

Beginning of the Year (August/September)

Apple Trees: Goals and Action Steps

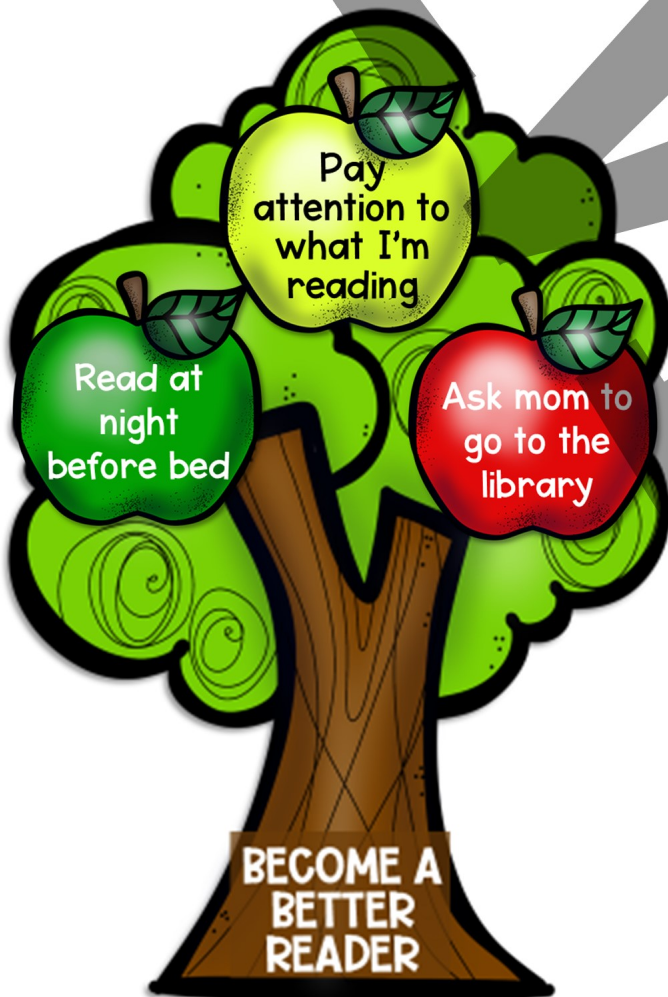


Directions:

Students match the apple action steps to the tree goals that those action steps would help achieve.

Optional Extension

Students identify 1 personal goal and 3 small steps they can take to help achieve their goal.



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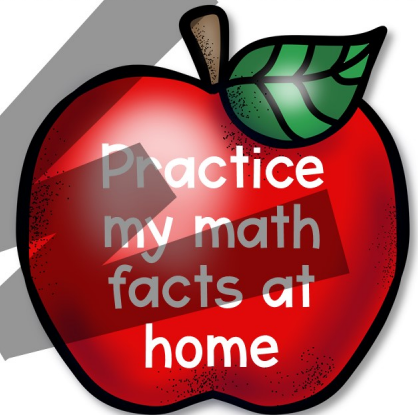
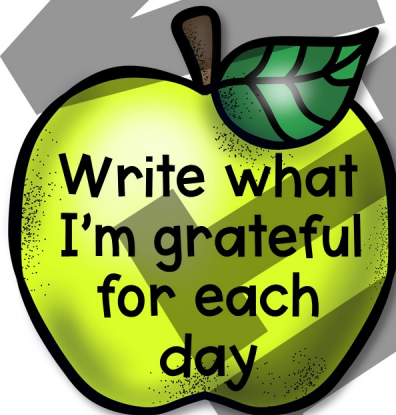
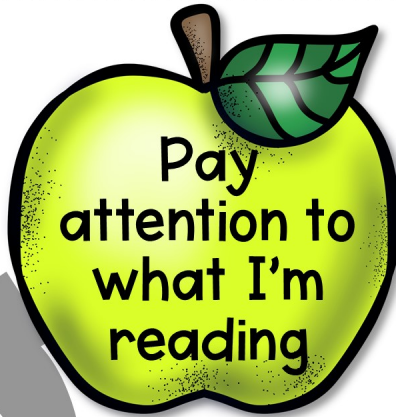
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My Goals & Steps

Name: _____

SMALL STEP:

SMALL STEP:

SMALL STEP:

GOAL:

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective and engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

