School Counselors and Evidenced base practice:

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What do you need to be an evidence-based school counselor?

activity
TIME

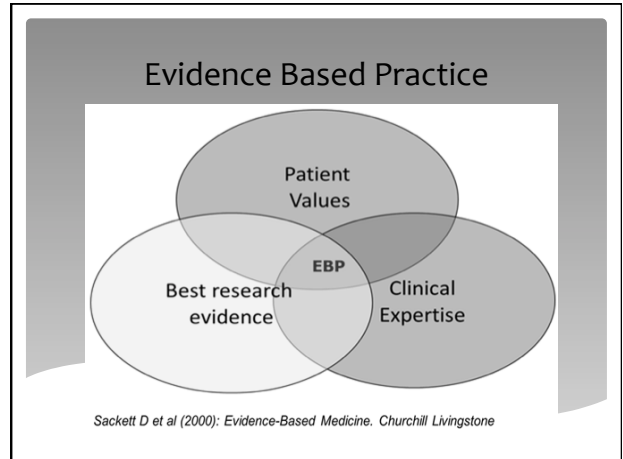# Learning outcomes:

Participants will be able to:

1. Identify a variety of resources for best practices
2. Construct better activities and interventions based on quality resources
3. Employ a rubric for selecting activities/ interventions/resources

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EB School Counselors...

1. Clearly Identify Need
   - ✓ MS&B
   - ✓ Contextual data/Surveys
   - ✓ Others
2. Collect and analyze data
   - ✓ School Data Profile
   - ✓ School Improvement Plans
3. Select Activities
   - ✓ Professional Literature
   - ✓ Empirically Based Programs
   - ✓ Action Research (Results Reports)

EB School Counselors…

4. Build partnerships
   - ✓ Other Practitioners
   - ✓ Stakeholders
   - ✓ Professional Organization
5. Measure student outcomes
   - ✓ Process, Perception, Outcome
   - ✓ Meaningful Methods
6. Share results
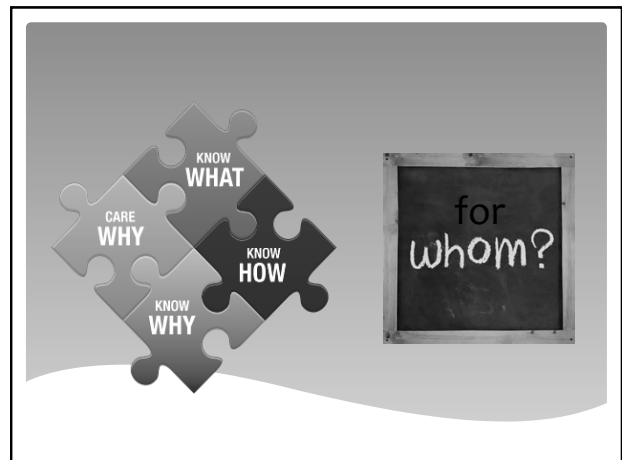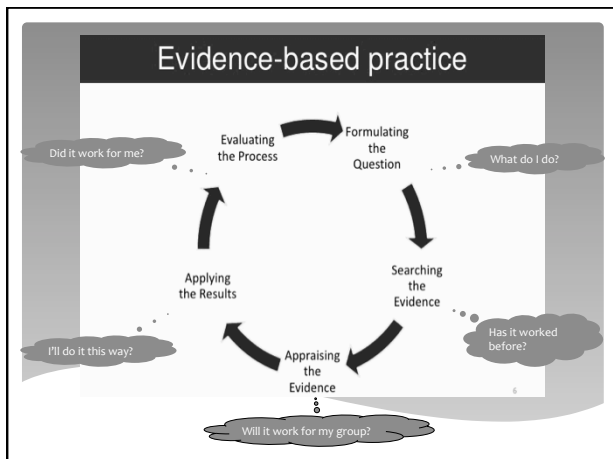   - ✓ Stakeholders
   - ✓ Professional Organization

Evidence Based Practice

Sackett D et al (2000): Evidence-Based Medicine. Churchill Livingstone

Evidence Based

Empirically Supported

It's in the research.

