

BENCHMARK TEACHING PRESENTATION LESSON PLAN**JEREMY GILLENTINE—COUC/CEFS505****WITH DR. DEREK PARKER****OCTOBER 18, 2024****Lesson Topic: Paraphrasing****Learning Outcomes:**

This class will continue to build of the toolbox of counseling skills needed for the students to move forward towards being trained professional counselors.

At the conclusion of this class session, the students will have a better grasp of previously covered topics via a review of these skills via watching Group 1's out of class practice video and discussing areas of improvements needed and strengths demonstrated.

At the conclusion of this class session, the students will have a good grasp of Paraphrasing and Reflection of Feelings and be well equipped to move into their triads to put the skill into action.

Class Knowledge:

This class has already been working in triads to practice previous skills covered in the previous 5 weeks. We will begin our time by reviewing previous skills and show a natural progression into reinforcing the skill of Paraphrasing and adding Reflection of Feelings.

Timeline, Strategies, Resources, and Rational Chart

Time allotted	Teaching Activity	Resources Needed	Rationale
1 minute	Greeting	Power Point Slide	Getting Settled
3 minutes	Introducing class plan		
51 minutes [Broken down]	Review of previous weeks skills.	Group 1 Out of Class Practice Video	Recorded Live Demonstration Reenforces skills by allowing students to see skills in real time

[17 minutes]	Show Group 1 Video 1 and instructor review orally in class and have students put their thoughts in the chat.	Group 1 Out of Class Practice Video	Recorded Live Demonstration Reenforces skills by allowing students to see skills in real time
[17 minutes]	Show Group 1 Video 2 and instructor review orally in class and have students put their thoughts in the chat.	Group 1 Out of Class Practice Video	Recorded Live Demonstration Reenforces skills by allowing students to see skills in real time
[17 minutes]	Show Group 1 Video 3 and instructor review orally in class and have students put their thoughts in the chat.	Group 1 Out of Class Practice Video	Recorded Live Demonstration Reenforces skills by allowing students to see skills in real time
5 Minute Break	Limit Learning Distractions		
45 minutes (Broken Down)	Main Topic: Paraphrasing and Reflection of Feelings	Power Point Class Discussion	Reenforce Skills and Check Student Comprehension
(3 minutes)	Introduce to Reflection of Feelings	Power Point Class Discussion	Reenforce Skills and Check Student Comprehension
(8 minutes)	Need for most people to improve their Feelings Vocabulary	Power Point with a Feelings Wheel Class Discussion	Reenforce Skills and Check Student Comprehension
(5 minutes)	Value of Reflection of Feeling and Emotional Intelligence: Stimulate deeper facts, feelings, meaning	Power Point Class Discussion	Reenforce Skills and Check Student Comprehension

(7 minutes)	Therapeutic Benefits of Reflections of Feelings: Make more aware and identifying feeling Reaching to deeper level Client Connection Relief through knowing	Power Point Class Discussion	Reenforce Skills and Check Student Comprehension
(7 minutes)	Possible hinderances to understanding the Feelings of others: Culture/Family Background Gender norms Medical issues	Power Point Class Discussion	Reenforce Skills and Check Student Comprehension
(5 minutes)	Dos Concise Statements Unsure use two feelings and seek clarification Ask what feeling comes up for you? Do Nots Overshoot or Undershoot the feeling.	Power Point Class Discussion	Reenforce Skills and Check Student Comprehension Viewing Video allows the student to observe skills in action and then to discuss before heading to their practice triads.
(5 minutes)	Identifying the Feeling or Feelings and Putting the Emotion[s] into Words Read samples for class participation	Power Point Class Discussion	Reenforce the class topic of Paraphrasing and Reflection of Feelings
(5 minutes)	Recorded Live Demonstrations Reenforces skills by allowing students to see skills in real time	Video Link	Reenforce Skills and Check Student Comprehension Viewing Video allows the student to observe skills in action and then to discuss before heading to their practice triads.

15 minutes	Break into triads for practice of Paraphrasing	Teams Breakout Groups	Reenforce the class topic of Paraphrasing and Reflection of Feelings
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