Counseling Review:

Girl's Self-Esteem Tier 2 Intervention

WILLIAMSTOWN ELEMENTARY

Context

- Results from the beginning of the year Needs Assessment indicated that teachers as well as students believed Self-Esteem groups would greatly benefit students.

Rationale for Intervention

- Group counseling has been shown to positively impact students' academic achievement and personal growth (ASCA, 2014).
- A Tier 2 small group intervention that focuses on social skills will prepare the students to be more successful in the classroom, both academically and socially.
- Students will be selected through a self-referral process as well as teacher recommendations.

The Goal

- Students will gain self-awareness, develop positive coping mechanisms, improve daily problem-solving skills, and feel connected with other students as measured by the pre/post assessment.

The Intervention

- 3 groups of girls: one from third, one from fourth, one from fifth. (20 girls total.)
- Pre-assessment given to girls first session. Post-assessment given to girls last session.
- Meetings for six weeks, thirty minutes apiece.
- Focused on the following topics:
  - Self-Discovery
  - Understanding Emotions
  - Healthy Friendships
  - Self-Esteem
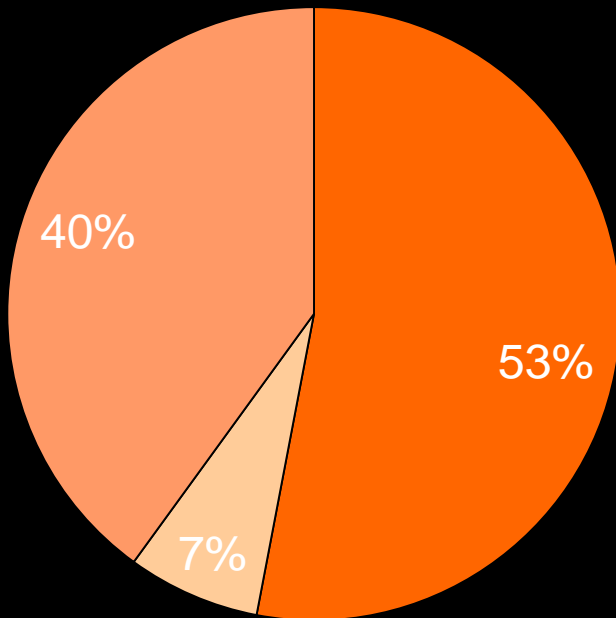 - Dealing with Difficult Issues
  - Asking for Help/ Reaching Out

Tier 1

Small Groups → Tier 2

Tier 3
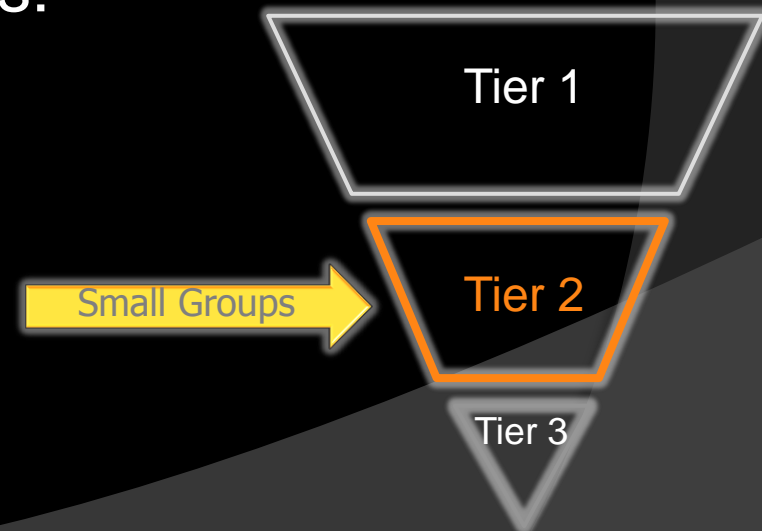
Results

- The following slides illustrate the results of the Tier 2 Friendship (Social Skills) groups

- Results are based on student pre/post assessments (perception data)
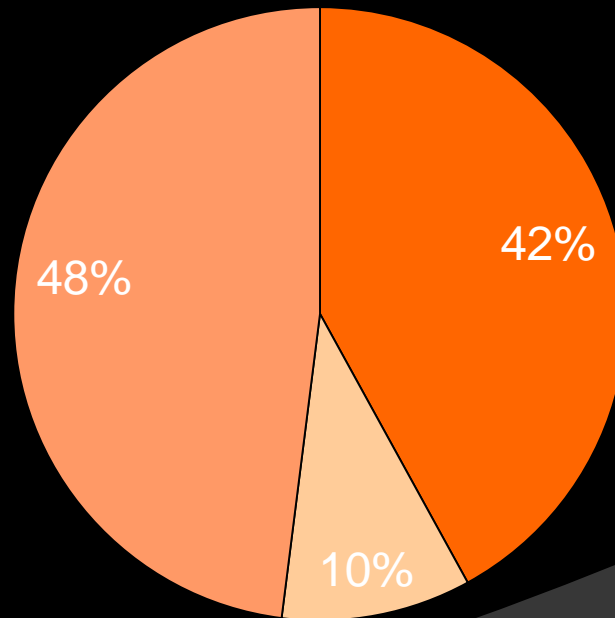
3rd– 5th Grade Self-Awareness