Data-Based Decision Making

It's intentional.

Professional Judgment

It's consultation, collaboration, and collegial.

Slide 1

Evidence-based practice

Evaluating the Process — Did it work for me?

Formulating the Question — What do I do?

Searching the Evidence — Has it worked before?

Applying the Results — I'll do it this way?

Appraising the Evidence — Will it work for my group?

Slide 2

Evidence Based Practice

1. Ask the question
2. Acquire the best evidence
3. Appraise the evidence
4. Apply
5. Assess Effectiveness & Efficiency
6. Tell

Slide 3

Evidence Based Practice
2) Find what might work

Resources

What Works Clearinghouse, CSCORE, SCALE

Action research

Personal, Colleagues, Conferences, Trainings

Slide 4

Evidence Based Practice
1) Identify Need

School Data Profile

Contextual Survey

SIP

MS&B

Developmental needs

Others

What Works Clearinghouse
http://ies.ed.gov/ncee/wwc/

- resource for informed education decision making
- identifies studies that provide credible and reliable evidence of the effectiveness of a given practice, program, or policy

The Ronald H. Fredrickson Center for School Counseling Outcome Research & Evaluation (CSCORE)
http://www.umass.edu/schoolcounseling/index.php

- identifying and developing research-based and effective school counseling practices
- conducts and disseminates findings from research about career, social/emotional, and academic interventions
- provides K-12 leaders and practitioners with information about data-based decision-making, evidence-based practices, and program evaluation
- provides international leadership in the measurement of the outcomes of school counseling interventions and programs.

SCALE Research Center

RAMP Results Reports:
Core Curriculum
Small group
Closing-the-gap

https://scale-research.org

Evidence Based Practice
3) Plan what to do

Action Plans (Core Curriculum, Small Group, Closing-the-Gap)

Prepare (delivery, structure, schedule, activities, supplies, materials, etc.)

Develop Pre/Post Assessment

Document Outcome Data Baseline

Evidence Based Practice

4) **Do**

Administer Pre-test

Deliver

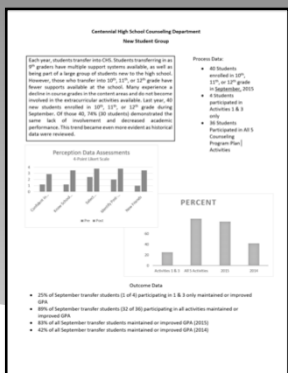Administer Post-test

Evidence Based Practice

5) **Measure & Analyze**

Administer Post-test

Document Outcome Data

Determine what worked/what did not

Results Reports (documentation)

Evidence Based Practice

6) **Tell**

Students, Teachers, Parents, Admin

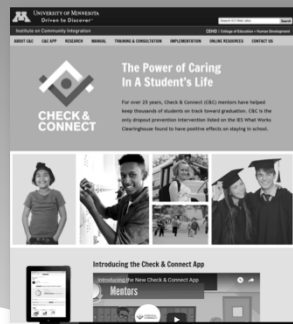Advisory Council, Faculty, BOE

Info-Graphics, PPT (3-5 slides)

Academic Achievement Evidence Based Resources

- Check & Connect (K-12)
- I Can Problem Solve (PK – 6th)
- Student Success Skills Program

Check & Connect K - 12

- Only drop program on What Works Clearinghouse
- Mentor Training
- Many positive results
- University of Minnesota
- $35 - $50 per manual

Contents

Slide 1: I Can Problem Solve PreK – 6th

- Vocabulary work
- Feelings identification
- Alternative solutions
- Consequential thinking
- Lots of lessons (50 – 80) many times a week
- Under $50
- Research Press

Slide 2: Student Success Skills K-1, 2-3, 4-12+

- Widely used
- Highly effective
- Strongly endorsed
- Develops cognitive, social, & self-management skills
- Different Programs
  - Ready to Learn
  - Student Success Skills
  - College/Career Success Skills
- $195 K – 1st
- $75 2nd – 12th

Slide 3: Behavior Evidence Based Resources

- Conscious Discipline
- The Good Behavior Game

Slide 4: Conscious Discipline

- Highly rated & validated
- Children
- Social emotional learning
- Discipline
- Self-Regulation
- Free resources online

