

# LESSON 1: INTRODUCTION TO ACADEMIC STUDY SKILLS GROUP

*ACADEMIC STUDY SKILLS GROUP - MRS. NICASH KRUBLO*



# WELCOME TO GROUP

- + SCHOOL COUNSELOR INTRODUCTION
  - + MY ROLE AT SCHOOL
- + LESSON PURPOSE/PROCEDURES
  - + 'LEAVING THE CLASS AND ENTERING GROUP COUNSELING PICK UP' PROCEDURE
  - + PBIS TICKETS
- + STRUCTURE OF EACH LESSON



# ICE BREAKER – BLOW WIND BLOW

## HOW TO PLAY:

- + BRING A CHAIR TO THE CENTER OF THE ROOM AND CREATE CIRCLE
- + ALWAYS ONE PERSON STANDING IN THE MIDDLE WHO DOES NOT HAVE A CHAIR AND IS 'IT' FOR THAT ROUND
- + PERSON IN THE CENTER MUST BEGIN BY SAYING THE SAME PHRASE "MY NAME IS (INSERT NAME HERE). BLOW WIND BLOW..."
- + REST OF THE GROUP WILL RESPOND AFTER WITH "BLOW WHAT"?
- + PERSON IN THE CENTER RESPONDS "BLOW WIND BLOW TO PEOPLE WHO..." AND WILL PICK SOMETHING THEY LIKE OR ARE INTERESTED IN, WHICH CAN BE RELATED TO SCHOOL OR SOMETHING MORE PERSONAL
  - + I.E.; "BLOW WIND BLOW TO PEOPLE WHO LOVE TO EAT PIZZA"
- + IF THE STATEMENT THAT THE PERSON IN THE CENTER SAID APPLIES TO YOU, YOU MUST GET OUT OF YOUR SEAT AND FIND ANOTHER SEAT



# ICE BREAKER (CONT.)

- 1) BE HONEST
- 2) IF THE STATEMENT APPLIES TO YOU, YOU MUST GET OUT OF YOUR SEAT AND SWITCH WITH ANOTHER STUDENT OR THE PERSON IN THE MIDDLE. YOU ARE NOT ALLOWED TO STAND UP AND SIT BACK IN THE SAME SEAT.
- 3) BE CAREFUL AND KEEP YOUR BODIES TO YOURSELVES AND WATCH OUT FOR POSSIBLE COLLISIONS
- 4) FUN AND DEEPER STATEMENTS (VS. SURFACE STATEMENTS) ARE ENCOURAGED

*(I.E.; "BLOW WIND BLOW TO PEOPLE WHO LIKE THE COLOR BLUE"*

Vs

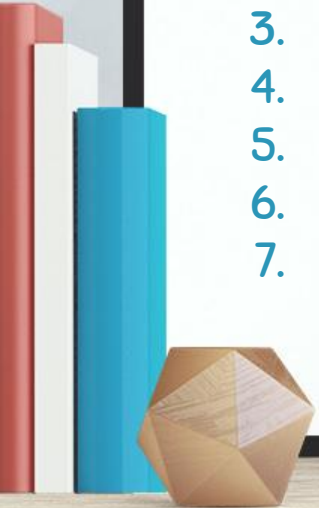
*"BLOW WIND BLOW TO PEOPLE WHO STRUGGLE WITH MATH.. OR PEOPLE WHO MAY FEEL LONELY AT SCHOOL"*)



# GROUP NORMS

Time to think of 5-7 group norms/rules that will help us work together:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.





# GROUP NAME

Time to vote on a group name.  
Suggestions? Remember that  
the name should:

- + Include everyone in group
- + Remind you of the purpose  
of group

## Suggestions:

- +
- +
- +
- +
- +
- +





# PRE-SURVEY





# CLOSURE

- + PBIS ticket raffle for prize box
  - + Free time
  - + Wrap up of today's activities
- + See you next week! :)