Pre Test
■ Yes ■ No ■ Sometimes

40%

7%

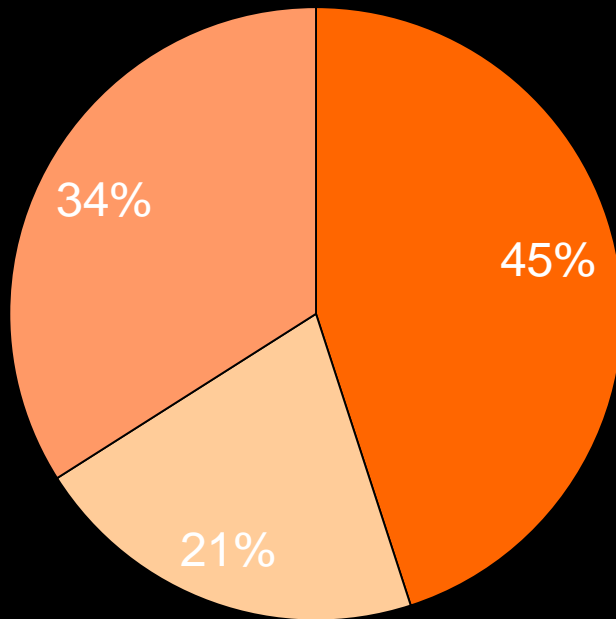53%

Post Test
■ Yes ■ No ■ Sometimes

48%

10%

42%

Questions Regarding Self-Awareness
• I feel that I know myself and what makes me happy.
• I am happy with the way I look.
• I always know how I am feeling in different situations.
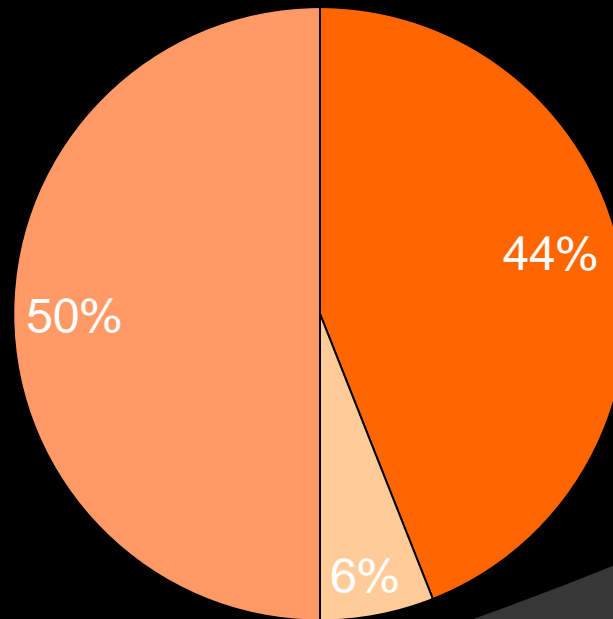•I feel good about myself.

3rd- 5th Grade Coping Skills

Pre Test

■ Yes ■ No ■ Sometimes

34%

45%

21%

Post Test
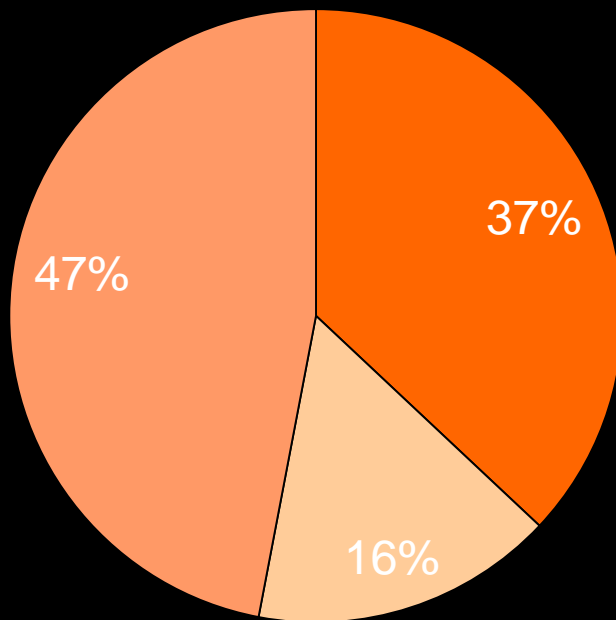
■ Yes ■ No ■ Sometimes

50%

44%

6%

Questions Regarding Coping Skills
- I feel that I can talk openly to my friends and family about my true feelings.
- I know who to go to when I need support.
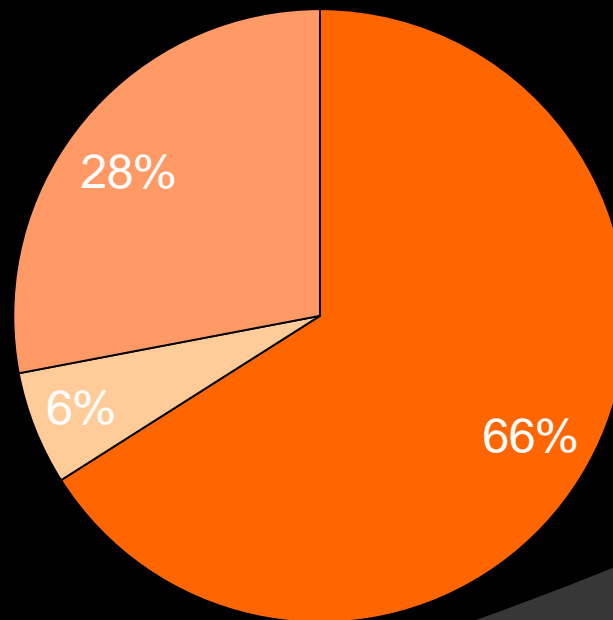
3rd – 5th Grade Problem-Solving Skills

Pre Test

- Yes - No - Sometimes

Post Test

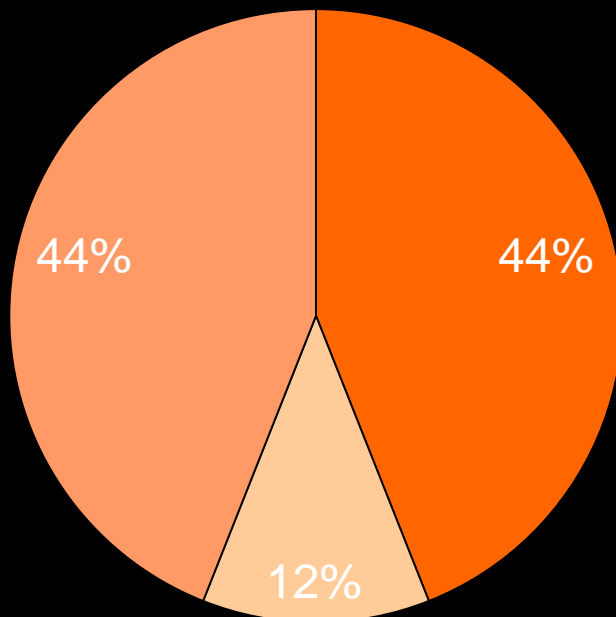- Yes - No - Sometimes

37%

47%

16%

28%

6%

66%

Questions Regarding Problem-Solving
- I practice good decision-making skills and don't feel pressure from my friends to do things I don' want to do.

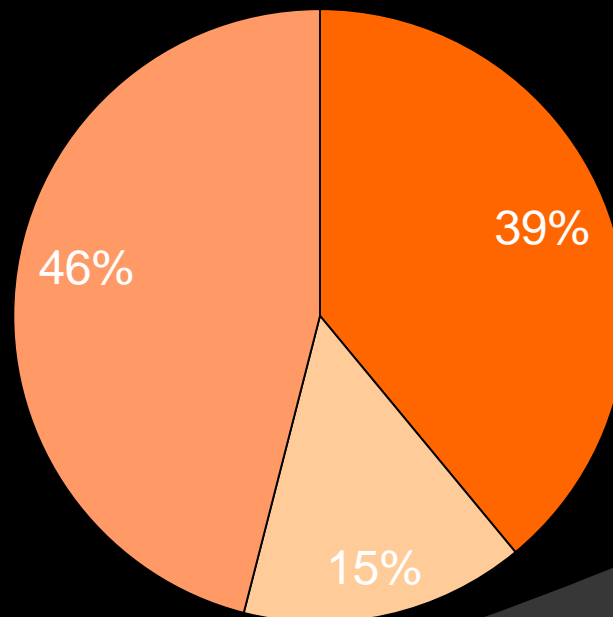# 3ʳᵈ- 5ᵗʰ Grade On Being Connected with Others

