Individual Counseling in School

PERSONAL/SOCIAL

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- Student – Amee
- Age – 7years
- Grade – 2nd
- Gender – Female
- Ethnicity – Hispanic
- SES – Lower/working class

PERSONAL/SOCIAL

- Presenting Problem:
  - Amee was referred by her classroom teacher because of her constantly being accused of hitting others in class and on the playground.
  - While she has not been caught hitting others, none of the students in her class enjoy playing with her during recess.

PERSONAL/SOCIAL

- Presenting Problem:
  - When asked about hitting, Amee stated that she was hitting but trying to get their attention to play with her.
  - She stated that she does not have any friends at school and does not like coming to her class or school because no one wants to play with her.
  - She only has her siblings and cousins as friends at home.

PERSONAL/SOCIAL

- Relevant History
  - Amee comes from a large family, with four sisters, two brothers and numerous cousins. They are all at the same school.
  - Amee is the youngest in her home, she has 2 sisters and one brother in the elementary school, a sister and a brother at the middle school, and a sister at the high school.

PERSONAL/SOCIAL

- Relevant History
  - Amee's parents are migrant workers, both are employed in the same blueberry farm in the county.
- Amee has not had any testing done and has not been in counseling before.
  - Amee is making B's and C's in all of her subjects.

PERSONAL/SOCIAL

- Sources of Support
  - Amee's parents are her biggest support. She also has the support of her siblings and cousins.
- Strengths
  - Amee loves her family and talks about them all the time.
  - Amee is also becoming bi-lingual. Her siblings and older cousins are teaching her the English language.

PERSONAL/SOCIAL

- Session Plan
  - Three 15 minutes session plans were made with Amee. She attended all of them.
  - At the end of the 1st session, the counselor determined that Amee needed some help in making and keeping friends so she would enjoy school more.
  - *(describe in detail using the lesson plan format what was covered in each session).*

PERSONAL/SOCIAL

- **Pre-test Information**
  - Amee was administered a counselor-made test at the end of the first session.
  - The other two counseling sessions were planned based on the results of her pre-test. *(explain summary of intervention used).*
  - Reality therapy with Solution Focus Brief Counseling approaches were used when working with Amee. *(describe the steps used in reality therapy).*

Student Friendship Survey

I have friends that I play with at school.

Yes "Sort of" No

I have friends that I play with at home.

Yes "Sort of" No

I like making new friends.

Yes "Sort of" No

I know how to make new friends.

Yes "Sort of" No

I know what being a friend means.

Yes "Sort of" No

What I like best about having a friend is:

PERSONAL/SOCIAL

- Pre-test Results
  - The Pre test results showed that Amee was aware of her not having friends at school even though she wanted them.
  - Amee also reported that she was unsure of how to make friends.
  - Amee also wrote on the free response question that she liked having friends so she can have someone to talk to and play with at school.

PERSONAL/SOCIAL

- Counseling
  - Amee worked on how to make friends and keep them by role playing (with the school counseling), use of puppetry, and story sequencing.
  - After meeting with Amee for three sessions, she was given the same test (pre-test) for the posttest.

PERSONAL/SOCIAL PRE & POSTTEST RESULTS

Pre-Test Results	Posttest Results
1 = Sort of	1 = Yes
2 = No	2 = Sort of
3 = Yes	3 = Yes
4 = Sort of	4 = Yes
5 = Sort of	5 = Yes

PERSONAL/SOCIAL

- Posttest Results
  - The results of the posttest indicated that Amee benefited from counseling. She responded in a positive way on the posttest to all of the questions. *(explain the results of each of her responses and what contributed to these).*
  - Amee's response to the last question remained the same.

PERSONAL/SOCIAL

- Personal Thoughts
  - Include a paragraph or two of your (school counselor) personal reactions to how you think the sessions were for Amee and the predictions for Amee's future success as it relates to her personal/social growth and academic success.
  - Include any recommendations for referral of services for Amee, such as:
    - *future counseling*
    - *Academic help*
    - *Parent/teacher conference*
    - *After school programs, etc.*