

Challenge

A series of days with daily activities;

Organized by theme;

Students participating in all activities earn a reward for completing the challenge

Possible Challenge Topics

Self-Esteem
 Gratitude
 Safety
 Stress Relief
 College Planning
 Resume Writing
 Study Skills
 Healthy Foods
 Wellness
 Friendship
 Creativity/Crafty
 Career Exploration
 Test Prep
 Social Skills
 Job Skills
 Etiquette/Manners
 Conflict Management
 Anger
 Culture/Diversity
 Community Service
 Start With Hello Week
 Drug/Alcohol Awareness
 Peer Pressure

Station

One-day “drop in” activity/lesson/experience;

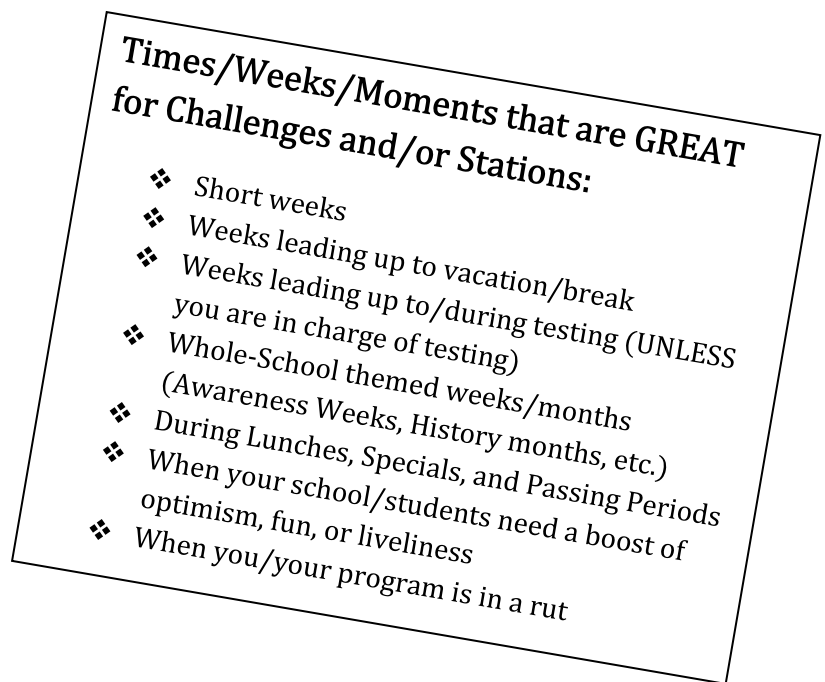
Short-term and specific

Possible Station Topics

Brag Boards/Shout-Out Boards
 Yoga/Stretching
 Bubbles
 Sidewalk Chalk
 Walking outside
 Stress Balls
 Dance Party
 Aromatherapy
 Coloring
 Legos/Blocks
 Specific Job Skills
 Signing your Name/Cursive
 Thank You Notes
 Crafts
 Online Form Tips/Tricks
 Making a healthy snack
 “Favorites”
 Beautify the School
 Community Service
 ACT/SAT registration
 How to... (tie shoes, say “NO,” cook pasta...)

What Will I Need?

- ❖ Forward planning
- ❖ Helper(s)
- ❖ LOTS of butcher paper, colored paper, scraps, etc.
- ❖ Markers
- ❖ All the Glue Sticks
- ❖ An Infinite # of Stickers
- ❖ Patience



Benefits of Challenges/Stations:

- ❖ Hits MULTIPLE SCIs at one time, with a large # of students
- ❖ Fills gaps that aren't hit with classroom guidance, individual counseling, or small groups
- ❖ Allows you to interact with students you may not see on a regular basis
- ❖ Provides a fun and interactive platform for students, staff, and the school counselor to interact around issues that may not be “academic” in nature
- ❖ Creates a community
- ❖ Covers “soft skills” that may not be explicitly taught or covered
- ❖ Reviews other lessons/skills that the counselor may have taught previously
- ❖ Shows the school community what School Counselors do! Portrays the counseling department in a positive light!
- ❖ They work with adults too!

Step-by-Step Challenge Checklist:

- Based on student/school/program need, decide on a theme
- Decide how many/which students you'll offer the challenge to
- Decide on the days and chart them out on a calendar; make sure they mesh with school dates, holidays, breaks, "weird" weeks, short days, testing, PD days, etc.
 - *For your first challenge, keep it short!*
- Brainstorm 1 activity for each day of your challenge
- Link the identified need and your activities to SCIs
- Create a fun-looking calendar of the days and challenges
- Decide on a "reward" (or decide that the prize is TBD) and make sure you can afford/make/offer it
- Find people/teachers/staff/interns who are willing to help
- Ask the Powers that Be for permission (if needed)
- Create a Pre- and Post-Survey (gotta get that data!)
- Create (or buy) a challenge board for students to sign up and earn stickers
 - *MAKE SURE YOUR CHART IS LARGE ENOUGH FOR THE STICKERS*
 - *MAKE SURE THE PAPER YOU USE WORKS WITH STICKERS AND MARKERS*
- ADVERTISE! Posters, signs, prominent challenge boards, announcements, etc.
- Prep ALL the activities, preferably before the challenge even starts; adjust calendar/activities as necessary; find materials (if necessary)
- Find/Arrange places to hang challenge boards, large pieces of butcher paper, etc., especially to show off the awesome finished products to the school community
- Decide on a schedule/procedure to "remind" students (if necessary); may include emails, Remind 101 texts, counselor social media reminders, delivered paper slips, etc.
- HAVE FUN!

Step-by-Step Station Checklist:

- Identify a specific need for your student body (job skill, stress reliever, positivity, burst of energy, calming energy, etc.)
- Find a short, specific, single activity, experience, or lesson that could meet that need
- Link the identified need and your activity/experience/lesson to SCIs
- Decide how many/which students you'll offer the station to, and how many students can do the activity simultaneously (ie: 12 students can color at one time; 5 students can use computers to sign up for the ACT, etc.)
- Decide on the day/time of the station (this may be spontaneous)
- Find some people/teachers/staff/interns who are willing to help
- Ask the Powers that Be for permission (if needed)
- ADVERTISE! Posters, signs, announcements, etc.
- Decide on a schedule/procedure for "wait listing" students who want to participate, but don't have time, space, or resources
- HAVE FUN!

Things to keep in mind for both Challenges and Stations:

- ❖ ALWAYS do a test-run (preferably with students) to make sure you aren't over- or under-estimating required time
- ❖ Take pictures
 - *Make sure there are permission forms/opt-out forms on file*
- ❖ Look online first - Lots of things already exist
- ❖ Glue Sticks work better than tape
- ❖ Take data whenever possible
- ❖ ASCA Student SCIs:
http://static.pdesas.org/content/documents/asca_national_standards_for_students.pdf