Column1
■ Yes ■ No ■ Sometimes

Post Test
■ Yes ■ No ■ Sometimes

Column1 pie chart: 44%, 44%, 12%

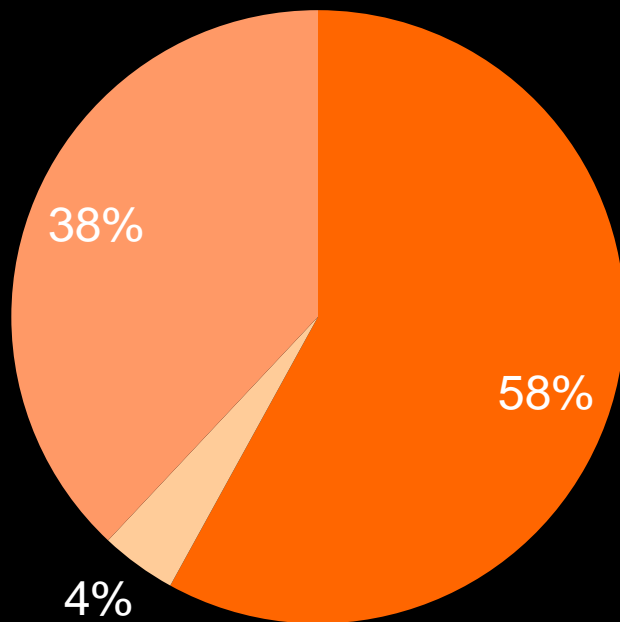

Post Test pie chart: 39%, 46%, 15%

Questions Regarding Being Connected with Others
• I feel that I am always a good friend and can be trusted.
• I know that other girls often have trouble with the same things that I do.
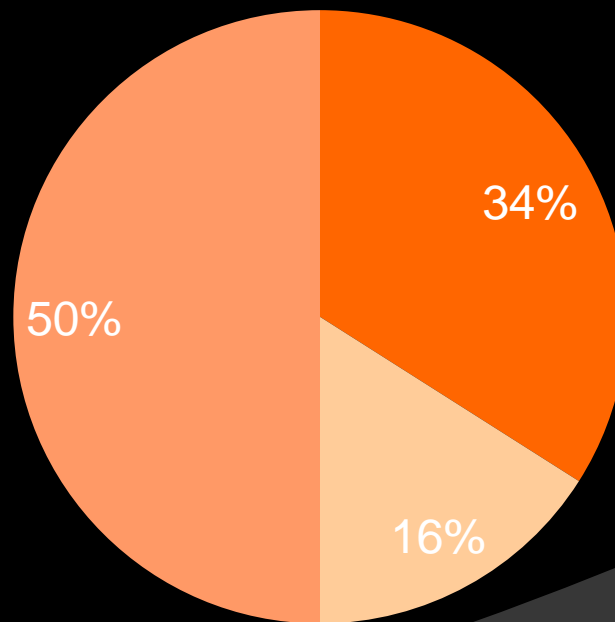• I know that I am an important part of this world.

3rd Grade Self-Awareness

Pre Test
■ Yes ■ No ■ Sometimes

Post Test
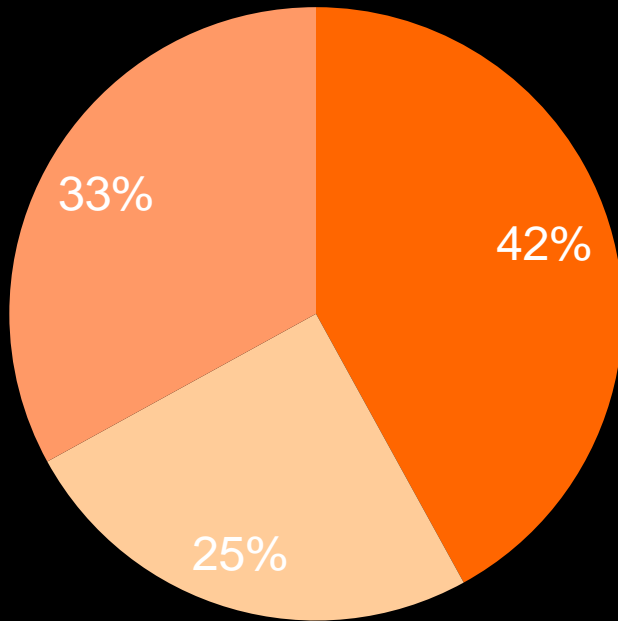■ Yes ■ No ■ Sometimes

38%

58%

4%

34%

50%

16%

Questions Regarding Self-Awareness
• I feel that I know myself and what makes me happy.
• I am happy with the way I look.
• I always know how I am feeling in different situations.
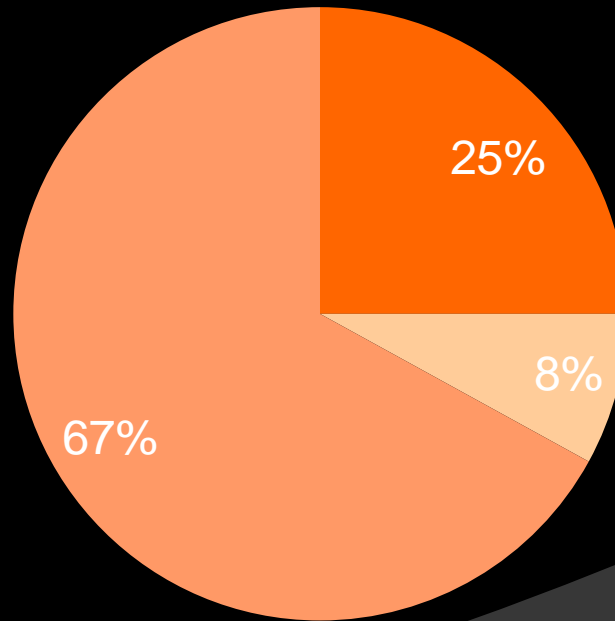•I feel good about myself.

