

Small Group Counseling Referral Form

Student: _____ Teacher: _____ Grade: _____ Date: _____

Guidelines for referring students

- These short-term small groups are not intended for students with severely aggressive, disruptive and/or disrespectful behaviors.
- Please **notify parents** of your concerns and referral. Parent Call Date: _____
- Please be mindful of group dynamics and make note of any students who should not be placed in a group together.

What interventions have you tried with the student already?

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> Re-teach | <input type="checkbox"/> Student Conference | <input type="checkbox"/> Parent Call |
| <input type="checkbox"/> Buddy Classroom/Think Time | <input type="checkbox"/> Check-In/Check-Out | |
| <input type="checkbox"/> Behavior Referral | <input type="checkbox"/> Other _____ | |

Student's strengths:

Additional information - concerns, specific behavior examples, and the skills you'd like us to focus on.

Which group do you feel would best support this student and their needs?

- ☐ **Emotion Management (Grades 2-5)**
This is a group for students who need or would like to work on dealing with and managing their strong feelings (anger, jealousy, anxiety, frustration) in a healthy way. This group will explore the triggers of our strong feelings and then build skills to handle that area more effectively. **Not intended for students with severe behavior issues.**

(More groups on reverse.)

☐ **Friendship Skills (All Grades)**

This group is intended for students who need or would like to work on strengthening their friendship skills. This group will focus on acknowledging and strengthening the friendship qualities we have to offer others, how to connect and communicate with others, building friendly behaviors and dealing with friendship problems. This group would benefit students who have difficulty making and/or keeping friends.

☐ **Grief (All Grades)**

The grief group will provide an opportunity for members to process through the death of a loved one.

☐ **Kelso's Choices (All Grades)**

This group is for students who need targeted instruction in using Kelso's Choices.

☐ **School Success Skills (All Grades)**

This group will explore and strengthen the skills for school success. For primary students, the focus will be on basic school readiness skills: listening, sitting quietly, keeping hands to self, etc. For intermediate students, the focus will be on developing academic skills: listening/attending, organizing, study tips, homework tips, etc. This group is not intended for students whose academics skills are significantly below grade level, but for those who need help in developing positive classroom and homework habits.

☐ **Self-Concept (All Grades)**

Building and maintaining a positive self-concept is important in being a happy, productive person. In group we will focus on appreciating our strengths and the things we can do well, and then developing positive thoughts and skills to handle when things don't go right. This group would benefit internalizers (very quiet, students flying under the radar) and students who struggle with insecurity.

(More groups on reverse.)