

# School Counseling Resource Guide

UTAH STATE BOARD OF EDUCATION



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**DISCLAIMER:** The following information was gathered to provide school counselors with additional resources to support students and families while schools are closed due to COVID-19. Sharing of these support resources should not be interpreted as endorsement or extensive vetting by the School Counseling Program Specialists at the Utah State Board of Education (USBE). School counselors and other educators should review the resources carefully to determine if they are appropriate for their student population.

As you navigate this new normal and online world, be sure to protect yourself and your students.

## Be cautious of the following:

- ➔ FERPA, Utah FERPA, and other state laws
- ➔ Digital resources that require school counselors or students to create online accounts
- ➔ Digital resources that have copyright restrictions
- ➔ Digital resources being shared by companies that have temporarily opened their paid-for resources to use for free for a limited time

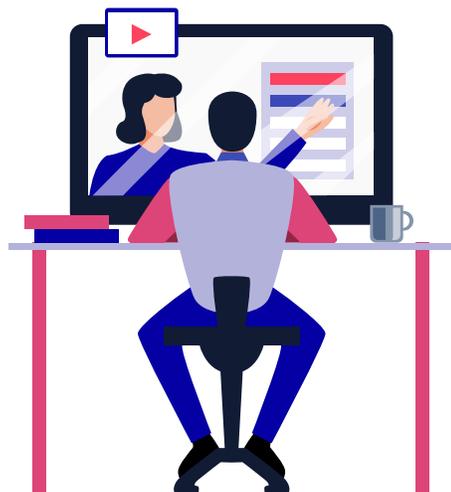


Lookout for digital resources which require account creation, whether verified through email or not.

Due to local control and extensive variation in resources and policies from one district to the next, USBE does not determine which resources should be utilized. School counselors should select resources that align with their school district or charter, the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and local health department guidelines.

## School Counseling Resources

The following resources may be updated in response to changing conditions. Please review prior to sharing with others for the most up-to-date information.



### Table of Contents:

- American School Counselor Association (ASCA)
- Information for Students about COVID-19
- Student Check-In Requests for School Counseling
- Resources for Families-College and Career
- Resources for Families-Social and Emotional
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- Tele-Counseling Guidelines
- Virtual School Counseling
- Virtual Professional Development Opportunities
- Strategies for School Counselor Self-Care

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## American School Counselor Association

### Planning for Virtual/Distance School Counseling During an Emergency Shutdown

 [www.schoolcounselor.org/asca/media/asca/home/EmergencyShutdown.pdf](http://www.schoolcounselor.org/asca/media/asca/home/EmergencyShutdown.pdf)

Quick guidance on providing virtual/distance school counseling, direct student services, and indirect student services.

### Virtual School Counseling Resources

 [www.schoolcounselor.org/school-counselors/professional-development/learn-more/covid-update](http://www.schoolcounselor.org/school-counselors/professional-development/learn-more/covid-update)

Webpage with links to:

- [Position Statement: The School Counselor and Virtual School Counseling](#)
- [School Counseling Principles: Ethics and Law \(Chapter 3, Cyberspace\)](#)
- [Magazine Article: It's a Virtual World](#)
- [ASCA Ethical Standards for School Counselors \(A.15 Virtual/Distance School Counseling\)](#)
- Plus more information

### COVID-19 Resources

 [www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources](http://www.schoolcounselor.org/school-counselors/professional-development/learn-more/coronavirus-resources)

Suggestions and resources to support students regarding COVID-19, including:

- College admission processes
- Standardized tests (SAT/ACT/AP)
- Virtual school counseling resources
- Links to other education-related organizations

## Information for Students about COVID-19

### Helping Children Cope with Stress During the 2019-nCoV Outbreak

 <https://tinyurl.com/qwa4uz6>

The World Health Organization (WHO) has a one-page document with tips for parents (and educators).

### Coping with Stress During Infectious Disease Outbreaks

 [www.store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885](http://www.store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885)

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides guidance on dealing with stress during an infectious disease outbreak.

### Coronavirus

 [www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/](http://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/)

An elementary, kid friendly, BrainPOP video to explain Coronavirus. Spanish [version](#) is also available.

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## Information for Students about COVID-19, *continued*

### So You've Got Questions About Coronavirus

 <https://tinyurl.com/v4hvhdd>

A handout for families and students about COVID-19. Spanish [version](#) available. This was created by Counselor Keri. In her own words, "You can share these in Google Classroom, via email, or however you'll be communicating with students during eLearning."

### CASEL CARES During COVID-19

 [www.casel.org/covid-resources/](http://www.casel.org/covid-resources/)

Free resources designed to support educators and parents as they work with children and adolescents.

### How to Answer 7 Big Questions Kids Have about the Coronavirus Pandemic

 [www.vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting](http://www.vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting)

This article helps adults respond to key questions kids may have during this difficult time.