3rd Grade Coping Skills

Pre Test

■ Yes ■ No ■ Sometimes

Post Test

■ Yes ■ No ■ Sometimes

Pre Test: 33%, 42%, 25%
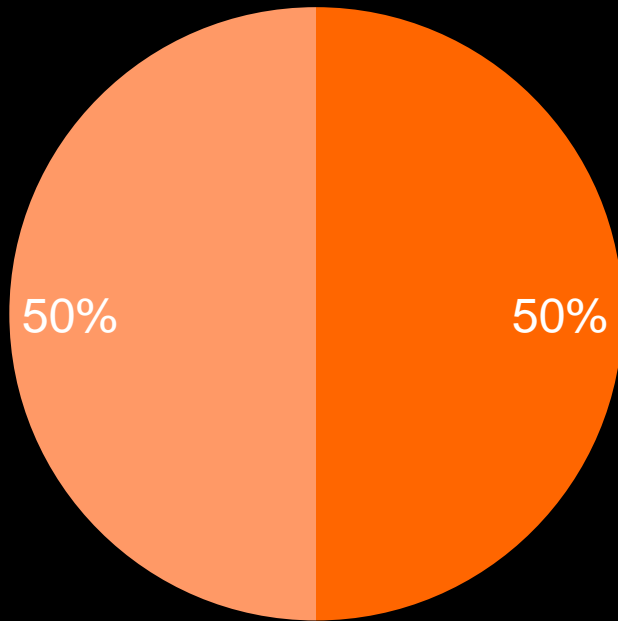
Post Test: 25%, 8%, 67%

Questions Regarding Coping Skills
- I feel that I can talk openly to my friends and family about my true feelings.
- I know who to go to when I need support.
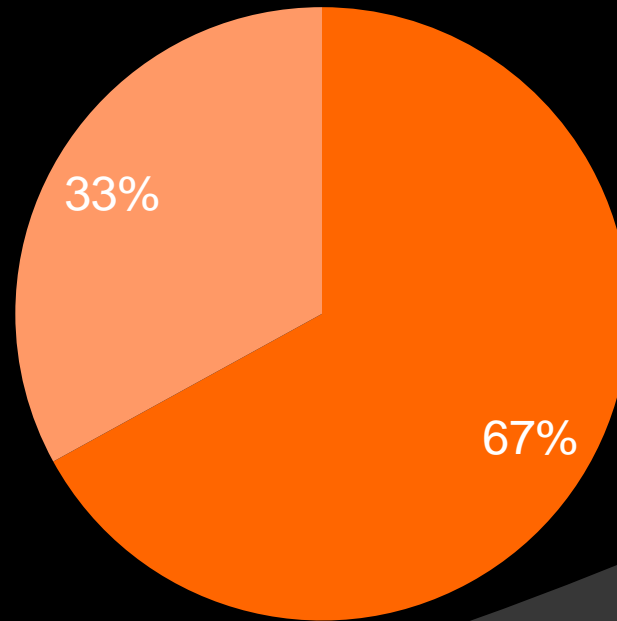
3ʳᵈ Grade Problem-Solving Skills

Pre Test

■ Yes ■ No ■ Sometimes

50%   50%

Post Test

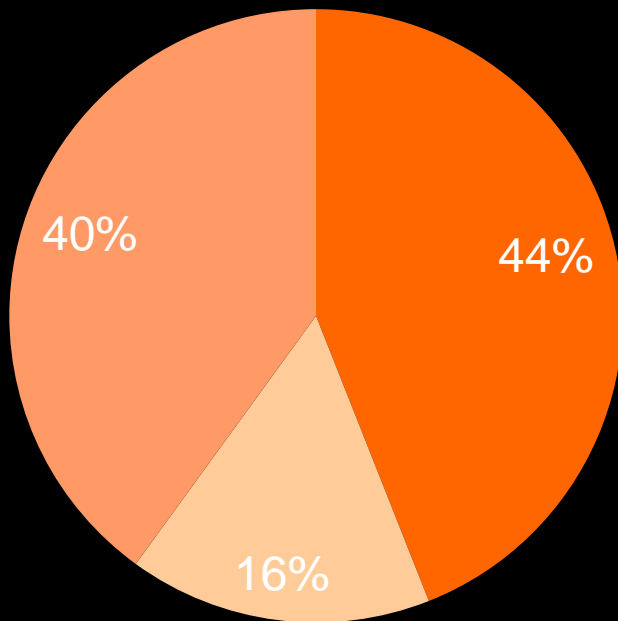■ Yes ■ No ■ Sometimes ■

33%

67%

Questions Regarding Problem-Solving
• I practice good decision-making skills and don't feel pressure from my friends to do things I don' want to do.
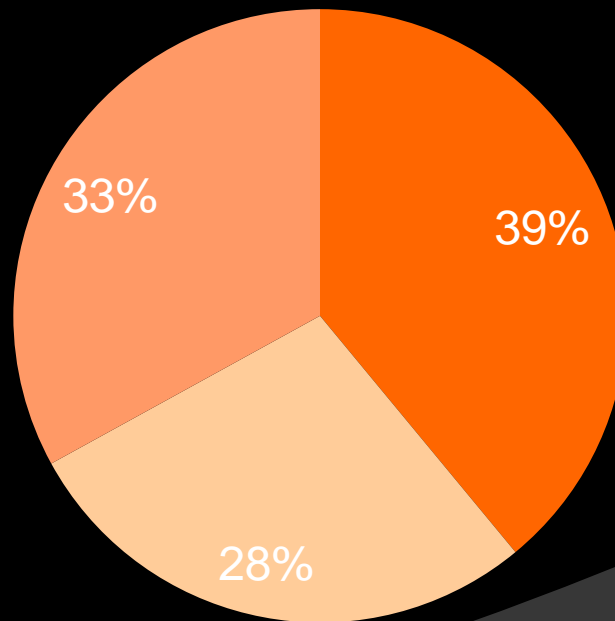
3ʳᵈ Grade Connectedness

Pre Test

■ Yes   ■ No   ■ Sometimes

Post Test

■ Yes   ■ No   ■ Sometimes

Pre Test pie chart: 40% Sometimes, 44% Yes, 16% No

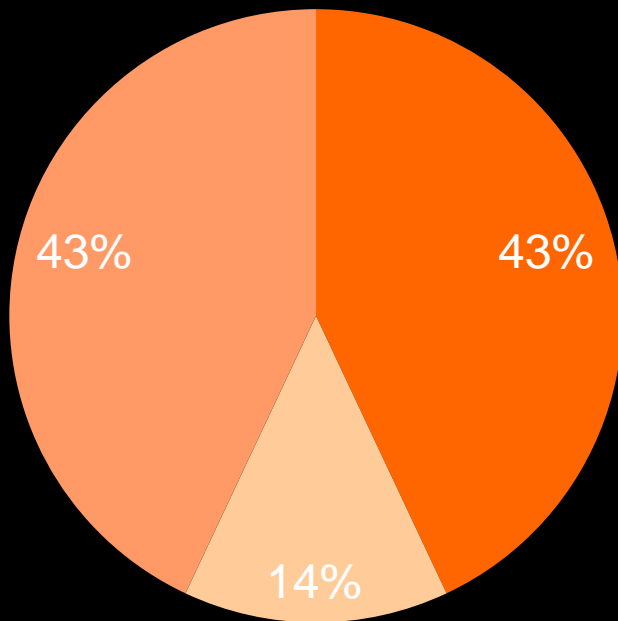Post Test pie chart: 33% Sometimes, 39% Yes, 28% No

