

# COCOA WITH COUNSELORS



## PURPOSE:

### Why?

Seeing a counselor for the first time can be intimidating, especially if it's your first visit to that part of campus. Cocoa with Counselors aims to break down these barriers and show students how approachable their counselors are. In a welcoming and casual setting, students can meet their counselors, ask questions, and become more comfortable with seeking help!

## HOW TO:

### Materials & Budget

- Hot chocolate supplies
  - Cups (\$10-15)
  - Hot water/dispensers (free if you use schools or if someone brings one in)
  - Hot chocolate mix (\$18-20)
  - Toppings (\$10-15)
- Tables (free if you use school materials)
- Name tags (\$5)
- Promotional materials (free if you create your own)
- Informational materials from the counseling department

### Instructions

- Chat with your school counselors about organizing this event, and pick a day and time for the event to happen. Schedule it during a time when most students are free
- Promote the event to your school using flyers, promotional materials, the morning announcements, etc.
- Choose a central, easily accessible location on campus that feels welcoming and non intimidating, such as the quad, library, student-lounge or other common area.
- Arrange a hot chocolate station with various toppings (marshmallows, whipped cream, cinnamon, etc.)
- Encourage students to grab a cup of hot chocolate and mingle with their counselors! Have counselors introduce themselves and engage in informal conversations with the students.

- Provide name tags for counselors and students to foster a more personal connection.
- As convos are wrapping up, you can hand out any informational materials about your school's counseling department if they were provided.

## Timeline

It will take atleast 2 weeks to plan and execute this event since it involves coordinating with your counseling department, promoting the event and going shopping in person or online. The actual event itself can last from 30 min to an hour plus. It's up to your club and dependent on your school schedule!

## Impact

This event is a great way to reach your entire school community and build connections among the students and school counselors!

## Example(s)

Example from a BC2M club at a High School in San Diego!



Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

