COMPREHENSIVE SCHOOL COUNSELING PROGRAM
Southard Middle School

Comprehensive School Counseling Program (CSCP) Mission Statement

The mission of Southard Middle School Counseling Department is to provide to all students the opportunity for comprehensive counseling and guidance that promotes academic development, professional aspirations, and personal growth instilling in each student a passion for learning and a confidence for high achievement.

Program Definition

Below are the defining elements of our CSCP:

- Delivery- SMS counselors are professional educators with a mental health perspective who understand and respond to the challenges faced by diverse student populations with the support of administration and campus staff.
- Competencies- SMS counseling department supports the academic, social-emotional, personal, and career development ensuring today's students become the productive, well-adjusted adults of tomorrow.
- Clients- SMS counselors spend the majority of time working directly with students, teachers, parents, and the community in responsive services, individual student planning, as well as providing guidance curriculum to support the challenges students face in schools today.
- Organizational Elements- Elements that go into making our school counseling program organized to help ensure that unnecessary elements are left out and needed elements are maintained are:
    - Aligned with the *5th Edition of the Texas Model for CSCP*
    - District Improvement Plan
    - Campus Improvement Plan
    - SMS Yearly and Monthly Counseling Calendar
    - Time Tracker
    - Weekly Administrative/Counseling Meeting
    - Monthly Counselor Academy
    - District Counseling Handbook and District Forms for Policies and Procedures
    - Guidance Lessons

Program Rationale

Below are the 6 statements that make up the rationale for our CSCP:

1. To ensure that all students are receiving direct and indirect support and guidance in academic, career, and social competencies.
2. In order for students to reach their full potential academically, professionally, and personally.
3. We utilize research-based lessons and analyze campus data in order to address the needs of all of our students.
4. Based on observations and data analysis, we are able to determine if we are meeting our goals and if we need to adjust.
5. Support students in becoming go-getters, responsible citizens, involved members of the community, and critical thinkers.
6. Currently we are using the theories and ideas from Character Strong, Texas Model, and ASCA Mindsets and Behaviors, and our school Motto of GRIT (Go Getter, Responsible, Involved, Thinker).

Program Assumptions – see completed checklists in Texas Model Guide (p. 56)

Program Goals (highlighted) & Process

Needs Assessment Results:

- Our campus's current need for school counselors, based on the Campus Improvement Plan: anti-bullying program, attendance support, promote CATE courses, offer individual course planning, check-ins for ISS and DAEP, promote school/community pride and positive attitude, provide information on local resources, implement parent education programs, provide information about campus activities utilizing a variety of outlets, identify at-risk students, provide counseling services, academic remediation/summer school
- We have a continued need for a balanced service distribution, based on the recommended program balance service distribution for a middle school counseling program on page 125 of the Texas Model for Comprehension School Counseling Program (5th edition).

We reviewed the following data points:

- Southard Middle School Campus Improvement Plan
- Southard Middle School Failure Reports
- Southard Middle School Behavior Referrals
- Southard Middle School Counselor Requests

We found the following patterns in our data :

- All grade levels show students need for peer conflict support, but the greatest need was among our 6th grade students.
- All grade levels show a need in helping with adult conflict and communication, with the highest reports being in 8th grade.
- All grade levels show a need for increased self-management and utilizing coping skills regarding anxiety.

We found the following areas of significance in our data points:

- There is an imbalance in the use of school counselors' time dedicated to components of the school counseling program.
- A disproportionate number of students are failing one or more classes for the first semester.

- There is a significant increase in behavior referrals compared to previous school years, however our campus had a greater number of students with very crowded common areas.

The most significant needs identified in needs assessments were:

- The need for a better balance for the counselors' use of time towards the components of the comprehensive school counseling program.
- The need for targeting and addressing student academic concerns earlier in the school year.
- The need for targeting and addressing student behavior concerns earlier in the school year.

Advisory council input/insight to be incorporated into CSCP goals:

- We will address the purpose of a Comprehensive School Counseling Program and how we can collaborate to achieve the goals of our program.