Questions Regarding Being Connected with Others
- I feel that I am always a good friend and can be trusted.
- I know that other girls often have trouble with the same things that I do.
- I know that I am an important part of this world.
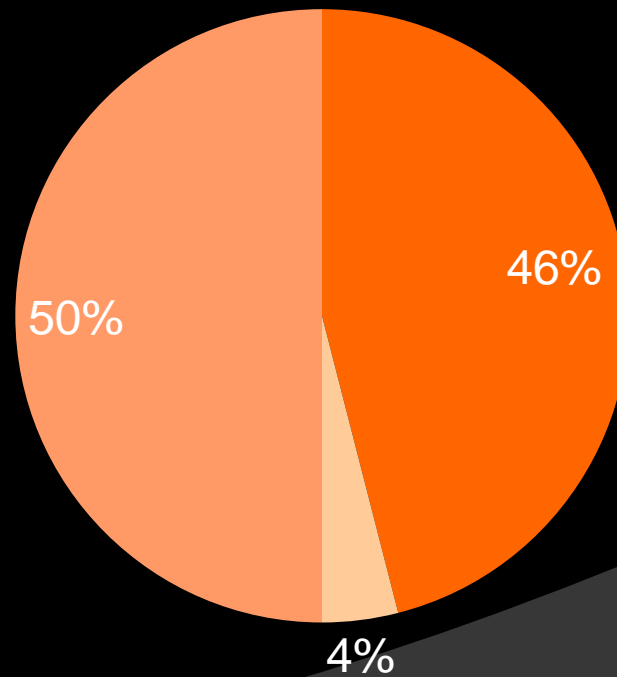
4ᵗʰ Grade Self-Awareness

Pre Test

■ Yes ■ No ■ Sometimes

43%

43%

14%
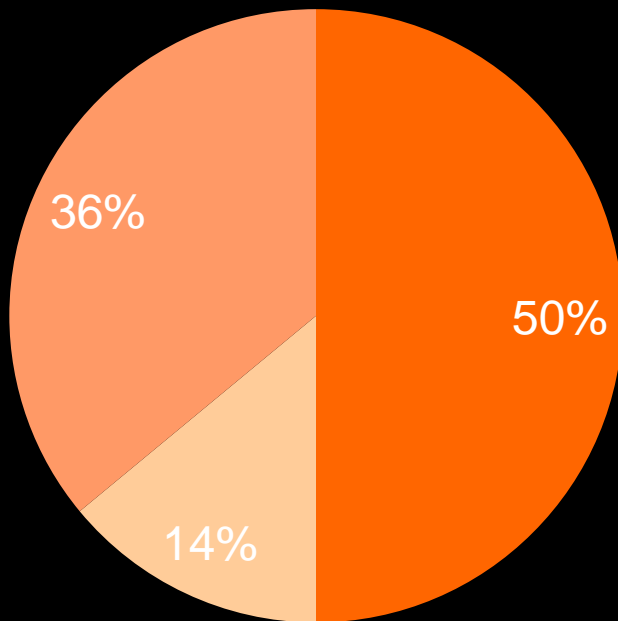
Post Test

■ Yes ■ No ■ Sometimes

50%

46%

4%

Questions Regarding Self-Awareness
• I feel that I know myself and what makes me happy.
• I am happy with the way I look.
• I always know how I am feeling in different situations.
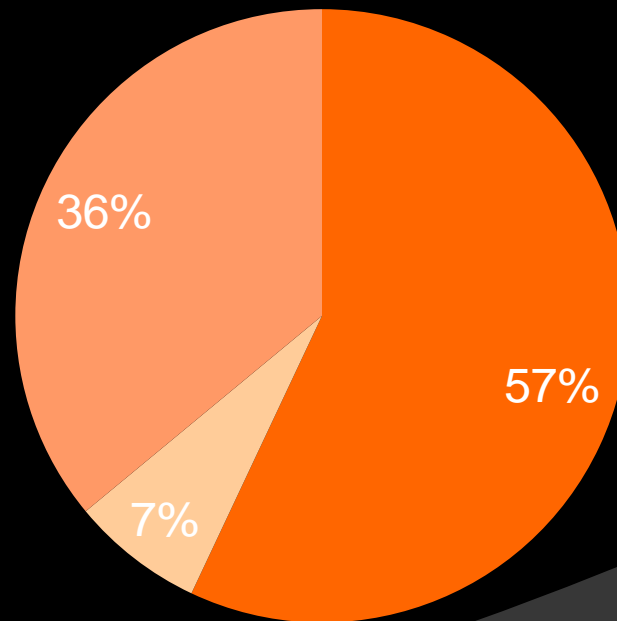•I feel good about myself.

4ᵗʰ Grade Coping Skills

Pre Test

■ Yes   ■ No   ■ Sometimes

Post Test

■ Yes   ■ No   ■ Sometimes
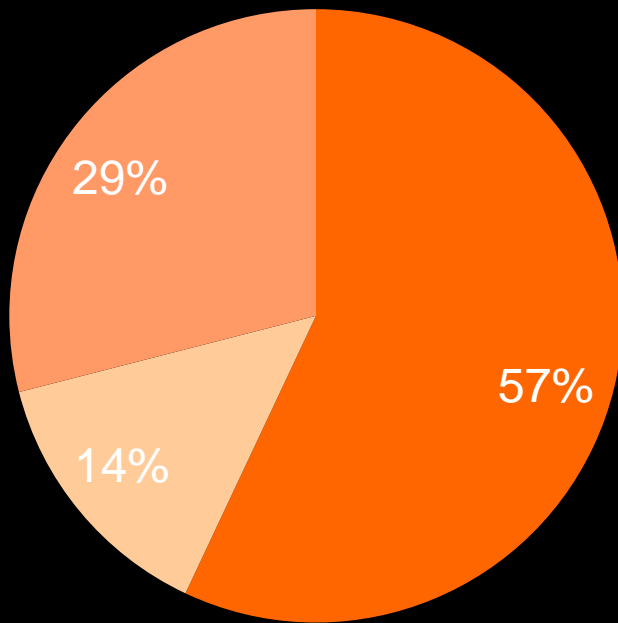
36%   50%   14%

