

**Divine Works E&T  
Contact Form**

Client: Providence Catholic High School	Date: 4/8/25
Start Time: 10:55 AM	End Time: 11:15 AM

Goal Being Addressed: **Mentoring**

Item (s) Being Addressed: **Personal Development/Life Skills/Cognitive Development/Emotional Intelligence**

CONTACT NOTE: (use DAP format)

**Participants: Lead Facilitator, Marcus Cage and client, Providence Catholic High School (9<sup>th</sup> grade)**

**(DATA)** Lead Facilitator, Marcus Cage met with a total of 20 students participated, comprising 9 males and 11 females. The focus of the discussion centered around the contrast between thinking and feeling, as well as effective strategies for minimizing tensions and drama in friendships. Visualization and meditation exercises were conducted to help students connect their dreams with actionable plans for achieving those dreams. A real-life school scenario was used to facilitate dialogue. Students engaged thoughtfully, drawing on personal experiences and expressing differing viewpoints.

**(ASSESSMENT)** The students demonstrated active participation and engagement throughout the session. They were receptive to the visualization and meditation exercises. The discussion on managing relationships was particularly impactful, as it encouraged students to think critically about their interpersonal dynamics. An important takeaway from the conversation was the distinction between listening to understand versus listening to respond. Students recognized that practicing empathetic listening could be a powerful tool in reducing misunderstandings and conflicts among peers.

**(PLAN)** Moving forward, ongoing visualization and meditation exercises will be implemented to enhance students' self-awareness and goal-setting skills. Additionally, a system can be implemented for students to provide feedback on the effectiveness of conflict resolution strategies in minimizing tensions and enhancing their friendships.