

MAD About Test Prep: Counseling Group

Duration:

3 weeks - three lunch meetings per week.

Learning objectives:

Students will learn how diet affects different aspects of life, specifically how diet can affect testing.

Materials:

The Happiness Diet: A Nutritional Prescription for a Sharp Brain, Balanced Mood, and Lean, Energized Body by Tyler G. Graham (Dec 6 2011)

Suggested supplemental [YouTube](#) videos.

Groups:

Students will keep a food log for the first week of the group.

The purpose of the log will be to find a baseline of how incorporated the MAD is part of their normal diet.

During the first week, parts of The Happiness Diet will be assigned as reading to be discussed in a lunch group.

The second week, during group, students will analyze their current MAD and then use the source materials to create a new meal log for the upcoming week, but one that is complete with meal planning based on what they have learned from the Happiness Diet. Students will also discuss how they feel both physically, and mentally before, and after eating their MAD meals.

The third week of group, students will will discuss the challenges they have been facing keeping on track with the diet, act as supports for one another, and if they are noticing any changes in mood, energy levels, better recall etc. before and after meals.

A follow up group will also be held a month after the close of the third week to see how students are doing, if they noticed any substantial change in their day to day learning based on the new information, how many are continuing with the new meal plan, and if any additional support is needed/wanted by any of the participating students.

Assessment:

At the end of week 1, students will take a practice ACT.

At the end of the the third week, students will again take a practice ACT.

*Results about how students felt during the test will be compared.

*Note: It is typical that results statistically increase in tests between the first and second test regardless of diet. The implications of the diet change will be based on perceived cognitive changes through student feedback.

