

GALAXY INTERNATIONAL SCHOOL 2024-2025 ACADEMIC YEAR

"ANNUAL COUNSELING PROGRAM PLAN"

NAME & SURNAME		Counsellor					
Class:		YEAR 10-13 & SHS1-3					
MONTHS	WEEKS	TOPICS	ACTIVITY NAME	DATE	PSYCHOLOGICAL DEVELOPMENT PROGRAM	Assesment TESTS	Action Plan
			AUGUST	4.WEEK	"GETTING KNOW STUDENTS"	- Two Truths and a Lie: Each student shares two truths and one lie about themselves, and others guess the lie. - Speed Friending: Quick sessions where students answer questions to	
SEPTEMBER	1.WEEK	"WORLD OF MY INTERESTS"	CAREER PLANING 1 Career Vision Board: Students create a visual board with images and quotes related to their career aspirations.		ASSESSMENT/TESTS	Personality test	* To add new students to the online platform * To complete the tests of the new students choices.
	2.WEEK	WORLD OF MY ABILITIES" / CASE	CAREER PLANING 2		PDP - CASE ANALYSIS	SELF-ESTEEM IN ADOLESCENTS (RESEARCH FACTORS AND METHODS OF WORKS)	
	3.WEEK	"WORLD OF VALUES" / CASE	CAREER PLANING 3 Reflection & Discussion: Students reflect on what they learned about careers and future goals.		PDP - CASE ANALYSIS PSYCHODIAGNOSTIC ASSESSMENT/TESTS	CBT (TECHNIQUES AND EXERCISES) Value test	
	4.WEEK	PSYCHODIAGNOSTIC ASSESSMENT/TESTS			PSYCHODIAGNOSTIC ASSESSMENT/TESTS	Perception Test	
OCTOBER	1.WEEK	"ROLE OF SOFT SKILLS IN CAREER PLANNING"	CAREER PLANING 4		PDP - CASE ANALYSIS	PDP - PSYCHOLOGIST DEVELOPMENT PROGRAM: EATING DISORDERS	ACT (MINDFULNESS)
					PSYCHODIAGNOSTIC ASSESSMENT/TESTS	Career inventory test	
	2.WEEK	"WILLPOWER: ROAD TO SELF-DISCIPLINE"	Students create a "contract" with themselves outlining a goal, why it's important, and the steps they'll take to achieve it. They sign it as a commitment and check in weekly to				
	3.WEEK	EXAMS					

	4.WEEK	WORKSHOP FOR TEACHERS	CHILD PROTECTION POLICE				
			TEAM WORKING				
NOVEMBER	1.WEEK	"HABITS AND LIFE QUALITY" / CASE	In pairs, students role-play scenarios related to life habits, such as managing time for studying or avoiding unhealthy foods. Each pair presents a good habit or strategy		PSYCHODIAGNOSTIC ASSESSMENT/TESTS	Emotional test	
	2.WEEK	"FLEXIBILITY"					
	3.WEEK	"CONFIDENCE"	Students sit in a circle, and each person gives a genuine compliment to the person next to them. This exercise helps students recognize				
	4.WEEK	SEMINAR FOR PARENTS	CAREER PLANNING INSPIRE AND GUIDE NAVIGATING THE LEARNING JOURNEY TOGETHER				
DECEMBER	1.WEEK	TEST RESULTS AND SESSION DEMONSTRATION			PDP - CASE ANALYSIS	PROBLEM BEHAVIOR MANAGEMENT	
	2.WEEK	END ETERM EXAM					
	3.WEEK	HOLIDAY					
	4.WEEK	HOLIDAY					
JANUARY	1.WEEK	HOLIDAY					
	2.WEEK	"STOP BULLYING" / CASE	Set up a box where students can anonymously report bullying incidents or concerns. This encourages students to speak up				
	3.WEEK	PSYCHODIAGNOSTIC ASSESSMENT/TESTS				PSYCHODIAGNOSTIC ASSESSMENT/TESTS	Multiple intelligence test
	4.WEEK	"MINDFULNESS TECHNIQUES 1"					
FEBRUARY	1.WEEK	"MINDFULNESS TECHNIQUES 2" / CASE					
	2.WEEK	PSYCHODIAGNOSTIC ASSESSMENT/TESTS				PSYCHODIAGNOSTIC ASSESSMENT/TESTS	Multiple intelligence test
	3.WEEK	"OVERCOMING FEARS" / CASE					

	4.WEEK	"STRESS CONTROL" / CASE	Invite students to share times when they felt stressed (without naming specific people or situations, if sensitive). Then				
MARCH	1.WEEK	SEMINAR FOR PARENTS	HABITS IN ACTION: THE KEY TO FAMILY HARMONY				
	2.WEEK	PDP - PSYCHOLOGIST DEVELOPMENT PROGRAM: CBT (TECHNIQUES AND EXERCISES)					
	3.WEEK	END TERM EXAM					
	4.WEEK	WORKSHOP FOR TEACHERS	"NEGOTIATION AND CONFLICT RESOLUTION SKILLS"				
APRIL	1.WEEK	"MINDFULNESS AND OUR EMOTIONS"/					
	2.WEEK	"MINDFULNESS AND OUR EMOTIONS 2"/ CASE					
	3.WEEK	"MINDFULNESS AND OUR THOUGHTS 1"					
	4.WEEK	"MINDFULNESS AND OUR THOUGHTS 2"					
	5.WEEK	"DETERMINING VALUES"	Give students a list of values (e.g., honesty, respect, responsibility, compassion) and ask them to choose the top five				
MAY	1.WEEK	"POLITENESS AND HELP" / CASE					
	2.WEEK	PSYCHODIAGNOSTIC ASSESSMENT/TESTS			PSYCHODIAGNOSTIC ASSESSMENT/TESTS	Development test	
	3.WEEK	"RESPONSIBILITY"	Ask students to think of a person they admire for being responsible (could be someone they know or a public figure). They share				
	4.WEEK	SEMINAR FOR PARENTS	HOW TO HELP A CHILD MANAGE EMOTIONS?				
JUNE	1.WEEK	"SELF-ACCEPTANCE 1" / CASE					
	2.WEEK	"SELF-ACCEPTANCE 2" / CASE					
	3.WEEK	CERTIFICATE AWARDING CEREMONY					
	4.WEEK	WORKSHOP FOR TEACHERS	WORKSHOP "TEAMWORKING"				



4 WEEK

WORKSHOP FOR TEACHERS

SKILLS*
