

# Let's Talk About The **Difference!**

## CICO

### What it is:

- A structured Tier 2 intervention for students needing extra behavioral support

### Purpose:

- Targets behaviors (especially attention-seeking) by increasing positive adult feedback

### Structure:

- Predictable daily routine (morning check-in, feedback throughout the day, afternoon check-out)

**VS**

## A counseling check-in

### What it is:

- An informal, relationship-based support

### Purpose:

- Provides emotional support, connection, and a "temperature check"

### Structure:

- Flexible and varies based on student needs and counselor style

# Let's Talk About The **Difference!**

## **CICO**

### **Consistency:**

- Standardized system used across settings and staff

### **Who delivers it:**

- Any trained staff member (NOT limited to the counselor)

### **Focus:**

- Specific, measurable behavior goals aligned to school expectations

## **A counseling check-in**

### **Consistency:**

- More subjective and individualized

### **Who delivers it:**

- School counselor

**VS**

### **Focus:**

- Feelings, problem-solving, and situational support

# Let's Talk About The **Difference!**

## **CICO**

### **Data & Progress Monitoring:**

- Uses point sheets and data tracking to measure growth and guide decisions

### **Research Base:**

- Evidence-based
- Improves student outcomes and reduces problem behavior
- Effective for ~75% of students needing Tier 2 support

**VS**

## **A counseling check-in**

### **Data & Progress Monitoring:**

- Typically not standardized or data-driven
- May involve more informal progress monitoring/data tracking like scaling

### **Research Base:**

- Supported by counseling best practices and relationship-building
- Not a formal Tier 2 intervention on its own

# Let's Talk About The **Difference!**

## **CICO**

### **Best Fit for Students Who:**

- Show problem behavior across multiple settings (classroom, hallway, etc.)
- Engage in mild to moderate behaviors
- (off-task, talking out, unprepared, out of seat, talking back)
- Are seeking adult attention/connection
- Respond positively to adult feedback
- Behaviors are NOT driven by escaping difficult work

**VS**

## **A counseling check-in**

### **Best Fit for:**

- All students (universal support)
- Students needing emotional support or connection
- Situations that need a quick "temperature check"

# Let's Talk About The **Difference!**

## CICO

### How CICO Works:

- Daily morning check-in + afternoon check-out
- Students receive a goal sheet tied to PBIS expectations
- Teachers provide feedback throughout the day
- Adult mentor helps student reflect + set goals

**VS**

## A counseling check-in

### What It Looks Like:

- Flexible, informal, and relationship-based
- May happen as needed at any time in the day

### Can Include:

- Feelings check-ins
- Rating scales (1-5, thumbs up/down)
- Cheerleading/encouragement
- General conversation
- Games

# Let's Talk About The **Difference!**

## **CICO**

### **Key Features:**

- Structured & standardized
- Data-driven (daily points + progress monitoring)
- Run like an intervention (lasts about 2-3 months)
- Can support 10-30 students at once
- Students "graduate" after consistently meeting goals
- Positively worded behavior goal

**VS**

## **A counseling check-in**

### **Key Features:**

- Not standardized
- Responsive/Based on needs in the moment or about a concern that needs a short term follow up
- Not necessarily data-driven
- Led by the school counselor
- Brief and short-term



## Takeaways:

- CICO = structured, data-driven behavior intervention
- Counselor check-in = flexible, relationship-based emotional support
- Both are valuable—but they serve different purposes

## Resources:

- [theresponsivecounselor.com/2018/12/check-in-check-out-school-counseling-behavior-intervention.html](https://theresponsivecounselor.com/2018/12/check-in-check-out-school-counseling-behavior-intervention.html)
- <https://www.panoramaed.com/blog/check-in-check-out-cico-intervention>
- <https://www.pbisworld.com/tier-2/check-in-check-out-cico/>

