



Supporting Student Identity

Overview of Social/ Emotional Learning (SEL) Small Group Plan

A scope and sequence of a social-emotional learning and post-secondary planning support group for young women in Kelly High School.

Overview of Social/Emotional Learning (SEL) Small Group Plan

Sample from Kelly High School

Focus

Postsecondary and Social/Emotional Learning

Inspired by the book *Ready, Willing, and Able: A Developmental Approach to College Access and Success* (Mandy Savitz-Romer and Suzanne M. Bouffard)

“How can an understanding of adolescent development inform strategies and practices for supporting first-generation college goers?” In *Ready, Willing, and Able*, Savitz-Romer and Bouffard focus on the developmental tasks and competencies that young people need to develop in order to plan for and succeed in higher education.

These include identity development; articulating aspirations and expectations; forming and maintaining strong peer and adult relationships; motivation and goal-setting; and self-regulatory skills, such as planning.

Objective

To build college-going identity for senior students as they explore college options and make college decisions.

Target students:

- 10 *Somewhat Selective** college access female students (GPA between 2.5 and 2.9)
- English Language Learners (ELL)
- At least 85% attendance
- Preferably not involved in other college access programs offered at Kelly High School

*Based on the UChicago Consortium College Access Grid from the *Potholes* report (See the [Understanding Research & Applying Data: Tool Set A](#) in this Toolkit for more information.)

Duration

12 sessions. One class period per week and alternating between 5th and 6th period classes.

Facilitators

A. Preciado, Kelly High School Counseling Department Chair; R. Pretekin, NCS Postsecondary Coach; A. Nault, NCS Social and Academic Support Facilitator

Session & Theme	Lesson Plan	Materials
1. Meet and Greet	<ul style="list-style-type: none"> • Introductions and group overview • Group norms and expectations • Icebreaker: Name that Celebrity • Collage visual representation of themselves 	<ul style="list-style-type: none"> • Icebreaker • Calendar of meeting dates and times • Magazines, paper, and markers for collage
2. Genograms	<ul style="list-style-type: none"> • Group chooses a name (for this group, participants decided on InspiRED) • Phenomenal Woman by Maya Angelou • Assessing College-Going Culture • Pre-survey 	<ul style="list-style-type: none"> • Poem • Pre-survey • PowerPoint
3. Reflection of Genograms	<ul style="list-style-type: none"> • Genograms using Atlas Protocol-Learning from Student Work 	<ul style="list-style-type: none"> • SRI's Atlas Protocol • Genograms
4. Visionary Goal Setting	<ul style="list-style-type: none"> • Genogram follow-up • Steps to Success: Barriers & Resources 	<ul style="list-style-type: none"> • Group Genograms • PowerPoint
5. College Match	<ul style="list-style-type: none"> • Candybar Icebreaker (participants choose one candy and answer the corresponding question) • College Match, Grades, GPA, and Graduation Status 	<ul style="list-style-type: none"> • College Match Sheets • Candy
6. Values	<ul style="list-style-type: none"> • Exploring Individual and Family Values • Identifying Barriers and Solutions 	<ul style="list-style-type: none"> • Traditional American Values Worksheet
7. First-Generation College Students	<ul style="list-style-type: none"> • College Video: "Is College Real for Me?" • Share out 	<ul style="list-style-type: none"> • Video

Theme	Lesson Plan	Materials
8. Monitoring Growth	<ul style="list-style-type: none"> Assessing College-Going Culture and Reflection Post-survey 	<ul style="list-style-type: none"> Post-survey
9. Goal Setting and Resources to Support those Goals	<ul style="list-style-type: none"> Progress towards College and Career Goals Identifying Current School and Family Support Systems 	<ul style="list-style-type: none"> Steps to Success Worksheet
10. Healthy Relationships	<ul style="list-style-type: none"> Exploring what is healthy and unhealthy in relationships. Exploring “deal breakers.” 	<ul style="list-style-type: none"> Working on Womanhood (WOW) Deal Breakers Vote with Your Feet activity
11. Real Colors	<ul style="list-style-type: none"> Real Colors Personality Test 	<ul style="list-style-type: none"> Real Colors by National Curriculum and Training Institute
12. National Louis University Field Trip	<ul style="list-style-type: none"> Tour National Louis University and learn about the Harrison Professional Pathways Program Year-end survey 	<ul style="list-style-type: none"> Bus cards Permission slips from parents Lunch Year-end survey