Positive VISUALIZATIONS

Solution-Based Strategies To Empower Students To See Successful Outcomes To Challenges They Face At School

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Written by Victoria Cull

Positive Visualizations

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ASCA standards from: American School Counselor Association (2004). ASCA National Standards for Students. Alexandria, VA: © 2004 by the American School Counselor Association.

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Introduction

Today's students need venues in which they can become the strong and capable people they are meant to be. This unique book focuses on solutions rather than problems, encourages development of positive energy, and helps students see their situations in a new light.

The language and focus are positive. By using color and encouraging visualization of positive outcomes, this book trains students to face personal challenges.

These solution-based pages will put an end to sending students back to class after having spoken only about the problem. As the school counselor, you will empower your students to visualize success. You'll send them back to class as winners!

The Initial Interview With The Student (page 10) suggests a useful approach for a first meeting.

A built-in parental component helps parents become part of the process.

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CHAPTER 1

Problem-Solving

These pages give students a fresh perspective on problems they're facing. Students are empowered to see problems *as* something they can tackle and overcome. They learn that THEY are bigger than any problem and that it's OK to ask for help.

Students are encouraged to empathize by putting themselves in the shoes of the person with whom they're in conflict. They're also taught to change their thinking about a situation in order to change their feelings and behaviors and achieve success. Finally, students are encouraged to abandon habits and behaviors not resulting in the desired outcome.

ASCA Standards For Problem-Solving

PERSONAL/SOCIAL DEVELOPMENT	
Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.	
PS:A1	Acquire Self-Knowledge
PS:A1:10	Identify personal strengths and assets
PS:A2	Acquire Interpersonal Skills
PS:A2.2	Respect alternative points of view
Standard B: Students will make decisions, set goals and take necessary action to achieve goals.	
PS:B1	Self-Knowledge Application
PS:B1.1	Use a decision-making and problem-solving model
PS:B1.3	Identify alternative solutions to a problem
PS:B1.4	Develop effective coping skills for dealing with problems
PS:B1.11	Use persistence and perseverance in acquiring knowledge and skills
Standard C: Students will understand safety and survival skills.	
PS:C1	Acquire Personal Safety Skills
PS:C1.6	Identify resource people in the school and community, and know how to seek their help

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CHAPTER 2
School Skills

Using these pages to hone listening and goal-setting skills and the habits of punctuality, creating a place to do homework, using resources appropriately, reporting unsafe behavior, will help the student become productive and successful.

ASCA Standards For School Skills

ACADEMIC DEVELOPMENT	
Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the life span.	
A:A1	Improve Academic Self-Concept
A:A1.1	Articulate feelings of competence and confidence as learners
A:A1.2	Display a positive interest in learning
A:A1.5	Identify attitudes and behaviors that lead to successful learning
A:A2	Acquire Skills For Improving Learning
A:A2.1	Apply time-management and task-management skills
Standard B: Students will complete school with the academic preparation essential to choose from a wide range of substantial post-secondary options, including college.	
A:B1	Improve Learning
A:B1.4	Seek information and support from faculty, staff, family and peers
A:B2	Plan To Achieve Goals
A:B2.4	Apply knowledge of aptitudes and interests to goal setting
A:B2.5	Use problem-solving and decision-making skills to assess progress toward educational goals

PERSONAL/SOCIAL DEVELOPMENT	
Standard C: Students will understand safety and survival skills.	
PS:C1	Acquire Personal Safety Skills
PS:C1.7	Apply effective problem-solving and decision-making skills to make safe and healthy choices

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THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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HOW DO YOU SEE THE SOLUTION?

Picture yourself resolving a problem on your own. List the steps you will take.

❶ _____

❷ _____

❸ _____

❹ _____

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CLIMBING HIGH TO REACH YOUR GOALS

A climber must be in good shape to get to the top of a mountain.
Fill in each section of the mountain and think about how you can "get in shape" to reach your highest potential.

