

GROUP CONTRACT

By signing this contract, you are agreeing to become a group member; you are agreeing to abide by the group rules and expectations.

What to Expect in Group

Rules

- I. *Confidentiality*
 - a. What is said in group must stay in group.
- II. *Respect/One person talks at a time*
 - a. It's important to show courtesy toward the opinions, ideas, thoughts and feelings of others
- III. *No one leaves group without permission*
 - a. Group is similar to class– you cannot leave without permission.

Approach

We will use hip-hop music to learn 5 skills, skills that lead to success in every area of your life.

Purpose:

The purpose of group is to learn how to better communicate one's feelings toward others in a socially appropriate manner, to learn how to think positively about oneself, speak to others in a non-threatening and non-offensive manner, and to become more responsible. One of the main purposes of this group is to learn the impact our emotions have on our decisions.

Phases:

Group will go through phases. The first few sessions will probably be a lot of silence and distrust, but as group continues, members will open up and feel much more comfortable talking with each other.

Goal of the group:

The goal of this group is to increase academic motivation and performance by learning to manage emotions and establish relationships.

By signing this contract, you are agreeing to become a member of the group and are expected to abide by the group rules. Print and sign your name below if you agree to abide by the rules of this group and to become a group member.

I, _____, agree to abide by the rules established in this contract and agree to become an active group member.

Signature/Date