## Student Check-In Requests for School Counseling

**Examples of Google Forms for students to virtually check-in or "request to chat" with their school counselor.**

High School example - <https://tinyurl.com/v29eshp>

Middle School example - <https://tinyurl.com/v8dyg3m>

Elementary School example - <https://tinyurl.com/uohtdpk>

## Resources for Families-College and Career

**National Association for College Admission Counseling (NACAC) College Admission Status Update: Coronavirus Impact**

 <https://www.nacacnet.org/college-admission-status-coronavirus>

This webpage is a central location for information about changes in college admission events, deposit dates, etc. as a result of the coronavirus pandemic.

**College Board Coronavirus Updates**

 [www.pages.collegeboard.org/collegeboard-covid-19-updates](http://www.pages.collegeboard.org/collegeboard-covid-19-updates)

Updated information on all College Board programs and offerings, including remote supports for [AP](#) students.

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## Resources for Families-College and Career, *continued*

### ACT National Exam COVID-19 FAQ

 [www.act.org/content/act/en/covid-19.html](http://www.act.org/content/act/en/covid-19.html)

Updated information and FAQ regarding ACT National Exam dates.

### NCAA monitoring of COVID-19

 [www.ncaa.org/sport-science-institute/coronavirus-covid-19](http://www.ncaa.org/sport-science-institute/coronavirus-covid-19)

Updated information related to COVID-19 to assist prospective student-athletes in meeting NCAA eligibility requirements.

### Utah Department of Workforce Services

 [www.jobs.utah.gov/covid19/index.html](http://www.jobs.utah.gov/covid19/index.html)

Resources regarding services and COVID-19 for families, including information about:

- Unemployment Insurance
- Temporary Layoff Virtual Workshop for Employees
- Office of Child Care FAQ
- Food, Energy and Medical Assistance

## Resources for Families-Social and Emotional

### Supporting Children Who Are Worried About Coronavirus

 <https://tinyurl.com/tcw6wuh>

A handout for parents about supporting their children during the COVID-19 pandemic. This was created by Counselor Keri. In her own words, “You can share these in Google Classroom, via email, or however you'll be communicating with students during eLearning.”

### At-Home Learning Resources for Covid-19 Outbreak

 <https://tinyurl.com/thafc3m>

This webpage has examples for parents regarding at-home learning schedules and practical strategies to ensure children and adolescents maintain focus and keep a routine during school closure and flexible learning.

### Strategies to Make Homework Go More Smoothly

 [www.drive.google.com/open?id=1WYUzmTpToxRS2oEoZw2Us09Ct6z9m4i3](http://www.drive.google.com/open?id=1WYUzmTpToxRS2oEoZw2Us09Ct6z9m4i3)

This parent guide provides strategies for parents as they work with their children and adolescents on school-work at home.

### Daily Home Schedule

 [https://drive.google.com/open?id=1RuaotJB6S1III\\_bhfwUS9AIKViUhs48k](https://drive.google.com/open?id=1RuaotJB6S1III_bhfwUS9AIKViUhs48k)

This is an example of a home schedule parents may use when students are learning at home.

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## Resources for Families-Social and Emotional, *continued*

### Stay-At-Home Care Package

 <https://tinyurl.com/t5qbth9>

This document, by Big Life Journal, shares ideas for:

- Indoor Games & Activities to Get Children Moving
- Things I Can Do With a Sibling: Indoor Activities: Teens
- I'm Bored... Things I Can Do By Myself
- My Daily Learning Projects
- I'm Bored... Things I Can Do With a Sibling
- Stay-At-Home Resources
- Things I Can Do: Indoor Activities for Teens

### How to Talk to Your Kids about the News (Super Duper Publications)

 [www.handyhandouts.com/pdf/614-Talk-To-Children-About-News.pdf](http://www.handyhandouts.com/pdf/614-Talk-To-Children-About-News.pdf)

This link provide strategies for parents regarding talking to their kids about what they are seeing on the news and social media platforms.

### How to Talk to Your Kids about the News (Kids Health)

 [www.kidshealth.org/en/parents/news.html](http://www.kidshealth.org/en/parents/news.html)

This link provide strategies for parents regarding talking to their kids about what they are seeing on the news and social media platforms.

### How to Talk to Teens about the New Coronavirus (Harvard Health)

 [www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192](http://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192)

This link provide strategies for parents regarding talking to their kids about what they are seeing on the news and social media platforms.

## Internet Safety During At-Home Learning

### Internet Safety

 <https://kidshealth.org/en/parents/net-safety.html>

Tools for parents, kids, teens, and educators to protect students from online predators.

### Safe Kids

 <https://www.safekids.com/kids-rules-for-online-safety/>

Rules and guidelines for digital citizenship, online safety, and civility.

### ConnectSafely Quick-guides

 <https://www.connectsafely.org/allguides/>

Short, clearly written Quick-Guides for online safety (i.e., TikTok, online shopping, Instagram, secure passwords, etc.) Spanish [versions](#) available.