Program SMART Goals for the 2026-2027 Year

#1. By the end of first semester, counselors will implement a schoolwide Kindness Week to promote a positive school climate and strengthen students' social-emotional competencies. By the end of the event, at least 80% of students will report an increased understanding of the importance of kindness, empathy, and inclusion as measured by a pre- and post-survey.

#2. By May 2027, we will increase the percentage of students who respond "often" or "always" to the climate survey statement, *"I know an adult at school that I can talk with if I need help,"* from 71% in May 2026 to at least 75%. To achieve this goal, the school counselors will meet individually with **every student at least once during the 2026–2027 school year** to establish or strengthen a supportive adult connection, identify students' needs, and ensure each student knows who they can go to for help and support at school.

#3. By May 2027, By the end of the school year, the school counselor will facilitate at least one monthly lunch small group focused on developing a specific social-emotional skill (e.g., communication, emotional regulation, conflict resolution, resilience, or friendship skills), with participating students demonstrating growth through counselor observations and student reflections.

Some monthly skill ideas include:

- August: Building Friendships
- September: Organization & Time Management
- October: Emotional Regulation
- November: Gratitude & Kindness
- December: Stress Management
- January: Goal Setting
- February: Healthy Relationships
- March: Conflict Resolution
- April: Self-Confidence
- May: Resilience & Coping Skills

CSCP Design Priorities

Clients- ranked by importance according to our goals (1 is most important):

1. Students
2. Parents
3. Teacher
4. Administrators
5. Others

Student Needs- ranked by importance according to our goals (1 is most important):

1. Social Emotional Development/ Behavior
2. Academic and Career Development
3. Guidance Services (Individual and Group)

Student Competencies- ranked by importance according to our goals (1 is most important):

1. Personal Health and Safety
2. Intrapersonal Effectiveness
3. Interpersonal Effectiveness
4. Post-secondary Planning and Career Readiness

School Counselor Competencies- ranked by importance according to our goals (1 is most important):

1. Counseling (Interventions for students personal/social development, individual/group counseling and advocacy for all students
2. Guidance (theories, plan lessons, groups, involve others)
3. Professional Standards (ethics)
4. Professional Behavior (relationships, use of time)
5. Consultation and Coordination
6. Leadership
7. Student Assessment
8. Program Management (plan/implement CSCP)

Counselor Time/Program Component- ranked by importance according to our goals (1 is most important):

1. Responsive Services (30-40%)
2. Guidance Curriculum (35-40%)
3. Individual Planning (15-25%)
4. System Support (10-15%)

Program Design Template

Guidance Curriculum Services

1. Strategic Content Area-Personal Health and Safety
Needs Assessment Findings- Based on behavior reports, counselor requests, and Campus Improvement PlanGuidance Curriculum Lesson Topic/s- anti-bullying, internet/social media respect and safety, anti-victimization, healthy relationships.

SMART Goal/s-
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2. Strategic Content Area-Interpersonal Effectiveness
Needs Assessment Findings- Based on behavior referral reports and Campus Improvement Plan
Guidance Curriculum Lesson Topic/s- Identifying Healthy Boundaries in Relationships, Identifying Healthy vs Unhealthy Relationships, Communication Skills
SMART Goal/s-
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3. Strategic Content Area-Intrapersonal Effectiveness
Needs Assessment Findings- Based on behavior referral reports and Campus Improvement Plan
Guidance Curriculum Lesson Topic/s- Goal setting, growth-mindset, organization, communication.
SMART Goal/s-
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4. Strategic Content Area-Post Secondary Education and Career Readiness
Needs Assessment Findings- Based on Campus Improvement Plan, behavior referral and failure reports
Guidance Curriculum Lesson Topic/s- Four Year Plan for High School, CATE Program Presentation, Career Inventories, SMART Goals
SMART Goal/s-
#1. By the end of first semester, counselors will implement a schoolwide Kindness Week to promote a positive school climate and strengthen students' social-emotional competencies. By the end of the event, at least 80% of students will report an increased understanding of the importance of kindness, empathy, and inclusion as measured by a pre- and post-survey.