36%   57%   7%

Questions Regarding Coping Skills
• I feel that I can talk openly to my friends and family about my true feelings.
• I know who to go to when I need support.
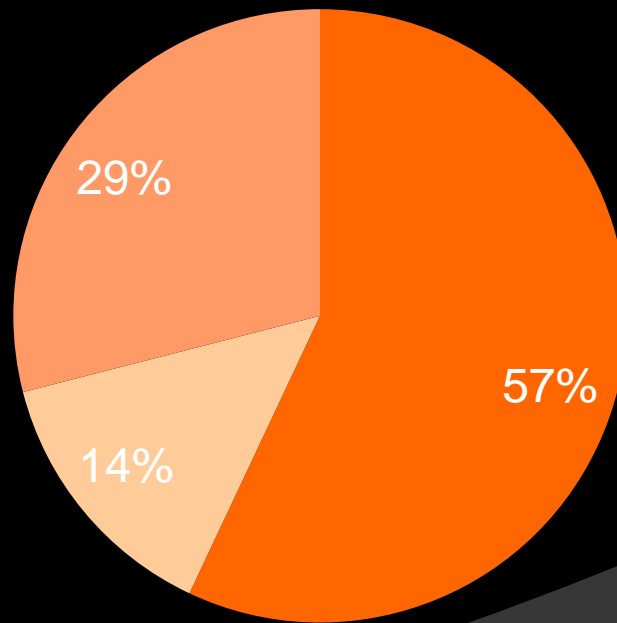
4ᵗʰ Grade Problem-Solving Skills

Pre Test

🟧 Yes 🟧 No 🟧 Sometimes

29%

57%

14%

Post Test

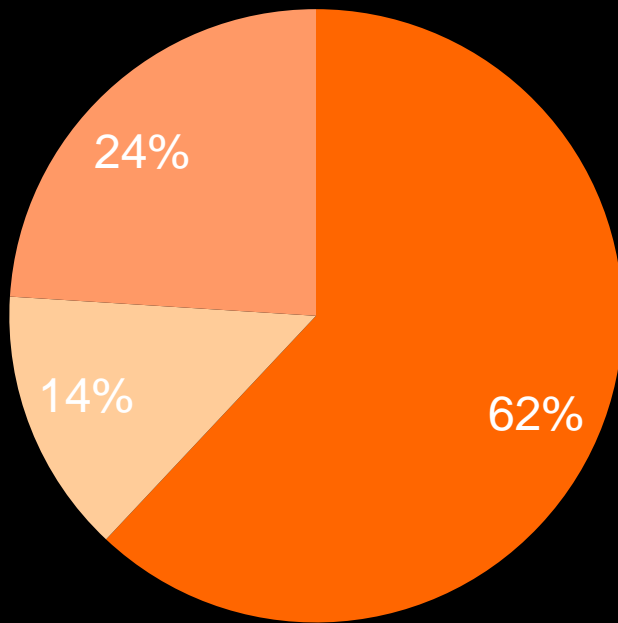🟧 Yes 🟧 No 🟧 Sometimes

29%

57%

14%

Questions Regarding Problem-Solving
• I practice good decision-making skills and don' feel pressure from my friends to do things I don' want to do.
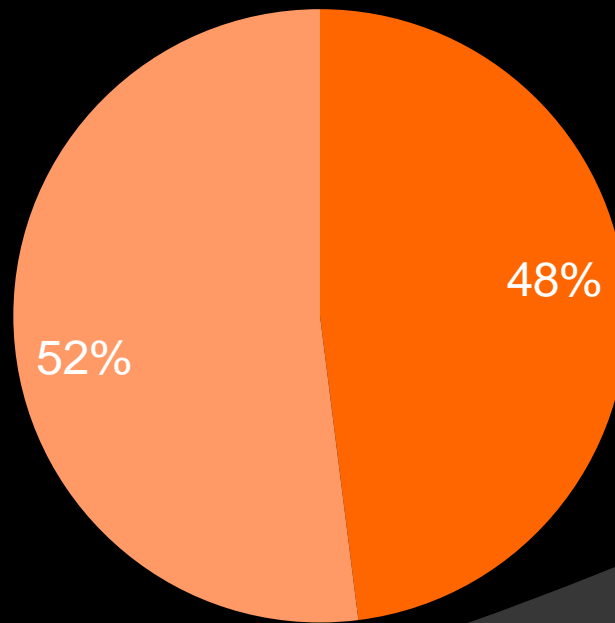
4ᵗʰ Grade Connectedness

Pre Test

■ Yes ■ No ■ Sometimes

24%

14%

62%
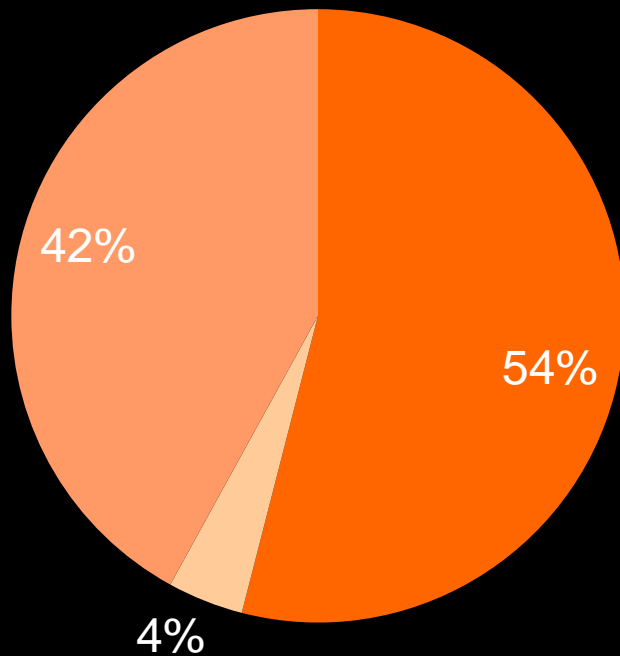
Post Test

■ Yes ■ No ■ Sometimes

48%

52%

Questions Regarding Being Connected with Others
•I feel that I am always a good friend and can be trusted.
•I know that other girls often have trouble with the same things that I do.
•I know that I am an important part of this world.
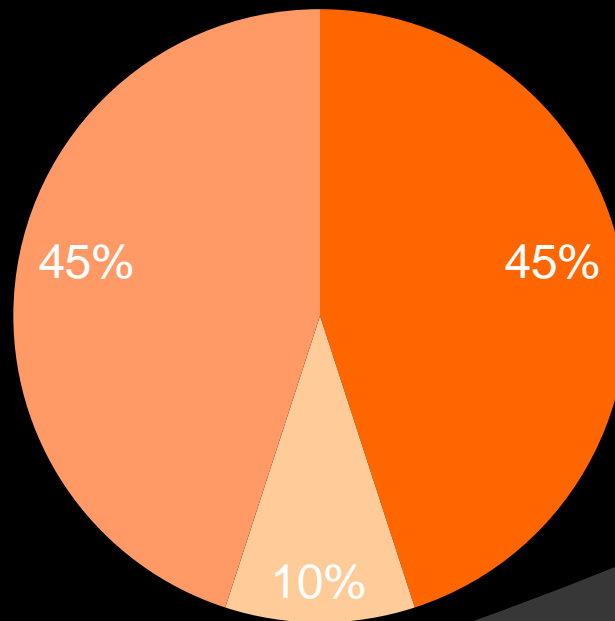
5th Grade Self-Awareness

