

**Rockhurst High School**  
**Counseling Department**  
**Freshman Small Group Guidance**

Small group counseling units and sessions address topics related to personal/social and academic formation. In addition to offering the opportunity to enhance the resourceful relationship between the counselor and student, the ultimate goal of small group counseling is to provide students with the opportunity to learn more about and work through such things as interpersonal issues, to develop strategies and skills to positively impact their school achievement, and to increase appropriate social interaction skills. These units are specifically designed to support and enhance the student's understanding and integration of the "Graduate at Graduation" values in both their personal and communal lives that are central to the Rockhurst High School experience, mission and vision.

**Rationale:**

A comprehensive developmental guidance and counseling program (one-on-one and group counseling) helps provide a more systematic developmental opportunities and experiences that address three central Rockhurst student's developmental areas:

1. *Learning to live* (personal, social and religious);
2. *Learning to learn* (motivation, skills, strategy and time management);
3. *Learning to work* (college and career).

As such, the Rockhurst Freshman Small Group program will include sequential activities designed to address the needs of freshmen students by assisting them in being young men of *competence, conscience* and *compassion* within an Ignatian educational faith community.

**Content:**

1. Introduction to formation
2. Transition to Rockhurst expectations and experiences
3. High school success topics and habits (Flexible yearly focus may include the list below.)
  - Organization and time management
  - Study-skills support
  - Academic and personal support resources
  - Self advocacy
  - Communication
  - Alcohol and drug use and impact
  - Stress management
  - Mental health: anxiety & depression
  - Internet safety and digital citizenship
  - Final exam preparation
  - Academic planning
  - Building an inclusive community of faith
  - Diversity and Inclusion