Good Behavior Game

- Self regulation
- Self management
- Delayed gratification
- Benefits in classroom
- Increased mental health
- Substance abuse prevention
- $240+ per kit

Olweus Bullying Prevention (K-12)

- Widely used
- Everyone participates
- 50%+ reductions in problem behaviors (bullying, vandalism, school violence, fighting, theft, truancy)
- Pricing varies by packaging

Social Emotional Skill Development Evidence Based Resources

- LifeSkills Training
- Lions Quest
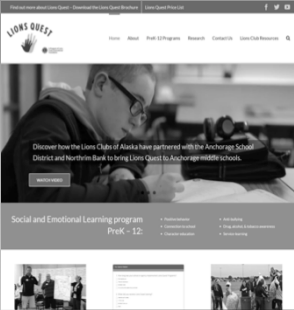- Morningside Center for Teaching Social Responsibility

LifeSkills Training

- Multiple programs available for elementary, middle, and high school
- Online workshops
- Drug resistance skills
- Personal self management skills
- General social skills
- Prices vary depending on product

Lions Quest
K-12

- Social and emotional learning program
- Positive behavior
- Connection to school
- Character education
- Anti-bullying
- Drug, alcohol, tobacco awareness
- Service learning
- $120-$150 classroom set

Morningside Center for Teaching Social Responsibility
K-12

- Offers coaching & workshops
- Curriculum based programs
- Designed to:
  - Social Emotional Learning
  - Restorative Practices
  - Build Community
  - Strengthen social emotional skills
  - Increase equity through courageous conversations

Attendance Plan

Evidence Based Practice Worksheet

You get:
Citation
Abstract
Take-Away
of 31
Articles

Empirical Research Studies Supporting the Value of School Counseling

- **Academic Development Articles:**
  - School Counseling & Student Outcomes: Summary of Six State Studies
  - A Comparative Analysis of RAMP vs Non-RAMP Schools
  - Ratios Matter, Especially in High-Poverty Schools
  - Addressing the AP Placement Equity & Excellence Gap for AA Students
  - Closing the Achievement Gap of Latina/o Students
  - A Comprehensive Results-Driven Counseling Method
  - A Counseling Intervention for Underachieving Students
  - Psychoeducational Group Approach to Increase Study Skills & GPAs (9th grade students)
  - A Group Counseling Approach to Improve Test Performance of AA Students
  - Student Success Skills

- **College & Career Readiness Articles:**
  - Effects of HS College Counseling on College App Rates
  - Estimating Causal Impacts of School Counseling with Regression Discontinuity Designs
  - CCR Services & Smaller Ratios Benefit Students
  - Does the Availability of Counseling Affect College-Going Decisions Among Highly Qualified 1st-Gen College-Bound Students?
  - Who Sees the School Counselor for College Information?
  - School Counselors Supporting African Immigrant Students' Career Development
  - Providing College Readiness Counseling for Students with Autism
  - Transitioning Hispanic Seniors from HS to College
  - Identifying Exemplary School Counseling Practices

- **Social-Emotional Development Articles:**
  - Access to Services & Student Outcomes
  - Outcomes of School-Wide PBS Program
  - A School-Based Group Intervention for Families of Children Who Are Disruptive
  - A Social Norms Campaign to Reduce Rumor Spreading in Jr HS
  - A High School Counselor's Leadership in Providing School-Wide Screenings for Depression & Enhancing Suicide Awareness
  - Use of Group Counseling to Address Ethnic Identity Development

- **Other Articles:**
  - Schools' Mental Health Services & Young Children's Emotions, Behavior, and Learning
  - Are School Counselors an Effective Educational Input?
  - A State-Wide Evaluation of the Outcomes of the Implementation of ASCANM programs in rural and suburban Nebraska HS
  - School Counseling Outcome: A Meta-Analytic Examination of Interventions
  - Review of School Counseling Outcome Research
  - Maximizing School Counselors' Efforts by Implementing School-Wide PBIS

A Big **Why**

Deserves a Big

Thank You

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