Educational Resources for Virtual School Counseling

Moderated by:
Lezya Weglarz - School Counselor, San Marcos Unified School District

Presented by:
Rebecca Pianta - Coordinator, Capistrano Unified School District
Beatrice Nguyen - College and Career Counselor, Capistrano Unified School District
Housekeeping Items

- A link of today’s recording will be shared with you
- All participants are muted, but your questions are welcome
- Utilize Q&A function for questions (we are not using the Raise Hand Function)
- Q&A at the end of presentation
- Slides with linked resources will be provided to you
- Help us, help you! Please complete our feedback survey at the conclusion of this presentation
Meet Your Moderator

Lezya Weglarz, M.S, P.P.S.

- Chair, COVID-19 School Counseling Task Force
- Middle School Counselor, San Marcos Unified School District
- Lecturer, San Diego State University
A special thank you!

Loretta Whitson
CASC Executive Director

Ashley Kruger
CASC President

Andrea Donegan
WSCA Board of Directors Chairperson

Stacy Eslick
WSCA Executive Director
COVID-19 School Counseling Task Force

- The COVID-19 School Counseling Emergency Task Force (C19-SCETF) is a joint multi-state, multi-regional effort to address the prevailing needs of school-aged children resulting from the coronavirus pandemic.

- Our mission is to provide accurate and timely information to support school counselors, administrators, caregivers, and other school-based mental health professionals in the transition to a virtual counseling platform.

- Our first step in meeting our mission to provide access to a variety of online resources is creating the COVID-19 School Counseling Resource website.

- The website is being designed to provide guidance and easy to access resources in a variety of areas including mental health, college and career, academics, and professional development in virtual school counseling.
Meet Your Presenters

Rebecca Pianta, Ed.D., P.P.S.
- Coordinator of Counseling & Student Support, Capistrano Unified School District
- Lead Professional Development Specialist, Hatching Results
- Adjunct Professor, Brandman University
- District/Supervisor Representative, California Association of School Counselors
- RAMP Reviewer

Beatrice Nguyen, M.A., P.P.S.
- College and Career Counselor, Capistrano Unified School District
- 10 years experience as an online School Counselor
Session Objectives:

By the end of this session, participants:

● Will learn virtual school counseling ASCA ethical guidelines, benefits and limitations, tech tools to utilize, suicide prevention, and strategies for self-care.

● Gain access to a wealth of resources that include sample video conferencing and group norms, school counseling program messaging, check-in form, needs assessment, counseling referral, virtual lessons, websites, and professional development opportunities.
Distance Learning

[IN SQUEAKY VOICE] I'm fine.
Keep Calm

- You have the skills
- You know your students
- You are not alone
- You CAN do this
ASCA Ethical Standards

★ Adhere to the same ethical guidelines in a virtual/distance setting as school counselors in face-to-face settings.
★ Recognize, acknowledge and inform student and parent/guardian of the challenges and limitations of virtual school counseling.
   ○ Benefits & limitations of telecounseling
★ Implement procedures for students to follow in both emergency and nonemergency situations when the school counselor is not available.
★ Recognize and mitigate the limitation of virtual school counseling confidentiality, which may include unintended viewers or recipients.
★ Educate students on how to participate in the electronic school counseling relationship to minimize and prevent potential misunderstandings that could occur due to lack of verbal cues and inability to read body language.
Suicide Risk Assessments

★ Suicide Risk Assessment

- Ensure emergency contact information is on your website, voicemail, and email
- Follow your district suicide prevention protocol and develop a plan with your crisis team
  - Reach out to a partner counselor to obtain additional support while you remain on the line with the student
  - Notify parent or guardian
  - Provide community resources
  - Contact police to do a welfare check, if needed (comply with district’s protocol)
- Follow up with student
- Professional development opportunity: Colombia Protocol ✔️
Direct Services

★ Phone check-ins with high-risk students and families
★ Google Classroom lessons and resources
★ Host student and parent webinars
★ Individual telecounseling
★ Open office hours/drop-ins
★ Psychoeducational groups
Indirect Services and Program Management

★ Community referrals
★ Teleconsultation with Parents and Staff
★ Read and respond to emails and voicemail regularly
★ Virtually meet with administrator to discuss school closure site plan
★ Engage in professional learning
Distance Learning: Changing Needs

★ More time in direct services
★ More email and phone calls
★ Consultation with staff and parents
★ Community referrals
Virtual Connections

★ **Google Classroom**
★ Website posting of resources
★ Text messages
★ Email
★ Phone
★ **Social media**
  ○ Facebook
  ○ Twitter
  ○ Instagram
  ○ **TikTok**

