

# Student Counselling



**WATCH**

**Hvidovre High School  
Denmark**

# Preventing Drop-out



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### **Target group:**

- Students with low motivation/high percentage of absence
- Students with no immediate external barriers (disease, abuse, troubled social background etc)

### **Overall Objectives:**

Giving students

- Coping strategies
- Hands-on experience that change is possible
- Heightened motivation
- Self-efficacy

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## What Alternatives?

– *Thinking, Coping, Hoping.*

### **Form**

- Groups of 8 to 10 members
- Peer-to-peer
- At least eight sessions
- Weekly meetings
- New theme every week
- Ritualized/predictable form
- From counsellor to facilitator

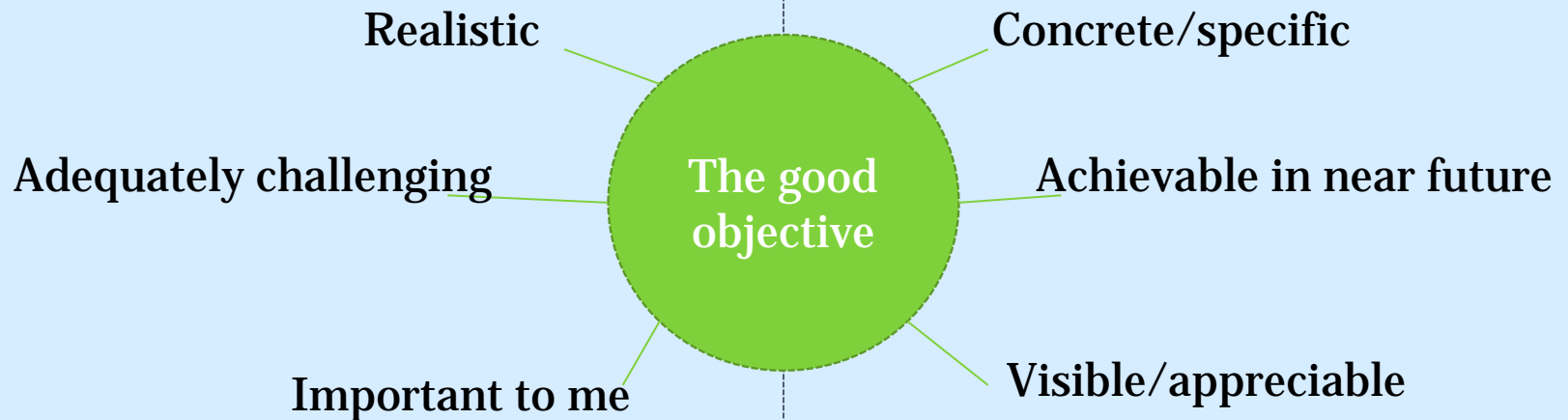
### **Themes**

- Stress
- Worries/negative thoughts
- Strengths and weaknesses
- Procrastination
- Self-esteem
- Habits
- Values
- The internet

# Students' goal map



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# It works!



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### **Testimonials**

- "It's a wonderful feeling when you reach your goal"
- "Last week my "bad-conscience" barometer was at 90, after reaching my goal it's down to around 40".
- "Lucas from the group reminded me of my goal, and then I chose not to skip class".

# Credits



## WATCH

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*WATCH – Handbook for Facilitators when Assisting  
Learners in Groups, Iceland 2009*