4th Grade Girl's Group Assessment

Topic: Thought Process

Goals:

The goals of this girl's group meeting include:

*Girls will learn that people do not look at them as closely as they think

*Girls will learn ways to change their negative thoughts into positive thoughts

*Girls will learn ways to quiet their brains

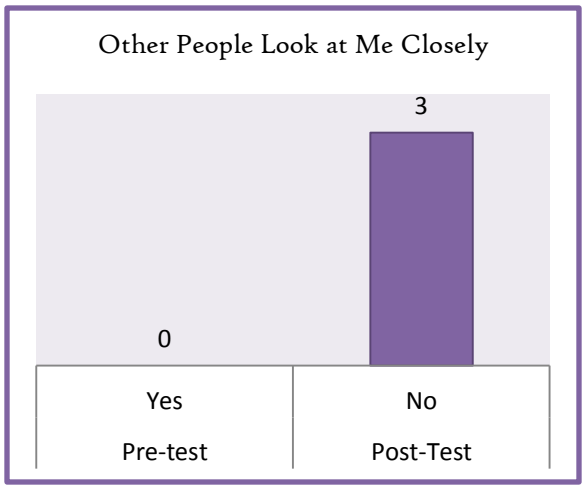
Results:

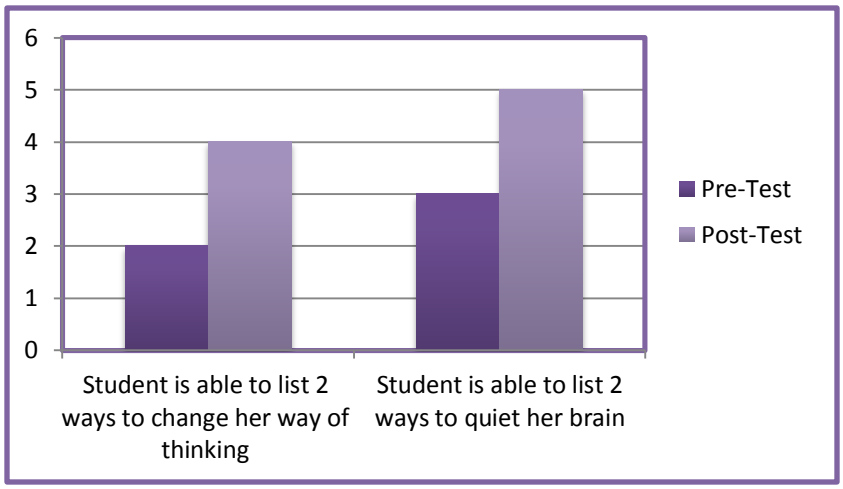
3 students participated in the girls group and completed a pre- and post-test. The pre- and post-test results show that students learned ways to help quiet their brains and ways to change their negative thoughts into positive ones.

Impact Statements:

100% students learned that other people do not look at them closely.

100% of students were able to list ways to quiet her brain





Program Implications:

This group lesson was successful at teaching the girls that people do not look at them closely. It was also successful in teaching them ways to change their ways of thinking from negative to positive, as well as strategies to quiet their brains. The hope is that the girls will use these lessons outside of the group and increase positive self-talk.

Prepared by Elizabeth P. Cranford on February 1, 2013