



KNOW YOURSELF

CONNECT WITH YOUR GUIDANCE COUNSELOR



INTRODUCTION

Today, we will:

- * Learn about the 5 SEL Competencies
- * Explore the role of a guidance counselor and how to utilize the guidance counselor
- * Understand how one hip-hop therapy program was used in a Bronx high school to support students' learning and social emotional well-being



SEL CONNECTION



Today, we will practice **self-awareness** and build **relationship skills** related to working with a guidance counselor.





ICEBREAKER

SOCIAL-EMOTIONAL TOOLKIT





SOCIAL-EMOTIONAL TOOLKIT

SELF-AWARENESS

Knowing your own feelings, strengths, and limits.





SOCIAL-EMOTIONAL TOOLKIT

SELF-MANAGEMENT

Managing your emotions, setting goals, and staying focused.





SOCIAL-EMOTIONAL TOOLKIT

SOCIAL AWARENESS

Understanding and respecting others' feelings and perspectives.





SOCIAL-EMOTIONAL TOOLKIT

RELATIONSHIP SKILLS

Working well with others and building strong, positive connections.





SOCIAL-EMOTIONAL TOOLKIT

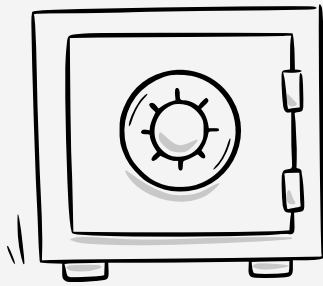
RESPONSIBLE DECISION-MAKING

Making good choices that consider yourself and others.

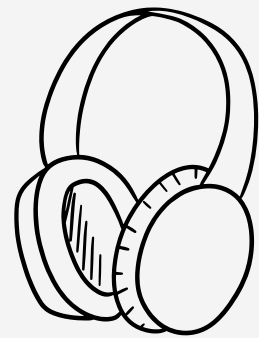


SOCIAL-EMOTIONAL TOOLKIT

Pick an object below and guess which SEL competency (or competencies) it aligns with.



