has obtained from teachers.

Session # 3: Where Are We Now?

Materials needed:

[Small Group Counseling Guidelines](#)
Markers or Colored Pencils
Assignment Notebook or Planner
Personalized Cards (Optional) or Notes the Counselor Has Taken from Teacher Conferences (see follow-up from previous session)
[Pie of Life](#)