March 2014

Andrew (my supervisor), another intern and I planned a Summit group for our 6th grade students. Summit is a social group that builds upon different lessons on learning zone, trust, communication, teamwork, hike etc. in order to meet the biggest challenge as a team - Ropes Course. The group members were recruited based on teacher’s referral for social skills. Summit goals are somewhat challenging for the student that encourages them to tap into their resiliency in a safe environment with peers.

Proposal - Cedar Park Summit Team– Year 2

Program Summary

#### Intervention: Weekly pull-out and after-school activities (see calendar below) will include team building, goal-setting, a service learning project, and an escalating series of outdoor experiences (e.g. training hike in Forest Park) that lead to a culminating achievement - a "Summit" (e.g., OES ropes course). The goal is to provide students with an intentional and connected series of learning experiences that will increase academic achievement, social/relational outcomes, and bonding to school.

**Targeted Outcomes and Metrics:** Improved Grades (4th quarter comparison); Improved Behavior/Discipline (SWIS); Bonding to School (Assets survey)

**Students:** 12 to 14 6th graders struggling with persistent off-task behavior, difficulty working in/with peer groups, struggling with social norms and establishing peer relationships

**Costs:**

Summit: OES Ropes Course: $450 ½ day; $550 full day; Bus $150 +/-

Saturday Hike: Lunches $80; MAX to trails $45; Teacher Stipends for 3hrs = ?

Misc: (snacks, supplies): $50

Total: $730 - $830 ($52-$60/student)

Learning Targets: Students will engage in activities that build trust, communication, and the teamwork skills necessary for success in the classroom. Students will complete classes along with an escalating series of outdoor “challenges” culminating with a full-day “Summit Challenge”

IB Learner Profile Targets: Risk Taking, Reflection, Caring

American School Counselor Association (ASCA) Standards:  
*Academic Standard 1*: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span  
*Personal/Social Standard 8*: Students will make decisions, set goals, and take necessary action to achieve goals

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| **Class** | **Date** | **Per./Location** | **Lesson / Activity** |
| Recruit / Forms in | 4/2 |  | * Communication out to teachers * Complete recruiting and gathering permission forms |
| 1. Beginning | 4/15 | Per 5 | * Introduction to Summit * Warm-up / Icebreaker activities * Lesson/activity – create group motto, define mission, group rules and values * Goal/Visioning Activity (connecting to School, IB Learner vision) |
| 2. Journey | 4/22 | Per 6 | * Warm-up – revisit and sign class motto, mission, rules, values * Lesson/Activity-Stones Across the Water |
| 3. Learning | 4/23 | Per. 6 | * Lesson/activity – "The Learning Zone" * Lesson/activity – Quiet Space |
| 4. Work | 4/29 | After School Program | * Team building activity (e.g. garden, school project) |
| 5. Trust | 5/1 | After School Program | * Warm-up activity class write/trust * Lesson/activity – Trust walks, falls * Debrief discussion on trust, school and the “Learning Zone” |
| 6. Path | 5/3 | Saturday | * Saturday hike in Hoyt Arboretum (with lunch and team building activities) |
| 7. Team | 5/6 | 6th period | * Warm-up activity – review and evaluate our progress, revisit Summit Mission * Discuss team roles of leadership, achievement and support during service, hike, and in class * List school goals and obstacles * Lesson/activity: "Tarp Flip" goals/obstacles on each side * Debrief and related to preparation |
| 8. Summit | 5/9 | Field Trip | Summit –OES ropes course full day  Ropes course at OES w Synergo |
| 9. Celebration / Return | 5/12 | Period 6 | Celebration   * PowerPoint slide show of Summit Journey * Students award each other certificates |