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#### UMass Boston's School Counseling Program at Dever-McCormack School

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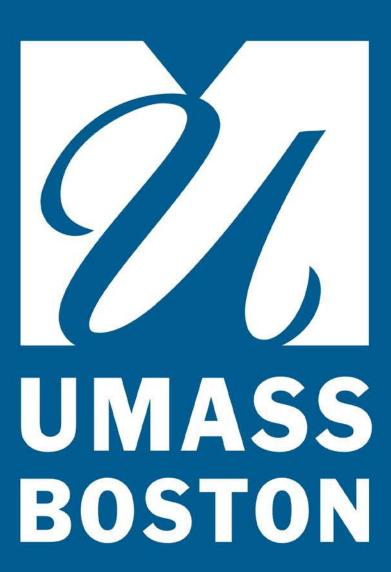
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# UMass Boston's School Counseling Program at Dever-McCormack School

## Summary/Abstract

Given the burgeoning Latino population and the minimal research on school counseling interventions with this population, we purport to implement a culturally sensitive intervention promoting academic success among Latina youth that includes life skills, academic skills, and Latino dance.



## Goals and Objectives

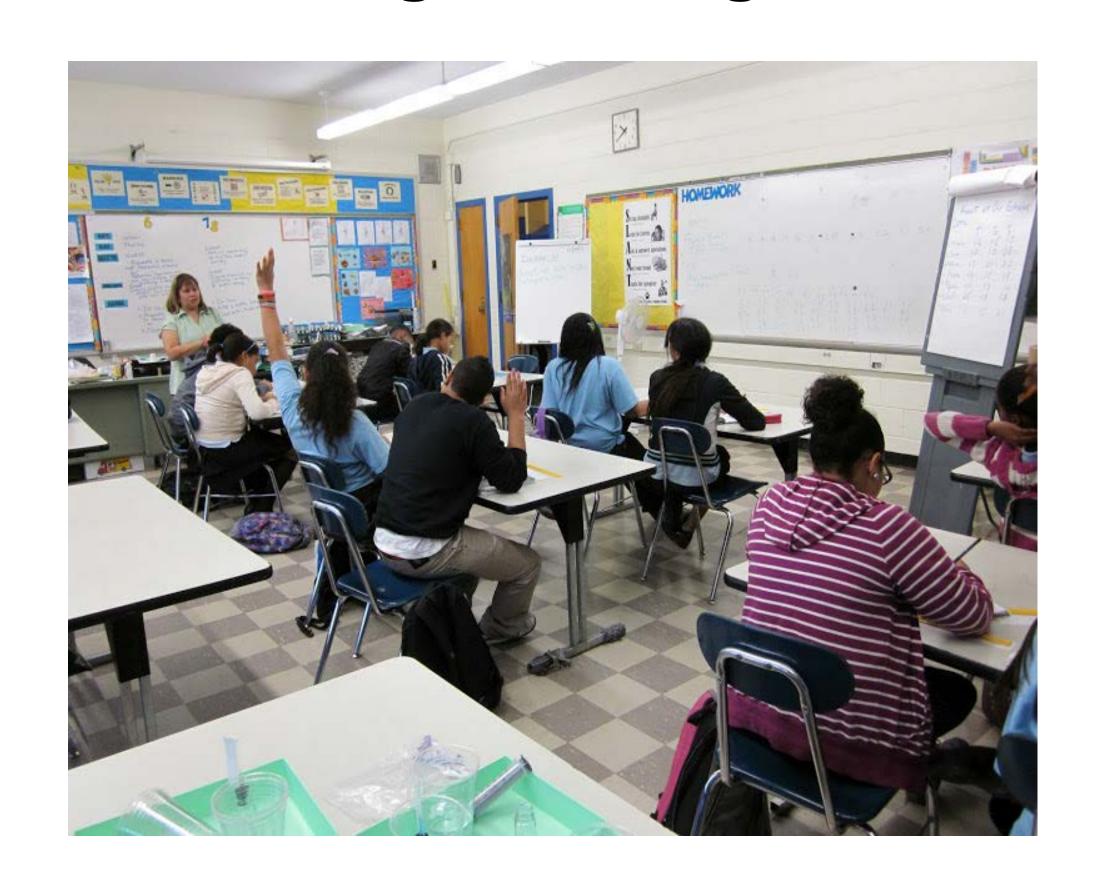
Goal: Promote academic success and well-being among Latina youth through targeted group interventions with students and outreach to parents and including community involvement.

Co-create curriculum through collaboration with DMC partners to best meet the needs of students, parents, and other key stakeholders. Includes:

- life skill development
- reading comprehension skill development
- Latino dance

#### Results/Impacts

- Pilot study is off to a great start with
   10 Latina 5<sup>th</sup> grade girls participating.
- Parents are actively involved through phone check ins to reinforce academic work and assigned readings.



## Approaches and Methods

Students first meet for 30 minutes to engage in discussion focusing on:

- building self-efficacy, self-confidence, and life skills (using Hellison's model)
- making connections to academic success.

Students engage in 30 minutes of dance/physical activity that is:

- consistent with cultural practices
- co-created with group leaders and students in collaboration with UMass Boston's Performing Arts program.

## Conclusion/Next Steps

- Apply for grant funding to strengthen and include more participants in upcoming years.
- Pursue summer and after-school programming.



## Partnership Information

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#### References and Resources

Cook, A. L., & Hayden, L. A. (2012). Obesity prevention among Latino youth: School counselors' role in promoting healthy lifestyles. Professional School Counseling Journal, 16(1), 7-17.

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