

K-State Emoji Scale

Solution-Focused Brief Therapy (SFBT) strategies can help school counselor–administrator teams support struggling students. Asking scaling questions helps gather baseline data, tracks progress, and keeps students focused. For scaling with elementary students, use the following scale.



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Dolan, Y. (2017). What is solution-focused therapy? Accessed at <https://solutionfocused.net/what-is-solution-focused-therapy> on October 9, 2017.

Sklare, G. B. (2014). Brief counseling that works: A solution-focused therapy approach for school counselors and other mental health professionals. Thousand Oaks, CA: Corwin Press.

Swaney-Stueve, M., Jepsen, T., & Deubler, G. (2018). The emoji scale: A facial scale for the 21st century. Food Quality and Preference, 68, 183–190.