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CELEBRATING DIFFERENCES

Think About It…

What would the world be like if everyone looked exactly the same and liked the same things?

What country or countries were your ancestors from?

What do you know about the foods they ate, holidays they celebrated, houses they lived in?

How are you the same as and different from your classmates?

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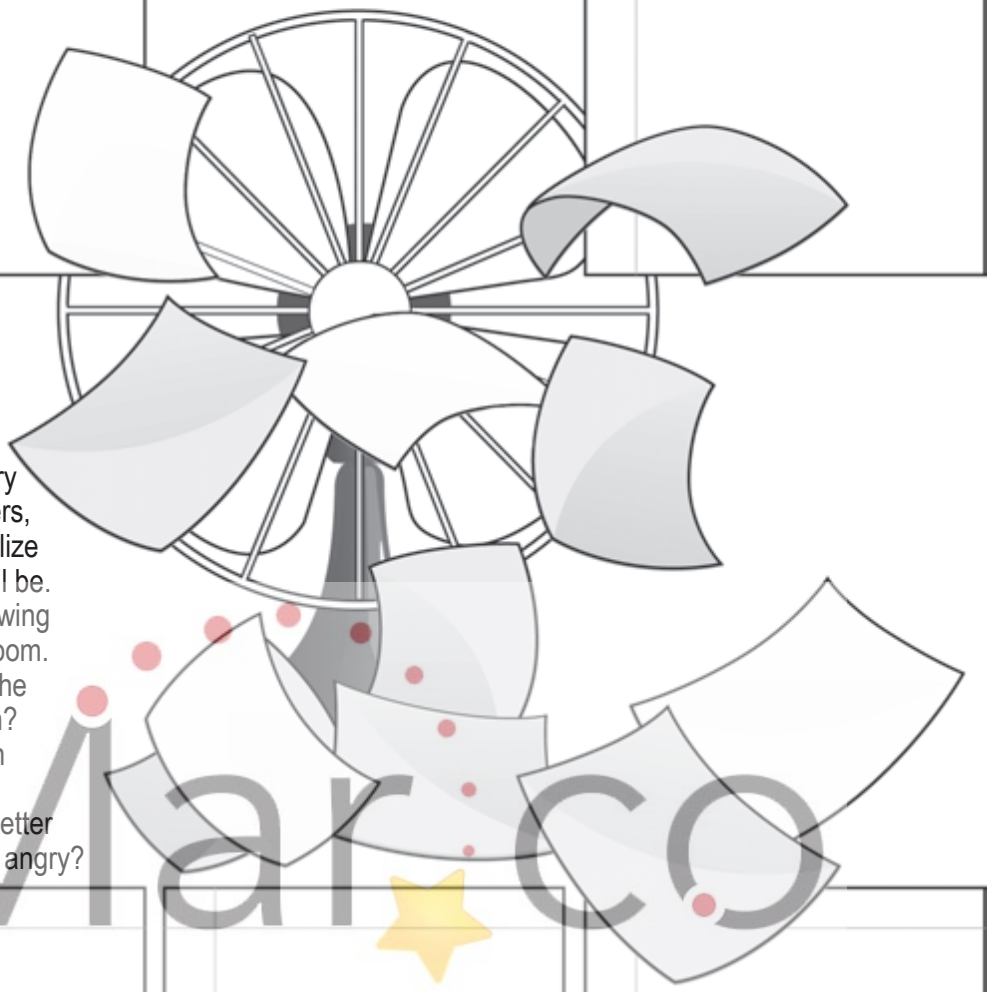
ANGER IS LIKE...



Think About It…

When we get angry and lose our tempers, we don't always realize what the outcome will be. We are like a fan blowing papers all over the room. Why is turning on the fan a bad decision? Who has to clean up the mess? How can you make better decisions when you are angry?