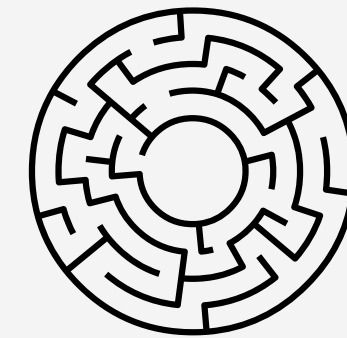
LOCKBOX



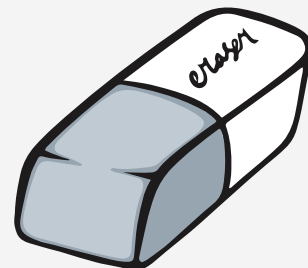
HEADPHONES



MICROPHONE



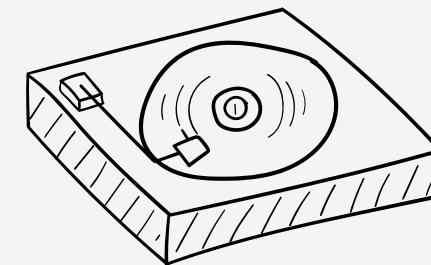
MAZE



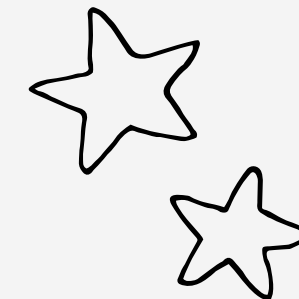
ERASER



TROPHY



TURNTABLE



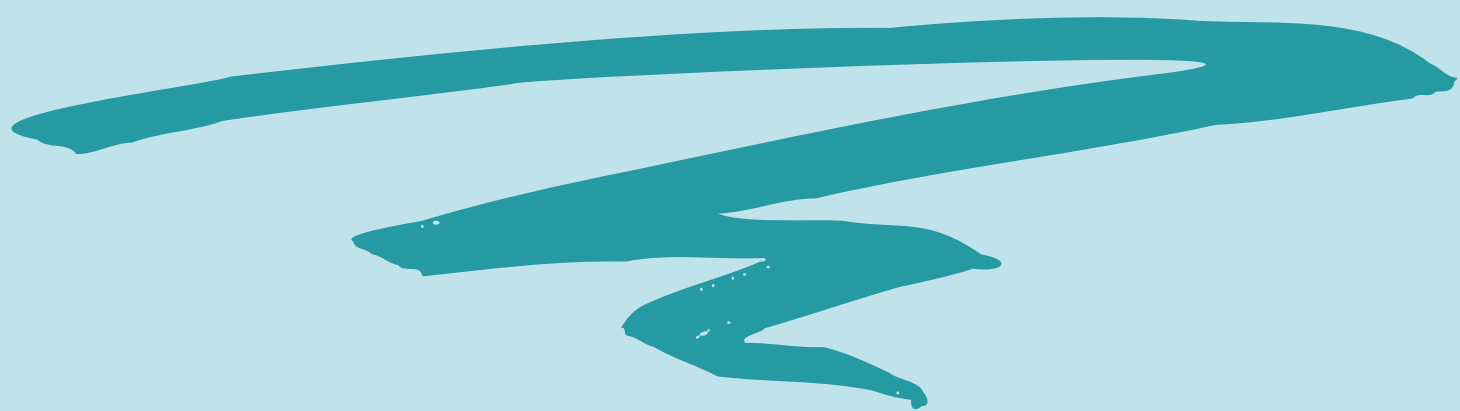
STARS





LESSON
PART ONE

BE THE EMCEE OF YOUR
SCHOOL EXPERIENCE



LESSON: PART ONE



WATCH A VIDEO

EMCEE YOUR EXPERIENCE

The Bronx is the birthplace of hip-hop. Watch this video about one school counselor in a Bronx school who uses the power of hip-hop to support students' emotional regulation, learning, and school experience.



FOUR CORNERS

Use the graphic organizer to answer the four prompts independently.

1. Who is your guidance counselor, and what do you know about them?
2. Why is your guidance counselor important to your school experience?
3. What did you learn about a guidance counselor's role after watching the video?
4. How can you build a strong relationship with your guidance counselor?

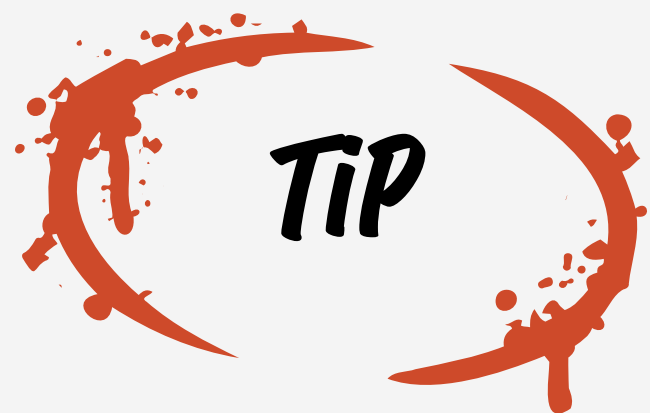
Choose a corner based on the question that resonates most with you and discuss.

After a few minutes, switch to another corner and discuss the prompt.



FOUR CORNERS

Who is your guidance counselor, and what do you know about them?



Find out your counselor's name and where their office is and build a connection.



FOUR CORNERS

Why is your guidance counselor important to your school experience?



Remember, counselors are there to support your academic, personal, and career goals. They can be an advocate for you when you need it.



FOUR CORNERS

What did you learn about a guidance counselor's role after watching the video?

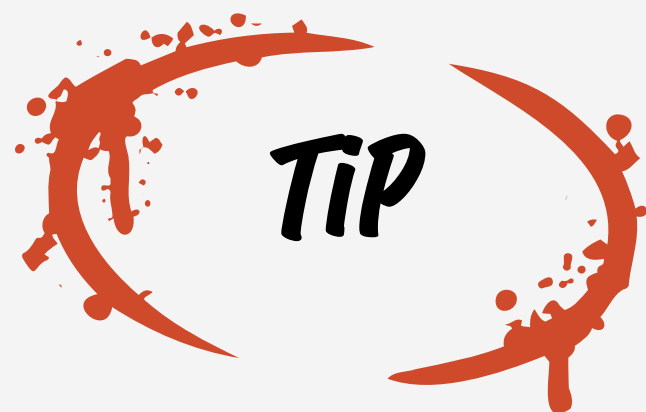


Guidance counselors can help with more than just schedules—they're also there to listen, help with challenges, and connect you with resources.



FOUR CORNERS

How can you build a strong relationship with your guidance counselor?



Set up a time to meet, even if you don't need help right now. Share your goals or ask a question about school—this helps your counselor get to know you better.





EMCEE YOUR EXPERIENCE

WHOLE GROUP CYPHER

Share your insights and connect your ideas to the SEL competencies of **self-awareness** and **relationship skills**.





EMCEE YOUR EXPERIENCE

The guidance counselor you observed utilized hip-hop to build relationships with his students and support their self-awareness development.

What are some interests or hobbies you have that your school or guidance counselor could support, allowing you to express yourself more fully?