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Campus Responsive Services

Identified Need #1- Anxiety and communication
Preventative, Remedial, or Crisis- Crisis
Intervention/Plan of Action- Notify parents, provide community resources
Outcome/Follow Up- Use the District Student Support Plan

Identified Need #2- Academic Failures
Preventative, Remedial, or Crisis- Remedial
Intervention/Plan of Action- Placing student on Academic Contract and contact parents
Outcome/Follow Up- Check-In with students regularly and discuss required actions for success.

Identified Need #3- Guidance Lessons supporting Anti-Bullying initiative

Preventative, Remedial, or Crisis- Preventative
Intervention/Plan of Action- Character Strong guidance lessons and classroom lessons given by the counselors
Outcome/Follow Up- Decrease the number of students experiencing and reporting bullying.

Individual Planning Priorities

Domain- Career
Goal- Set up four-year plans for 8th graders and provide career guidance lessons for 6th and 7th graders.
School Counselor Considerations- All grade levels will complete grade specific career exploration activities using online career assessment tools from Texas Reality Check, Career One Stop, and Texas OnCourse-MapMyGrad.
Advocacy- Send home information regarding High School advanced educational opportunities and Four-Year High School Plans.

Domain- Education
Goal- Provide academic support for students in danger of failing for the school year.
School Counselor Considerations- Is the student currently being served or should the student be considered for RTI, 504, or SPED services?
Advocacy- Make appropriate recommendations and referrals.

Domain- Personal
Goal- Provide resources and guidance for student intrapersonal skills
School Counselor Considerations- How does the student currently feel about him/herself? Does the student feel supported by family, friends, and the school community?
Advocacy- Help students become their own advocate.

System Support Tools

Monthly Calendar- see attached calendar at end of this CSCP.

Counselor Time Tracker

Counseling Department Monthly Calendar

This calendar is based on the following guidelines.

1. The Texas Model School Counseling Program Guide Components and Content Areas of:

Components	Content Areas
Guidance Curriculum	Interpersonal Effectiveness
Responsive services	Intrapersonal Effectiveness
Individual Planning	Personal Health and Safety
System Support	Post-Secondary Planning and Career Readiness

2. Campus Improvement Plan Goals:

Campus Improvement Plan goals are listed in the campus improvement plan on the Southard Middle School Web Page under the "Our Campus" tab.

https://southard.princetonisd.net/our-campus

CALENDAR

August
Content Area- Personal Health and Safety
CSCP Goals Addressed- 1, 2, 3
Domain- Personal
Guidance Curriculum Lesson Topics

- Josten's Renaissance - Goals, empowerment
- Meet the Counselor, counselor request forms, internet safety
- Open House
- Parent Informational Presentation - Protective Parent Program (Children's Advocacy Center of Collin County)

Major Projects/Events-

- Plan Semester 1 Guidance Lessons
- Counseling program presentation to staff
- Parent/Student schedule consults
- Create yearly counseling calendar
- Student concern check-ins (On-Going)

<u>September</u> (Hispanic Heritage Month)
Content Area- Interpersonal Effectiveness, Personal Health and Safety
CSCP Goals Addressed- 1, 2, 3
Domain- Academic
Guidance Curriculum Lesson Topics

- Josten's Renaissance - Positive School Climate & Culture
- Anti-Victimization Presentation

Major Projects/Events-

- National Suicide Prevention Week activities
- Plan/Start Semester 1 Group Counseling (6-8th Grade Lunch Bunch Groups)
- Parent Partner - Parent Information Newsletters & Meetings
- Student concern check-ins (On-Going)

<u>October</u>
Content Area- Personal Health and Safety
CSCP Goals Addressed- 1, 2, 3
Domain- Social
Guidance Curriculum Lesson Topics -

- Josten's Renaissance - Bullying, Substance Abuse
- 8th Grade Career Interest Assessment
- 180 Degree Program - Sexual Abstinence Program
- Drug Prevention Presentation by Youth Equipped to Succeed

