

## The Use Of Sociograms In Counseling Individual Students

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### **Purpose:**

Sociograms are used to collect data and inform counselors regarding social relationships within the classroom.

### **Materials Needed:**

Post-it notes, pencils, markers, white board

### **Procedures:**

Write the names of each student in the classroom on separate post-it notes. Have the individual being counseled write one word on the post-it describing a pertinent personality characteristic of each student (e.g., funny, kind, smart, outgoing, shy). Explain that the whiteboard represents the student's classroom. Have the student place their sticky note wherever they feel most comfortable in the classroom. The student then places the other sticky notes on the poster, placing students they feel comfortable with close to them and students they are not comfortable with further away. The student then draws lines between themselves and the other students, representing their relationship. For example, a blue line might represent students they would like to know better. A yellow line might represent students they play with on the playground. A green line might represent students who are not a good influence. Symbols can also be used on the post-it notes to represent different characteristics. For example, a star might represent the popular students and a heart might represent the kindest students.

### **Process Questions and Follow-Up:**

Have the student look at the finished product and tell you what they notice. Process questions could include:

1. Note where the student chose to place his/her own post-it note. What is it about being in that area of the classroom that makes them feel comfortable?
2. Who do you feel closest to? Do you notice any similarities between the people you are closest to?
3. Who did you place far away from you? Do you notice any similarities between the people who are far from you?
4. Who did you say you want to get to know better? What is it about them that makes you want to know them better?

In the next step, erase the lines and ask the student to create their ideal classroom. Who would they have a close relationship with? Who would be farther away? Process ways to move closer to creating the ideal classroom environment.

**Theoretical Rationale and/or Research Base:**

Sociograms are rooted in the sociometry work of Jacob Moreno. Sociograms are typically used by teachers to identify the complexities classroom relationships.

**Limitations:**

The results of the sociogram would not be shared with the other students or teacher.

**Practice Settings:**

School Counseling