

# Sister Circle: A Secondary School Group Intervention



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#### **Abstract**

This paper describes a six session small-group intervention with a targeted group of African-American 11th grade girls who attend high school in an affluent suburban district. The sessions were designed to enhance students' confidence in building positive relationships with teachers by using coping and negotiation skills. The group session topics are described, and outcomes are assessed. Challenges unique to the group setting and in implementation are addressed. Group work has been recognized as a particularly relevant intervention for African-American youth. The small group format allows the facilitator to more easily connect with the participants and tailor topics to the specific needs of the group. (Havlik, et al. 2019). These students were identified using Panorama Data (Education, 2022) which measures literacy and Social Emotional Learning (SEL) skills...

#### **Rationale**

Discrepancies were noted among African American students on graduation rates, attendance, and English Performance Scores when compared to white students

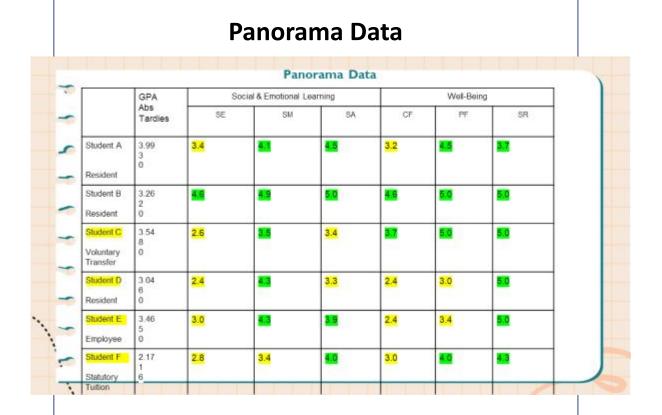
#### **Introduction-School-Wide Goals**

GOAL 1: Create a community of inclusivity that engages all students in meaningful learning especially by working to overcome racial barriers that perpetuate educational inequity.

GOAL 2: Create a sustainable culture that nurtures an environment to personalize and individualize the learning experience for all.

#### GOAL 3:

Identify the characteristics of a healthy mental wellness culture at CHS and develop tools and strategies to create wellness opportunities for all members of the school community.



### **Project Goals**

By November 14, 2022, six students will decrease their negative interactions with teachers by 50 percent from 1-2 negative interactions per week to 0-1 negative interactions per week.

By November 14, 2022, six students will increase their knowledge and application of advocacy (problem-solving) skills from one strategy to the knowledge and application of three strategies.

## **General Session Content (Methods)**

Session One: Introduction, rapport building and goal setting

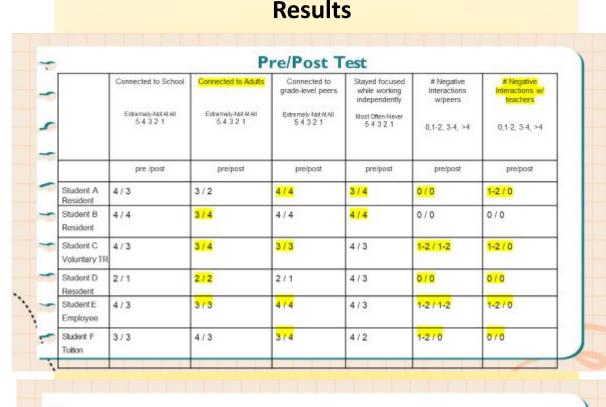
**Session Two: Processing the Day and Relationships** 

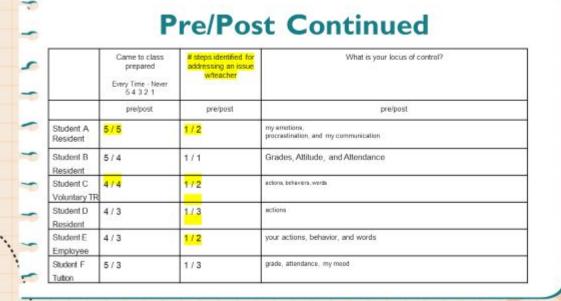
Session Three:Locus of Control in Relationships and Assertive Communication

**Session Four: Handling Conflict and Negotiation** 

Session Five: "If-Then" Anticipating Consequences, Role Playing

**Session Six: Positive Affirmations and Future Goal Setting** 





#### **Conclusions**

- African-American students are especially responsive to group intervention. The small group model is relaxed enough for students to feel comfortable and want to come, yet structured enough that everyone learns from the experience.
- School counselors can help establish a healthy foundation for building alliances, empowerment, change, and therapeutic intervention (Conner & Yeh, 2018). I believe the students walked away feeling more confident in their ability to communicate with teachers and understood what they could control.