

Delivery Narrative for Classroom Guidance Curriculum: Action Plan and Lessons

Lane Tech is an academically-oriented school with much of the student body focused on achieving high grades and being successful in the classroom. Based on the data gathered from our needs assessment, the students communicated a critical need for more in-depth personal/social learning and guidance. Therefore, our curriculum addresses peer pressure, stress, grief, and communication.

Due to our student's highly packed schedules full of classes and extracurricular activities, their stress levels are extremely high. 60% of students surveyed expressed a need for curriculum or groups addressing topics surrounding the "self" including stress management, self-esteem, learning styles, and problem solving. After studying our data, incorporating a lesson on ways to handle stress was an obvious addition to our curriculum.

An overwhelming 79% of students assessed revealed the need for instruction on relationships. Within this category, students showed a desire to learn more about communication and conflict resolution and how to apply those skills to their relationships. Thus, a lesson was created combining respectful communication and conflict resolution to present in classrooms at Lane Tech.

Furthermore, because students showed interest in all of the personal/social topics included in our assessment, we chose to include a classroom guidance lesson covering peer-pressure. This topic encompasses many of the issues the students expressed in our assessment. In this lesson students will examine personal values, identify ways to prevent peer pressure, and learn peer pressure prevention strategies to use at school.

While only 13% of students revealed a need for guidance in grief and loss, the topic's sensitive and serious nature that we felt it necessary to create a counseling group addressing this issue. The sophomores who completed the needs assessment showed a greater desire for more guidance in this area than the freshmen. Thus, this four-session group was developed with sophomores in mind. The group will include 8-10 members to encourage comfort and trust within the group. In order to serve as many students at Lane as possible, we chose to keep the group at four sessions. This will allow the counselors to hold several cycles of this group throughout the year. Topics covered in the group include, but are not limited to identification of feelings, memorializing the loss of a family member or close friend, and coping with someone who has chosen death by suicide.

More than half of the freshmen and sophomore students surveyed in our needs assessment indicated they would be very likely, likely, or somewhat likely to use a peer mentoring program. Therefore, we chose to implement a 'Closing the Gap' project to create peer mentor groups within the school. This need is not a surprise since Lane Tech's campus and student body is immense and can be overwhelming to underclassmen. The program will

connect freshmen and sophomore students to junior and senior students to make the transition from middle to high school a much smoother one. The mentors will be responsible for showing their mentees around the school, assisting them in finding their classes, helping them with their lockers, exposing them to what Lane has to offer for students, pointing out resources within the school, and providing tips for being a successful student at Lane Tech.

In creating these lessons and groups, we intend to address a wide range of topics based on the students' level of need indicated in the needs assessment. In ensuring a variety of issues are covered, we hope to reach as many students as possible and address as many of the personal/social needs expressed by the students.