

University of Massachusetts Boston

ScholarWorks at UMass Boston

Office of Community Partnerships Posters

Office of Community Partnerships

4-10-2013

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

Amy L. Cook

University of Massachusetts Boston, amy.cook@umb.edu

Laura A. Hayden

University of Massachusetts Boston, laura.hayden@umb.edu

Allie Scherer

University of Massachusetts Boston

Raphael Apter

University of Massachusetts Boston

Pamela Belford

Dever-McCormack School

See next page for additional authors

Follow this and additional works at: https://scholarworks.umb.edu/ocp_posters



Part of the [Bilingual, Multilingual, and Multicultural Education Commons](#), [Civic and Community Engagement Commons](#), and the [Race and Ethnicity Commons](#)

Recommended Citation

Cook, Amy L.; Hayden, Laura A.; Scherer, Allie; Apter, Raphael; Belford, Pamela; and Sabin, Michael, "UMass Boston's School Counseling Program at Dever-McCormack School" (2013). *Office of Community Partnerships Posters*. 91.

https://scholarworks.umb.edu/ocp_posters/91

This Presentation is brought to you for free and open access by the Office of Community Partnerships at ScholarWorks at UMass Boston. It has been accepted for inclusion in Office of Community Partnerships Posters by an authorized administrator of ScholarWorks at UMass Boston. For more information, please contact scholarworks@umb.edu.

Authors

Amy L. Cook, Laura A. Hayden, Allie Scherer, Raphael Apter, Pamela Belford, and Michael Sabin



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 5th 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

Amy L. Cook, Laura A. Hayden, Allie Scherer, Raphael Apter, Counseling and School Psychology, College of Education and Human Development, UMass Boston

Pamela Belford, City Connects, Dever-McCormack

Principal Michael Sabin, Dever-McCormack

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.

Hellison, D. (2003). *Teaching responsibility through physical activity*. Champaign, IL: Human Kinetics.