

Focused Social Skills Groups

WHAT

Focused groups are formed to help students with similar skill deficits. High-quality social-emotional curriculum, including instruction, modeling, and practice, help the students learn the new skill. Specific problems to address can vary widely:

- ◆ Managing Emotions
- ◆ Accepting Feedback
- ◆ Following Directions
- ◆ Attendance Issues
- ◆ Social Skills or Study Skills Development
- ◆ Others identified by the team

WHY

- ◆ Increases self-confidence, self-concept, and self-esteem
- ◆ Teaches students to follow the rules, expectations, procedures, etc.
- ◆ Helps students improve daily social functioning
- ◆ Helps students make friends
- ◆ Teaches students essential life skills

WHO

Students:

- ◆ Behavior shows a trend related to a specific need
- ◆ Identified by the universal screener as needing support

Facilitator:

- ◆ A counselor, school psychologist, or could be any team member that is trained in SEL and restorative practices

HOW

Create a letter home to inform parents. This letter should be sent or delivered promptly, notifying parents when students enter Tier 2 support. Select high-quality curriculum and activities targeted to the specific needs identified through screening. Start small with a pilot group that exhibits similar needs. Choose a facilitator who can work with students to reflect, learn new skills, and practice in a safe, nonjudgmental environment. The focus groups typically meet 1-3 times weekly for a cycle, which can be anywhere from 4 to 6 weeks or a quarter.

TIPS

- ◆ Ensure that data is used to identify students.
- ◆ Be mindful of students' academic needs when scheduling group times. Check with your team administrator at your site for the best days and times.
- ◆ Ensure teachers and parents understand and can reinforce the skills being taught.

Reference

<https://www.pbisworld.com/tier-2/teach-social-skills/>