Major Projects/Events-

- Academic student concern conferences
- Continue Lunch Bunch Groups
- Red Ribbon Week School Wide Activities
- PALS Program
- Student concern check-ins (On-Going)

<u>November</u>
Content Area- Post Secondary Planning/Career Readiness
CSCP Goals Addressed- 1, 2, 3
Domain- Career
Guidance Curriculum Lesson Topics -

- Josten's Renaissance - Kindness, Empathy, Self-Esteem
- Bullying Prevention Lessons
- 8th Grade Career and Technical Education Presentation
- World Kindness Week Activities

Major Projects/Events-

- Academic student concern conferences
- Angel Tree
- Parent Partner - Parent Information Newsletters & Meetings

- Student concern check-ins (On-Going)

<u>December</u>
Content Area- Intrapersonal Effectiveness
CSCP Goals Addressed- 1, 2, 3
Domain- Personal
Guidance Curriculum Lesson Topics (GC)-

- 8th Grade - Signs of Suicide Presentation
- Josten's Renaissance - Resilience, Gratitude
- 8th Grade CATE Presentations #2

Major Projects/Events-

- PALS program
- Plan 2nd semester guidance lessons
- Check-Ins with students
- High School CTE Center Tours
- High School Programming presentations
- Student concern check-ins (On-Going)

WINTER BREAK

<u>January</u>
Content Area- Career and College
CSCP Goals Addressed- 1, 2, 3
Domain- Social
Guidance Curriculum Lesson Topics

- Parent Meeting to Present PHS Pathways
- Josten's Renaissance - Managing Stress, Purpose through Service, Acceptance
- CATE Presentation #3
- High School Programs Presentations

Major Projects/Events-

- Elementary Transition & Course Request Presentation
- 6th & 7th Grade Classroom presentation & Course Request completion
- Continue Lunch Bunch Groups
- Academic Contract Meetings for Semester Failures
- Student concern check-ins (On-Going)

February
Content Area-Personal Health and Safety
CSCP Goals Addressed- 1, 2, 3
Domain- Personal
Guidance Curriculum Lesson Topics (GC)-

- Josten's Renaissance - Perseverance
- Test Anxiety
- Stress Management

Major Projects/Events-

- Incoming 9th grade registration
- Student concern check-ins (On-Going)
- Academic Contract Meetings for Semester Failures
- Parent Partner - Parent Information Newsletters & Meetings

March
Content Area- Intrapersonal Effectiveness
CSCP Goals Addressed- 1, 2, 3
Domain- Academic
Guidance Curriculum Lesson Topics (GC)-

- Josten's Renaissance - Courage

Major Projects/Events-

- Continue Lunch Bunch Groups
- Student concern check-ins (On-Going)
- Follow-up on course requests
- Academic Contract Meetings for Semester Failures

April
Content Area- Post Secondary Planning/Career Readiness
CSCP Goals Addressed- 1, 2, 3
Domain- Academic
Guidance Curriculum Lesson Topics (GC)-

- Josten's Renaissance - Work Ethic
- Coping Skills

Major Projects/Events-

- Continue Lunch Bunch Groups
- Student concern check-ins (On-Going)
- Follow-up on course requests
- Academic Contract Meetings for Semester Failures
- Parent Partner - Parent Information Newsletters & Meetings

<u>May</u>
Content Area- Post Secondary Planning/Career Planning
CSCP Goals Addressed- 1, 2, 3
Domain- Career
Guidance Curriculum Lesson Topics (GC)-

- Career Guidance – 6th and 7th
- Josten's Renaissance - Character & Mental Health

Major Projects/Events-

- Continue Lunch Bunch Groups
- Student concern check-ins (On-Going)
- Academic Contract Meetings for Semester Failures
- Parent Partner - Parent Information Newsletters & Meetings

<u>June</u>
Content Area- N/A
CSCP Goals Addressed- 1, 2, 3
Domain- Career
Guidance Curriculum Lesson Topics (GC)-

- N/A

Major Projects/Events-

- 2nd semester group data analysis
- Planning meeting with Administrators
- Create/present next year's CSCP goals to leadership team for feedback/revision