Pre Test

■ Yes ■ No ■ Sometimes

Post Test

■ Yes ■ No ■ Sometimes
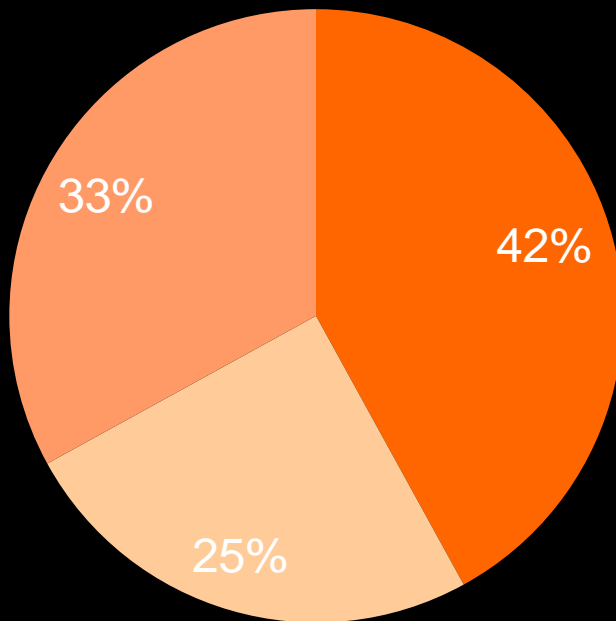
42%

54%

4%

45%

45%

10%

Questions Regarding Self-Awareness
• I feel that I know myself and what makes me happy.
• I am happy with the way I look.
• I always know how I am feeling in different situations.
•I feel good about myself.
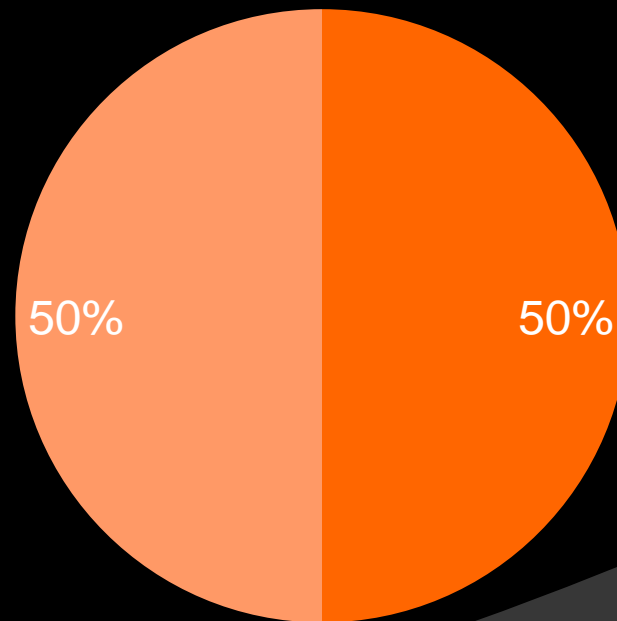
5th Grade Coping Skills

Pre Test

■ Yes ■ No ■ Sometimes

33%

42%

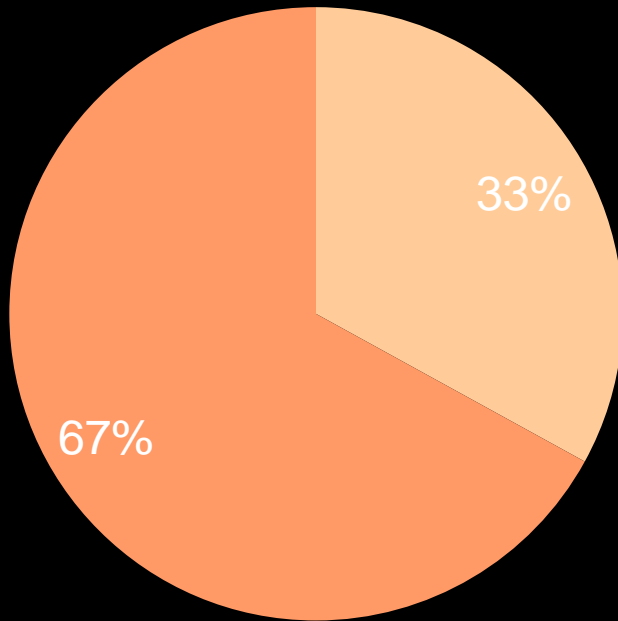25%

Post Test

■ Yes ■ No ■ Sometimes

50%

50%

Questions Regarding Coping Skills
- I feel that I can talk openly to my friends and family about my true feelings.
- I know who to go to when I need support.
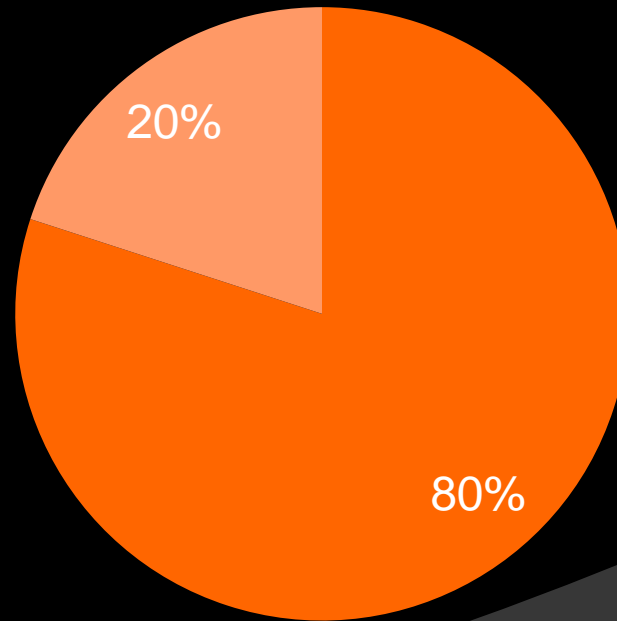
5th Grade Problem-Solving Skills

