**COUNSELOR LESSON PLAN**

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| **Topic: Testing Magic Square****Duration: :30- :45****Grade Level**: 3rd |
| **ASCA COUNSELING STANDARDS / MINDSETS & BEHAVIORS** |
| **Academic:****Standard A: Students will acquire the attitudes, knowledge, and skills that contribute to effective learning in school and across the life span****A:A1Improve academic self-concept****A:A1.2 Articulates feeling of competence and confidence as learners****A:A1.3 Takes pride in work and achievement****Mindsets: Category 2: Self Management Skills: 7. Demonstrate effective coping skills when faced with a problem.** |
| **OBJECTIVES/ESSENTIAL QUESTION** | **TERMINOLOGY** |
| **The student will learn about reducing test anxiety by sharing feelings about testing situations** | Calming downBeing restedAnxietyHealthyPreparing for test |
| **INTRODUCTION TO LESSON** |
| **The counselor will talk to students about test taking and anxiety****The counselor will discuss the effects of test anxiety** |
| **CONTENT KNOWLEDGE | INSTRUCTIONAL DESIGN**  |
| **TEACHER ACTIONS** | **STUDENT ACTIONS** |
| Counselor will ask students questions for discussion:1. Why is important to get proper rest?
2. How does breathing help when anxious?
3. What can you do to calm yourself down during testing?
 | Students can respond during group discussion by raising their hand.Students will participate in group discussion. Students can respond by providing examples.Student can share ideas. |
| Counselor will model and provide examples for making the Testing Magic Square using the templet. | Students will work on templet with step by step instructions from the counselor |
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| **CLOSURE|CHECK FOR UNDERSTANDING** |
| Counselor will circulate throughout the classroom to listen for discussion and play with the Magic square. Feedback, support and instructions will be provided.Ticket out the door: How will you reduce test taking stress? |
| **AVID WICOR STRATEGIES UTILIZED** |
| Inquiry: Students will think and share, ask questions, use creativity |
| **RESOURCES** |
| Provide the Testing Magic Square Sheet to students |
| **DIFFERENTIATED INSTRUCTION** |
| Small group, collaborationProvide one on one support and instruction |
| **SUPPLEMENTAL LESSON AND RESOURCES** |
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