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## Tele-Counseling Guidelines

**Warning:** ONLY passworded technology meetings should be utilized. Passwords to Google, Zoom, Go-To-Meeting, etc. need to be strictly protected. They should only be shared with trusted participants to reduce the risk of unwanted intrusions and nefarious hackers. [FBI guidance on defending against VTC hijacking.](#)

### Zoom and FERPA Compliance

 <https://zoom.us/docs/doc/FERPA%20Guide.pdf>

### Cisco/WebEx FERPA Compliance

 [www.cisco.com/c/dam/en\\_us/solutions/industries/docs/education/guardian-privacy-security-faq.pdf](http://www.cisco.com/c/dam/en_us/solutions/industries/docs/education/guardian-privacy-security-faq.pdf)

### Google Privacy & Security Center

 [https://edu.google.com/why-google/privacy-security/?modal\\_active=none](https://edu.google.com/why-google/privacy-security/?modal_active=none)

These are a few examples of online conferencing platforms that meet FERPA regulations. For your information, Skype does not meet FERPA regulations unless using “Skype for Business”. For other online platforms, work with your district/charter to determine compliance.

### ASCA Liability Insurance

 [www.schoolcounselor.org/school-counselors-members/member-benefits-info/liability-insurance](http://www.schoolcounselor.org/school-counselors-members/member-benefits-info/liability-insurance)

Due to COVID-19, school counselors may need to provide tele-counseling to support the needs of students. Liability insurance provided with the ASCA membership includes coverage for tele-counseling as long as services are within the school context.

## Virtual School Counseling

### Social-Emotional Learning Resources

 <https://drive.google.com/file/d/1jVal2T-H5WpYqzQtNcyLN2o3x1BAHlzn/view?usp=sharing>

This document provides links to different websites focused on social-emotional learning.

### Pure Edge

 <https://pureedgeinc.org/curriculum/>

This website offers a variety of easily accessible, free, open education resources and curricula to support social, emotional, and academic development. Spanish resources available.

### Sanford Harmony

 <https://www.sanfordharmony.org/>

Sanford Harmony is an evidenced-based CASEL SElect program. This online resource includes SEL lessons, activities, and Live-Online Webinars designed for PreK-6.

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## Virtual School Counseling, *continued*

### Super Duper Handy Handouts

 <https://www.handyhandouts.com/>

Super Duper Publications' Handy Handouts are free, online handouts on a variety of special needs and educational topics, including:

- [Mindfulness](#)
- [Social Distancing with Children: Tips and Activities](#)
- [How to Talk to Children About the News](#)

## Virtual Professional Development Opportunities

### Trauma-Informed Professional Learning Modules

 <https://www.schools.utah.gov/safehealthyschools/resources/eventstrainings>

The USBE's Trauma-Informed Learning Modules are available through Canvas and are designed for all school personnel (certified and classified) to help participants develop the knowledge and skills necessary to become trauma-informed and trauma-aware.

Additionally, conversations across the state are focused on keeping hourly employees working. This training could be shared with administrators as an option to keep employees engaged in meaningful professional learning opportunities during school dismissal.

### ASCA Webinars

 <https://schoolcounselor.org/school-counselors/professional-development/webinar-series>

Usually offered only to ASCA members at no cost, all webinars will be offered at no cost to nonmember, until May 15, 2020. CE credits are available. Topics include Ethical Considerations in a Virtual Setting, and more.

### ASCA U Specialists

 <https://schoolcounselor.org/school-counselors-members/professional-development/asca-u>

From March 15 - May 17, 2020, all ASCA U Specialist trainings will be offered for \$29 for ASCA members (regularly \$99) and \$49 for nonmembers (regularly \$249). No code needed. CE credits are available.

### Hatching Results Online Courses

 <https://hatchingresults.com/shop>

Hatching Results is offering all seven of their self-paced, online courses free for the next 30 days (starting March 17, 2020). Once registered, participants have 90 days to complete the course. No CE credits are available; however, participants will receive a general certificate of completion.

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## Strategies for School Counselor Self-Care

This guiding document has outlined resources designed to support students and families during this unprecedented time. However, please be mindful to take care of yourself first. “It is not selfish to refill your own cup so that you can pour into others.”

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook.



### Here are some simple strategies that might be useful to consider:

Set and maintain healthy boundaries



Take a break from watching, reading or listening to news stories... including social media.



Unplug – give yourself permission not read email or answer phones for certain time blocks. Set up automatic responses with your availability.

Practice mindfulness strategies such as deep breathing, yoga, stretching, or meditation.

The following are a few guided body scan links:



[tinyurl.com/yxyyennv](https://tinyurl.com/yxyyennv)  
[tinyurl.com/uhmxe29](https://tinyurl.com/uhmxe29)

Create a menu of personal activities that you enjoy:

- Cooking
- Family Time
- Gaming
- Fitness
- Music
- Coloring
- Puzzles
- Reading
- Mechanics



Give yourself permission to participate in at least 1 a day!

Gratitude journal: look for 1–3 things each day that you are grateful for and record it in a journal or notebook.



Share what you are feeling with others. It normalizes the concern for others & for you.



Connect with those you care about – Use: Zoom, Google Hangouts, Facetime, Marco Polo, etc.



Recognize and address signs & symptoms of **Compassion Fatigue**.

Seek supports when needed.



Utah Crisis Line: 1.800.273.TALK  
Warm Line: 801.587.1055