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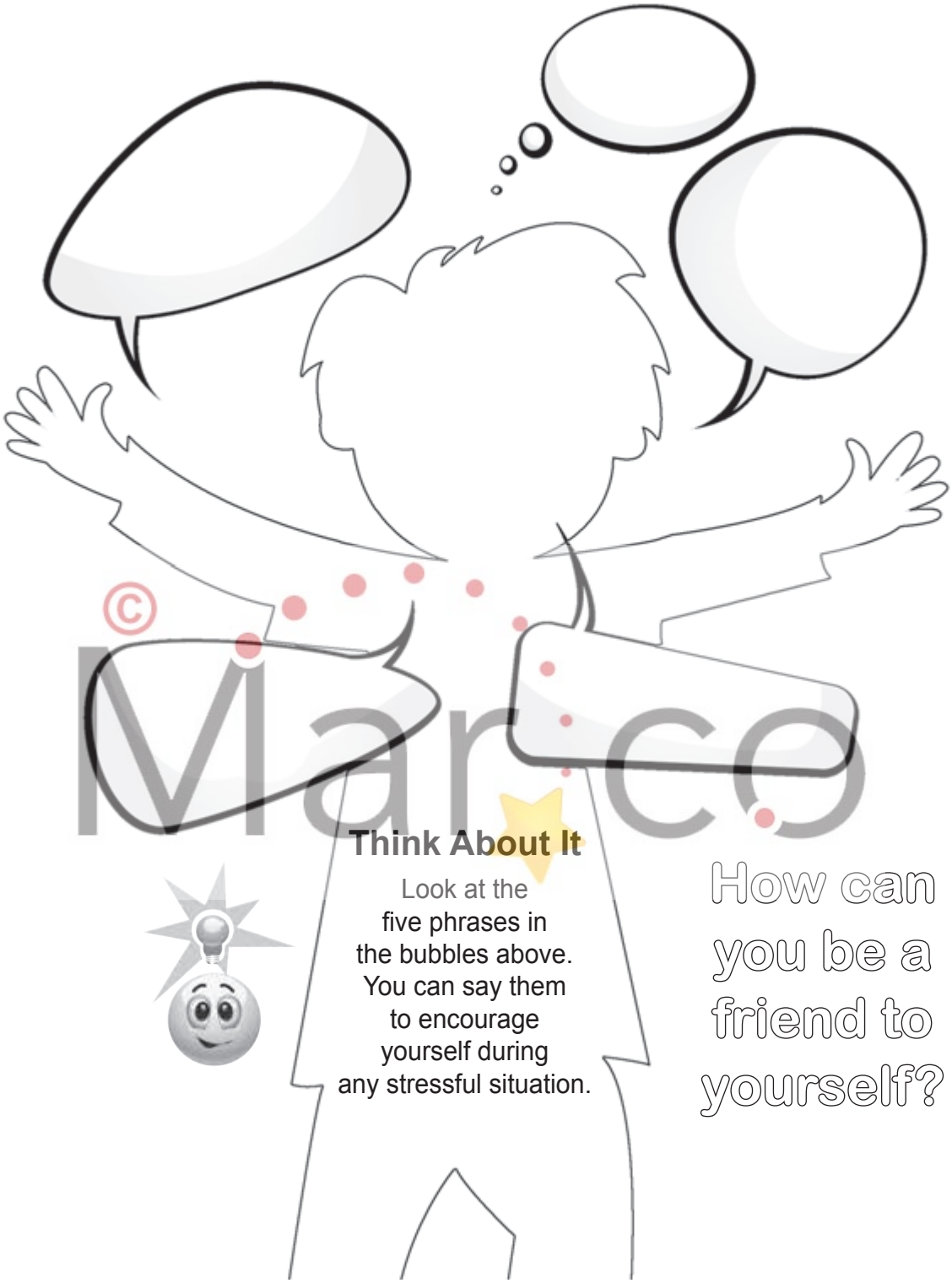
SAY NICE THINGS TO YOURSELF



