

Cleveland Elementary Community Council, Jan. 17, 2023

School Counseling Layout:

Serve at Cleveland Elementary on Monday, Wednesday, and Friday

- Monday & Wednesday, 7:00 am to 2:50 pm
- Friday, 7:00 am to 12:30 pm

Classroom Lessons

- Pre-K, am & pm. 15-minute SEL lesson EOW
- Kindergarten. 20–30-minute SEL lesson weekly (RULER Curriculum)
- First, Second, and Fifth grades. 30-minute SEL lesson weekly (RULER Curriculum)
- Fourth grade: 40-minute Utah State mandated Learning Skills lessons weekly. I have two LS lesson remaining. I will begin 30-minute SEL lessons weekly when LS lessons are complete. (RULER Curriculum)

Groups

I currently have seven groups. Six groups are held 20-30 minutes weekly. One group is held EOW. Total students served in a group setting are: 22

Individual sessions

Generally individual sessions are held weekly and last 15-30 minutes depending on classroom schedule. I currently serve one student twice a week for 15 minutes each session, and two students once each week for 20-30 minutes.

A School Counselor is not a licensed therapist. I am licensed for groups and individuals for six sessions only. Following the six sessions students should be evaluated by their teachers to see if students still need services. If so, groups can be reformed. Individuals will need to be moved to a licensed therapist for further sessions.

The RULER Curriculum has a three-year roll-out focus.

- Year one contains eight introductory lessons. The first year is for training teachers and staff the “language” of RULER, and the 4-tools. The introductory lessons include teacher training and an introduction of the curriculum to students and are generally 50 minutes long. Since I only have 30 minutes allowed for classroom lessons several lessons have run into the following week.
- Year two includes 18 lessons for students. Teachers will continue to use the 4-tools of RULER in their individual classrooms. The entire school should be focused and unified in the ‘language and procedures’ of RULER.
- Year three continues the RULER lessons at school but also introduces RULER to the family. This will be accomplished through the school website as well as occasional family training meetings after school.

It is my hope to introduce College and Career Readiness to the Cleveland Elementary.
The recommended use of Elementary School Counselors time:

Direct Services:

- **School Counseling Curriculum: 35-45 % (classroom lessons)**
- **Individual Student Planning: 5-10 % (college and career readiness)**
- **Responsive Services: 30-40% (groups and individual counseling, emergencies)**

Indirect Services:

- **System Support: 10-15% (supporting school activities)**