**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 down  Being rested  Anxiety  Healthy  Preparing 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, collaboration  Provide one on one support and instruction | | |
| **SUPPLEMENTAL LESSON AND RESOURCES** | | |
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