

# Biannual School Counseling Report

The following report will illustrate the school counseling services that Miss Mikesina provided for Otsego Elementary during the second half of the 2013-2014 school year, January 2014 - April 2014. The school counseling department at Otsego is aligned with the district's mission statement and strives to meet the academic, career, and personal/social needs of every student—in doing so, students are more prepared to meet the challenges of the future.



## Otsego Elementary

**Grade Levels:** PreK-5

**Enrollment:** 800

**School Year:** 2013-2014

**Principal:** Betsey Murry

**Assistant Principal:** Katrina Baughman

**Counselor:** Cindy Johnson

**Counselor Intern:** Lianna Mikesina

## Professional Development

*Olweus Bullying Prevention Program Training*  
September 18, 2013

*Sexual Abuse Prevention Program (SAPP) Training*  
October 15, 2013

*All Ohio Counselors Conference*  
November 7th and 8th, 2013

## Individual Counseling

Students at Otsego Elementary were able to meet one-on-one with the school counseling intern (Lianna Mikesina) to discuss issues that were affecting their academic success. In order to see Miss Mikesina, students or their teachers completed a referral form. These forms were available in each classroom. Students were also referred directly from principals or other school staff and were also able to stop into the counseling office themselves at appropriate times.

During sessions, play therapy techniques (i.e. drawing, role-playing, etc.) and counseling techniques (reflection, summarizing, goal setting, brief therapy, etc.) were used as a way to discuss counseling goals, as outlined by the American School Counselor Association. This enabled the counselor to help students reach their academic, personal/social, and career potential.

**Number of students seen individually:** 18

**Average time spent per student:** 20 minutes

**Average number of sessions per student:** 2

**Range:** 10 minutes – 30 minutes

**Range:** 1 session – 8 sessions

### Referral Data

Number of Referrals from...

Teachers: 6

Parents: 2

Principals: 2

Students: 8

**Percentage of school population seen individually:** 2%

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## Small Group Counseling

Another counseling service available to students at Otsego Elementary was group counseling. This was done by grade level and topic, such as “social skills” or “positive school behaviors.” These groups and topics were decided based on a needs assessment completed by classroom teachers and from other school personnel feedback. In order for a student to participate in small group counseling, a permission form had to be signed by his or her parent/guardian. These groups took place during recess so students would not miss core academic subjects or specialty areas. In addition, each lesson was designed around both the Academic Content Standards *and* American School Counselor Association standards.

During sessions, play therapy techniques (i.e. drawing, role-playing, etc.) were used as a way to discuss school counseling goals, as outlined by the American School Counselor Association. Also, for older students, interactive/reflective activities were used.

**Total number of groups: 7**

**Total number of students served in a small group: 32**  
**Percentage of school population seen in groups: 4%**

### Friendship

Circle of Friends  
Grade: 1, 3, 4, 5  
Total # of sessions: 30  
Total time spent: 15 hours  
Students served: 17

### Social Skills

Star Knights  
Grade: 2  
Total # of sessions: 6  
Total time spent: 3 hours  
Students served: 5

### Anger Management

Clam & Cool Knights  
Grade: 2  
Total # of sessions: 6  
Total time spent: 3 hours  
Students served: 4

### Positive School Behaviors

Star Knights  
Grades: K  
Total # of sessions: 6  
Total time spent: 3 hours  
Students served: 6

## Classroom Counseling

All students at Otsego Elementary had the opportunity to be served by their school counselor, Cindy Johnson, and their school counseling intern, Lianna Mikesina, during classroom guidance sessions. From January-April, Miss Mikesina was assigned Classroom Guidance for the Kindergarten and second grade classes. All other grade levels participated in classroom guidance with Mrs. Johnson. These sessions focused on a specific issue that was negatively impacting (or could negatively impact) learning in the classroom/school and were designed around the Academic Content Standards and American School Counselor Association standards. Teachers signed-up for classroom guidance units based on the specific needs of their students.

**Total number of topics: 3**

**Total number of classroom guidance lessons (Miss Mikesina): 20**

### Fairness

Grade: K, 2  
Total # of sessions: 10  
Time spent: 30 min. each  
Students served: 190 total

### Recognizing Feelings

Grade: K  
Total # of sessions: 5  
Time spent: 30 min. each  
Students served: 80 total

### Perseverance

Grade: 2  
Total # of sessions: 5  
Time spent: 30 min. each  
Students served: 110 total

**Percentage of student population served by classroom guidance (Miss Mikesina & Mrs. Johnson): 100%**

**Percentage of student population served by classroom guidance (Miss Mikesina only): 24%**

# School Counseling Report

## Additional Services Provided

### School Wide Programming

Random Acts of Kindness Week

### Miscellaneous Work Items

Creating original games/activities for individual, small group, and classroom-based counseling.

Preparing individual, small group, and classroom-based lessons.

Participating in & learned the system for the new PARCC & ONG tests.

Helped in delivery of pilot testing for the PARCC & ONG.

## Meetings / Committees

Olweus Bullying Prevention Committee

District Mental Health Committee

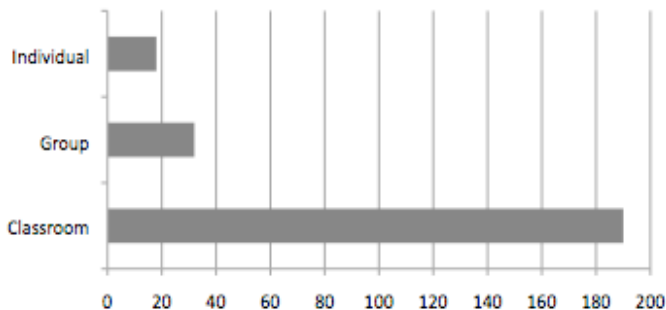
Volunteer Breakfast Committee

School-Wide Staff Meetings

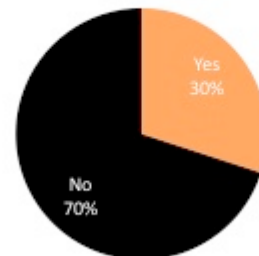
## Direct Services Summary

Individual counseling, small group counseling, and classroom counseling all fall under the direct services category in the ASCA (American School Counselor Association) National Model. Direct services are provided by school counselors to students in order to directly impact and support student success. Below is a summary of the direct services provided by Miss Mikesina from January 2014 through April 2014 to the students at Otsego Elementary.

**Number of Students served  
by Miss Mikesina**



**Percentage of School Population Served  
by Miss Mikesina**



# School Counseling Report

## Conclusion

This report is designed to highlight some of the school counseling services provided by Miss Mikesina during the last 4 months of her internship experience at Otsego Elementary School. This, by no means, is a complete look at the school counselor responsibilities (Mrs. Johnson's) and overall workload.

Based on the data presented in this report, Otsego had a wide range of counseling services available. In fact, 100% of students worked with the counseling department as a whole. Miss Mikesina saw approximately 6% of students either individually or in small group settings (variance of frequency). The remaining students were seen during classroom lessons, either with Mrs. Johnson or Miss Mikesina.

During the 2014-2015 school year, although Miss Mikesina will have her internship complete and will no longer be with Otsego, these numbers should be similar (if not greater) to ensure that all students have access to school counseling resources at Otsego Elementary.