Be sure to block your number if you do not use an app to call.
Hyperlink Notification

Support
## Technology Tools

<table>
<thead>
<tr>
<th></th>
<th>Google Voice</th>
<th>Google Hangout</th>
<th>Zoom</th>
<th>Google Classroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Phone Calls</td>
<td>Video Conferencing</td>
<td>Video Conferencing</td>
<td>Lessons</td>
</tr>
<tr>
<td></td>
<td>Voicemail</td>
<td>Webinars</td>
<td>Free upgrade</td>
<td>Assignments</td>
</tr>
<tr>
<td></td>
<td>Text</td>
<td>Individual &amp; Group Counseling</td>
<td>Webinars</td>
<td>Resources</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Individual &amp; Group Counseling</td>
<td></td>
</tr>
</tbody>
</table>
Technology Tools

5. **Calendy**  
   Appointment Maker

6. **EDpuzzle**  
   Turns Videos into Lessons  
   Assignments

7. **Screencastify**  
   Video Records Screen
   **Free Unlimited Plan**
   - To activate unlimited account, visit this [page](#)
   - Click "redeem coupon (located under the "Next Billing Date")"
   - Enter code: CAST_COVID
   - Click "Activate License" (no credit card required)
   - Ignore the Next Billing Date - It is incorrect
E-mail Etiquette for Teens

**Writing an Effective E-mail**

**Subject**
- "Questions about Graduation."
  
  Be sure to include a subject that lets your reader know what your message is all about!

**Greeting**
- "Greetings Mr. Harris."
  
  Include the person's name to whom you are writing the email.

**Body**
- "I'm hoping you may be able to help me with a question about my current math course for graduation..."
  
  Keep your message clear and concise. Avoid abbreviations and texting language. Spell check is a must!

**Closing**
- "Thank you for your time! Sincerely, Jon Case."
  
  Be sure to include your full name in your kind closing.

**A Few Last Tips**
- Respond in 24-48 hours.
  - Use a professional email address.
  
  Great work! Be on the lookout for an excellent response!

EVHS REE School Counseling Team

LPTUTORING.COM
Online Class Etiquette

**BE ON TIME**
Be prepared. Check your tech before class.

**PRESENTATION**
Check your surroundings. Dress appropriately.

**MUTE YOURSELF**
Be sure to mute your microphone when joining class.

**HEADPHONES**
Use headphones if you have them.

**PARTICIPATION**
Be focused. Pay attention.

**CHAT RESPONSIBLY**
Ask/Post only class related questions and comments.

---

Virtual Group Rules

- **What is said in the group stays in the group.**
- **No screen shots or recording of group sessions.**
- **Clarify comments of the school counselor or group members to prevent misunderstandings. Body language and verbal cues can be easily misinterpreted on-line.**
- **Wear headphones or earpods for maximum privacy.**
- **Find an area to participate where others are not able to walk by and view who is on the screen.**
- **Be respectful of other group members.**
Kids participating in a Zoom call with their class...

“Wanna see my house?!“
Engagement Tools

- Kahoot
- Mentimeter
- Poll Everywhere
- Flipgrid
- Padlet
- Twidla
- PearDeck
Video Conferencing

- A quiet room is ideal
- Use a headset with a built-in microphone if you have one
- Be aware of noise such as fans, speakers, TV, etc...
- Cover windows if possible
- Consider objects in view of the screen
- Dress completely
- Post a Session in Progress Sign or a Counseling in Progress Sign
- Arrive early to test connectivity
- Post or state exceptions to confidentiality and try to maintain eye contact
Resources

★ Messaging about School Counseling Services & Sample 2
★ Messaging to Parents about Resources & Sample 2
★ Messaging to Students about Resources & Sample 2
★ Student/Family Check in Google Form
★ Email Signature Sample
★ Counseling Referral
★ Check in Form & Sample Needs Assessment

Can be created using: Piktochart or Canva
Resources

- Sample Google Classroom Lessons
- Comprehensive List of Resources
- Adapting Second Step to Remote Learning
- Sample Elementary Website
- Sample Middle School Website
- Sample High School Website
Professional Learning Opportunities
Self-Care

★ Acknowledge and address your own anxiety
★ Practice positive self-talk
★ Seek supervision/consultation
★ Collaborate with others
★ Take care of your health
★ Continue your own self-care regimens
QUESTIONS

ANSWERS
Contact Information

★ Rebecca Pianta
  ○ Email: rgpianta@capousd.org
  ○ Twitter: @DrRebeccaPianta

★ Beatrice Nguyen
  ○ Email: bxnguyen@capousd.org
Feedback Survey

Help us, help you!

bit.ly/cascwsca