



## **National School Counseling Week Sample Morning Announcements**

### **Monday**

Good morning. This is [insert name], your school counselor, and today is the first day of “National School Counseling Week.” Our focus for the week is “Building Magical Futures.”

This week, we will talk about how you can build your future and make it magical in the process. It starts with setting a goal for where you want to be – tomorrow, next month, next year and beyond – and steadily working toward that goal.

The great artist Michelangelo famously said, “The greatest danger for most of us is not that we aim too high and we miss, but that it is too low and we reach it.”

What are your goals? What is standing in your way?

My job as your school counselor is to help you look to the future, at what your life can be once you finish school. I can help you deal with the obstacles that everyday life brings and help you reach your full potential. That’s what school counselors do: We help. Come by and talk to me soon.

### **Tuesday**

Good morning. This is [insert name], and today is the second day of “National School Counseling Week.” The message today is about how a positive attitude can help you in building your future.

Many things can get you down – hard classes, friendship troubles, family problems and not understanding where you fit in. When you’re faced with tough times, it’s very easy to lose focus and become distracted by the present. The future seems so far away, but it’s not.

In his book, “Where the Sidewalk Ends,” writer Shel Silverstein talks about overcoming the things that can get you down: “Listen to the mustn’ts, child. Listen to the don’ts. Listen to the shouldn’ts, the impossibles, the won’ts. Listen to the never haves, then listen close to me ... Anything can happen, child. Anything can be.”

Dr. Seuss said much the same thing in his famous book, “Oh the Places You’ll Go,” when he wrote: “You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.”

At times it might not seem this way, but you have more control over your future than you think. As your school counselor, I’m here to help steer you in the right direction, to help you build your own magical future.

### **Wednesday**

Good morning. This is [insert name], and today is the third day of “National School Counseling Week.” Today’s message is about turning your dreams into reality.

America is a nation of innovators – people with big ideas who want to change the world. Think for a moment about the innovations in technology that have come during your lifetime – smart phones, social networking (Facebook, Instagram, Vine), streaming TV and movies. Those are just a few.

Albert Einstein, the great scientist, believed the best ideas usually are the ones that people don’t think will work. “If at first the idea is not absurd, then there is no hope for it,” he said. Steve Jobs, the founder of Apple and the visionary behind many of the innovations I just mentioned, famously said, “Innovation distinguishes between a leader and a follower.”

Einstein and Jobs took their ideas and dreams and turned them into reality. You can, too. As your school counselor, I can help guide you. Talk to me about your hopes and dreams, and let’s work together to help you achieve them.

### **Thursday**

Good morning. This is [insert name]. Today is the fourth day of “National School Counseling Week.” Our message today is about overcoming challenges, even when it is tough.

The inventor Thomas Edison said, “Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. ... There are two types of people: those who fear failure so they never try and those who fear failure so they never quit.”

Don’t let others get you down. As “Winnie the Pooh,” A.A. Milne once wrote, “You’re braver than you believe, and stronger than you seem, and smarter than you think.”

And finally, these words from Thomas Jefferson, author of the Declaration of Independence and the third president of the United States: “I like the dreams of the future better than the history of the past.”

As your school counselor, I’m here to help you overcome the challenges you face in your lives. I want to help you build your own magical future.

## **Friday**

Good morning. This is [insert name]. Today is the final day of “National School Counseling Week.” Our last message this week looks at how we can make the right moves to ensure we stay on the right path.

John Lennon, a member of the Beatles, once wrote in a song, “Life is what happens when you’re busy making other plans.” What he meant is that we are so focused on the trivial things that we don’t take the time to focus on what’s important.

For many of us, life moves so fast that focus is elusive. It seems like the only constant is change. Sometimes it’s best to step back, take a deep breath and look at the big picture of what’s ahead. At others, it takes determination, persistence and motivation just to make it through the day. But you can do it.

Albert Einstein, the famous scientist I quoted earlier this week, knew this when he said, “We cannot solve our problems with the same thinking we used when we created them.”

Your teachers are here to help. Your principal is, too. And when you need someone who will listen and help you take that deep breath, remember that your school counselor is always here for you.

Thanks to all the students and staff for helping to make this a great week.