

Academic Motivation Group Counseling

Objective: To help students develop intrinsic motivation and problem solving strategies and make the connection between academic performance and goal attainment.

Grade Level: 5th-8th

Overview: This group will meet for approximately 8-40 minute sessions and consists of 6 students identified as underachieving and at risk for poor performance in middle school. The group should contain a mixture of low to average motivated students who may lack tools such as effective study habits and the ability to set goals for themselves.

Materials: The Game of Life; Composition Book; Career Exploration workbook; Dear Sassy worksheet; Expectations and Skills Needed to be Successful in Middle School worksheets; Goal Tracker spreadsheet; Goals! WS; Time Management worksheet; Achievement Certificate.

Parent Meeting: Powerpoint presentation: "Family Factors Related to Children's Motivation and Academic Performance." Discussion: Parent strategies to empower children to take ownership of their education. Parents fill out the "Expectations and Skills Needed to be Successful in Middle School" worksheet.

Lesson 1: Icebreaker; Purpose; Expectations; Establish Group Rules.

Lesson 2: Each group begins by playing one round of The Game of Life (GOL) and discussing and recording the decisions they must make. Students will self-assess their study skills via a written inventory and compare it to their teacher and parent's assessment of them.

Lesson 3: GOL/discussion/record. Students will work collaboratively to identify the skills needed to be successful in middle school. They will identify 3 skills they personally need to work on and record them in their journals. For homework they will play the "Be Your Own Boss" game at www.pbskids.org/itsmylife/games.

Lesson 4: GOL/discussion/record. Students collaboratively brainstorm the advantages of the 3 skills they identified last time and what problems they have by not possessing these skills. For homework they will play the "Mad Money" game at www.pbskids.org/itsmylife/games.