School Counseling in an Online World

Barron Whited, MS.ED
Tuesday, March 24, 2020
Learning outcomes:

• How to Help Students in a Virtual Setting
• Academic/Career/Social Techniques
• Online Resources
• Questions

How to Help Students in Online Setting

• Schedule individual student meetings, groups and send positive emails
• Make phone calls to students and parents
• Collaboration with teachers, staff and administration to help students and families.
• Connect students and families with crisis resources in your area.
• Guidance lessons on academic, career, and social/emotional topics
• Online Office Hours
Academic

- Encourage Planners/Calendars
- Students use a “To Do List”
- Create College and Career/Workshop Ready Checklist
- School Counselor Department Newsletter
- Social Media-Facebook & Instagram
College and Career

- College/Career workshops (Applying to College/Choosing a Career)
- Online guidance lessons
- Group counseling activities
- Graduation project (If required by school)

Classroom Guidance Lessons

**Academic/College/Career Domains**

- Time Management
- Paying for College
- SAT/ACT Workshop
- Community Service/Volunteering
- Scholarships
- Academic Reboot
- Study Skills
- Preparing Job Applications
- Job Interview Skills
- Resume Writing
- College Social Life
- All about the Trades
- Becoming College Ready
- Career Clusters
- Academic & Career Committees
Group Activity Example
College/Career Domain

“Undecided Students” Group
• The group typically consists of about 20-30 students. It Runs Semester 2
• 6 Sessions
  1. Choose 3 careers and research them more in-depth O*Net and Career Zone Program.
  2. Overview of college, community college, trade school.
  3. Overview on how to research/find jobs (using O*Net)
  4. Wrap-up/additional questions/survey

Academic Guidance Lesson

Preparing for the SAT/ACT Tests
Presented by:
School Counselors
Mrs. Laura Manko, Mr. Barron Whited
& Mrs. Roxanne Zeisloft
Personal/Social Domain & Crisis Intervention

- Individual Counseling
- Group Counseling
- Guidance Lessons
- Crisis Intervention & Crisis Room
- Resources

Examples of Individual Counseling:
- Personal/Social Goals
- Time Management
- LGBQT
- Teen Parenting
- Stress Management
- Organization in a Virtual Setting
- Cyber Bullying
- Coping Skills
Individual Meeting (Online Platform)

Meeting with Mrs. Manko, School Counselor

Topics to discuss:
- Credits/Grad progress
- Catching up

Goal for this week, month, year:
9th – 6.5
10th – 8
11th – 7.5 and graduate

Resources:
- Agora Counselor’s website: https://agora.org/our-school/guidance/high-school/
- Smart Futures

Example of a Group:
Guidance Lessons

**Personal/Social Domain**

- Personal/Social Committee
- Stress Management
- Self Care
- Online Wellness Week
- Mental Health Awareness
- Managing Anxiety

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**Crisis Room (Online Platform)**

*Please CALL one of the numbers listed to reach a school counselor on-call. DO NOT attempt to raise your hand or type in the chat. This room DOES NOT have live staff.*

- **Agora Crisis Room**
  - **Counselor 1**: Phone: [Redacted]
  - **Counselor 2**: Phone: [Redacted]

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**Resources**

- **National Suicide Prevention Lifeline**: 1-800-273-TALK (1-800-273-8255)
- **Crisis Text Line**: Text “HELLO” to 741741

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Resources

All links are on the Agora Counseling Website:
https://agora.org/high-school/

- Suicide Prevention
- Self Harm resources
- Mental Health
- Teen Parenting
- Abuse
- Bullying Prevention
- LGBTQ
- Grief and Loss
- Drugs and Alcohol
- SAP

Resources/Supports we give out frequently:

- National Suicide Prevention Hotline: 1-800-273-8255
  www.suicidepreventionlifeline.org

- Crisis Text line: Text HOME to 741741

- Teen-Teen Hotline: 310-855-4673 or text TEEN to 839863

- Online Support Groups: http://www.mentalhealthamerica.net/find-support-groups
Questions
Hi Student's Name

What You Say In Here Stays In Here

Except if...
Someone is hurting you
You want to hurt someone
You want to hurt yourself
How are you feeling today?

Rate your present feelings on the scale below:

1 2 3 4 5 6 7 8 9 10

Very sad/feeling depressed  Feeling happy and sad  Feeling very happy
Tell Me About You!

• What is your favorite food?
• What are you really good at?
• Who is part of your family?
• What is your favorite color?
• What is your favorite animal and why?
• What do you want to be when you grow up?
• Anything you else you want to share?

THANK YOU 😊

It was a pleasure meeting with you and getting to know you today!

If you have any questions or want to talk again, please send us an email:
Counselor’s Name: Email

HAVE A GREAT DAY!!! 😊
Meeting with Counselor’s Name, School Counselor

**Topics to discuss:**

- Credits/Graduation Progress
- Future Plans
- Options

**Graduation Progress:**

- Counselor’s Name
- Work number
- Work Email

**Goals for this week, month, year:**

**Resources:**

- School Website
- Career/College Resources