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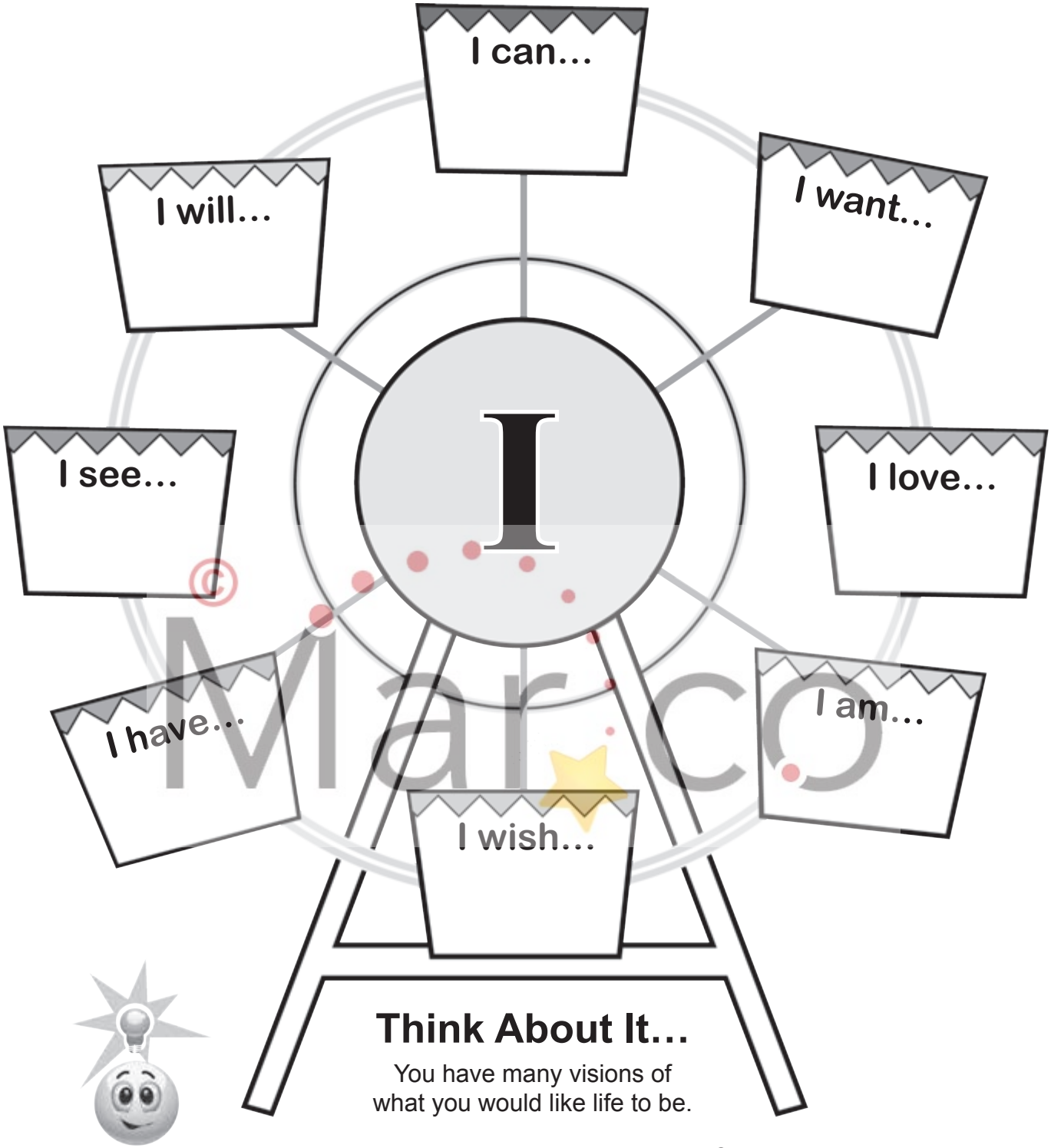
I AM, I CAN, I HAVE…

Finish each sentence in whatever way describes *you*.



Think About It…

You have many visions of
what you would like life to be.

How can you realize those dreams?

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