Pre Test
■ Yes ■ No ■ Sometimes

33%

67%

Post Test
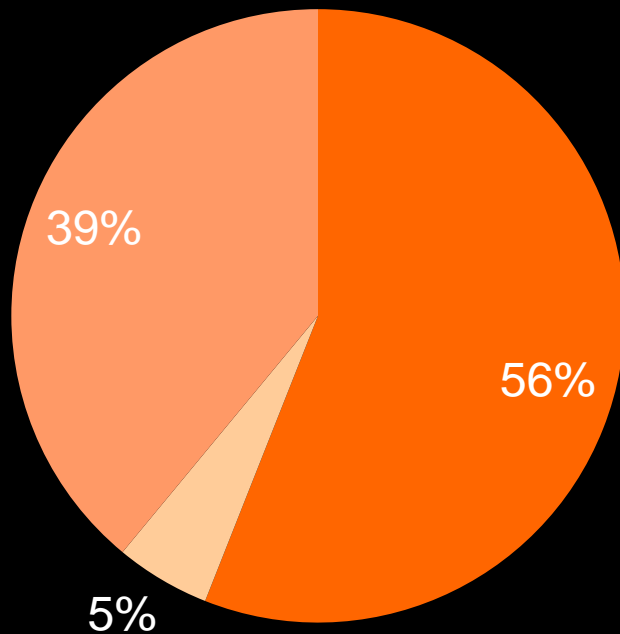■ Yes ■ No ■ Sometimes

20%

80%

Questions Regarding Problem-Solving
• I practice good decision-making skills and don' feel pressure from my friends to do things I don' want to do.
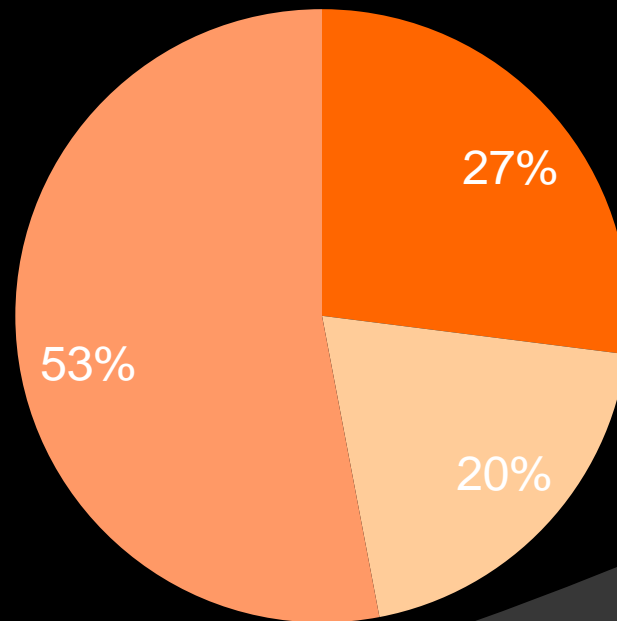
5ᵗʰ Grade Connectedness

Pre Test

■ Yes ■ No ■ Sometimes

39%

56%

5%

Post Test

■ Yes ■ No ■ Sometimes

27%

53%

20%

Questions Regarding Being Connected with Others
•I feel that I am always a good friend and can be trusted.
•I know that other girls often have trouble with the same things that I do.
•I know that I am an important part of this world.

Summation of Results

- Each grade level made improvements on coping skills and problem solving skills

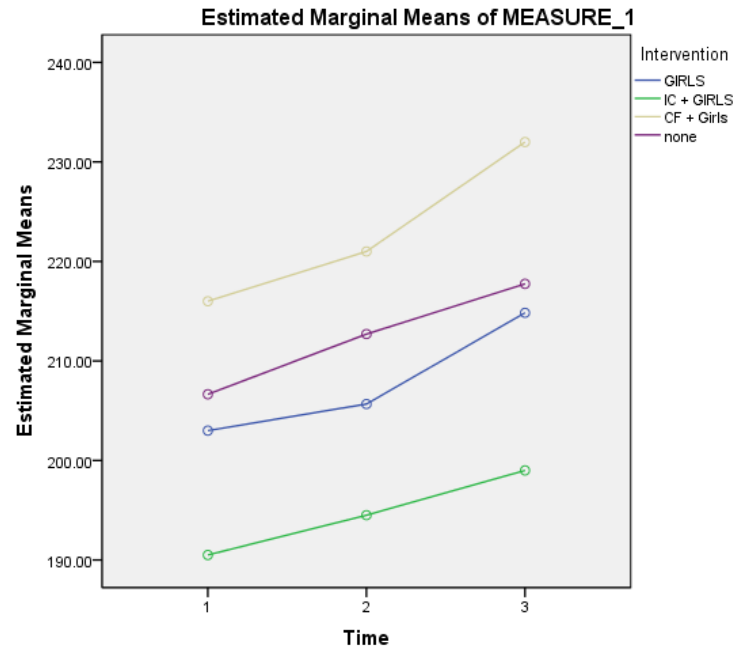- The fourth grade is the only group that improved in self-awareness and connectedness

Implications

- The G.I.R.L.S. small group intervention helped increase coping skills and problem solving skills, however, it was only effective regarding self-awareness and connectedness in the 4th grade.
- Next year:
  - I will use the lessons on coping skills and problem solving skills but I will also implement more activities to help the girls bond and feel connected with one another.
  - In addition, I will allow time each session for the girls to explore some aspect of their lives to improve self-awareness.

Other Findings

- There was a correlation between the interventions the G.I.R.L.S. group received and attendance.

- There was no statistically significant correlation with G.I.R.L.S and changes in Reading or Math MAP scores.
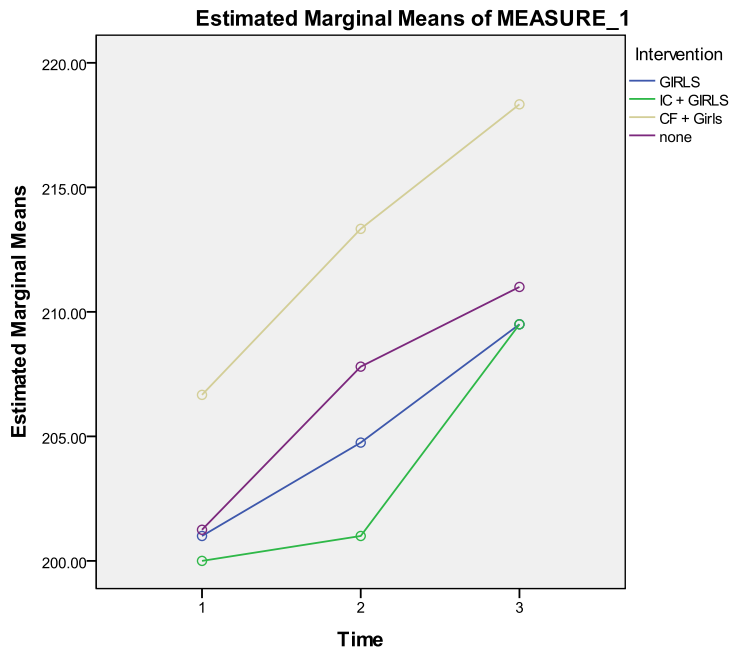
Reading MAP Scores
X axis: 1 = Fall, 2 = Winter, 3 = Spring
Y axis: Mean of Test Score

Math MAP Scores
X axis: 1 = Fall, 2 = Winter, 3 = Spring
Y axis: Mean of Test Score