

Session Topic: Social Skills/Interactions (You are Dealt a Hand in Life)

Developmental Level: Middle School

Purpose: To increase awareness of diversity and challenge stereotypes that clients may have

Materials: Two decks of cards shuffled together (one red deck, one blue deck) Located in Activity Box

Description of Session:

1. The counselor deals four cards randomly to each client and asks them to keep the cards face down. Each of the cards has a multicultural connotation; however, the students are not told the interpretation until after the cards have been dealt.
2. After all students have received the cards, the counselor explains that the cards create a profile of them based upon the combination of the cards dealt. The card dealt first refers to gender. For example, if the first card dealt is red, the student is a female; if the card is blue, the student is a male. The second card refers to height. Club: taller than 6'6". Heart: 6'. Diamond: 5'2". Spade: Shorter than 5'2". The third card indicates age. This is determined by totaling the amount on the face cards. Ace=1, King, Queen, Jack=10; number cards are face value. If the total points are an odd number, the client is 39 years of age or younger. If the total is an even number, the client is 40 years or older. The fourth card is that of a physical challenge. If it is an ace, king, queen, jack, or 10, the client has a weight issue. If the rank is 9, 8, or 7, the client has a physical appearance issue. If the rank is 6, 5, or 4, the client has an eating issue, and if the rank is 3 or 2, the client has a fashion issue.
3. The counselor discusses the profiles. For example, after the profile is obtained from the cards that have been dealt, the counselor may ask the students the following questions as if the student fit that profile:

Discussion Questions:

1. What do you think about the profile you obtained?
2. Based on the profile, what do you think is the most positive aspect of your life?
3. What is the least positive aspect of your life?
4. What is your great hope for the world?
5. If you could change one of the cards you were dealt, which would it be? Explain

Reference: Vernon, A. (2004). *Counseling Children and Adolescents*. Denver, CO: Love Publishing Company