



5th Grade Counseling Needs Assessment

Name: _____

Homeroom: _____

I am interested in attending the following sometime during 5th grade:

_____ Individual Appointment

_____ Lunch Bunch with friends

_____ **Student Success Group:** Focuses on learning organizational and time-management skills necessary to be successful in school. Backpack and locker clean-outs are completed during the course of the group.

_____ **Stress Less Group:** Focuses on how to manage every day worries and feelings of nervousness about life, school, and test-taking. Relaxation techniques are learned.

_____ **Changing Families:** Focuses on being aware of emotions and learning strategies on how to cope with changing families and/or loss.

_____ **Social Skills:** Focuses on making and keeping friends and helps with learning appropriate social skills (i.e. positive communication skills, getting along with peers)

_____ No thanks. I'm not interested in groups.

Anything you're concerned about or anything you would like your school counselor to be aware of?
