



National School Counseling Week 2018 Sample Morning Announcements

Day One

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 "Helping Students Reach for the Stars."

Civil rights pioneer Harriet Tubman once said "Every dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world."

As your school counselor, I'm here to help you explore your dreams and discover how to achieve them. Come by and talk to me soon.

Make today great!

Day Two

Good morning. This is [insert name], and today is a part of National School Counseling Week. The message today is about your aspirations.

Aspirations are defined as a hope or ambition of achieving something. We sometimes call them stars – things you are reaching for. Sometimes aspirations, like stars, can seem so far away that they can't be touched. But that doesn't have to be your reality. Aspirations can be anything you want them to be. A career choice, a personal wellness goal, an academic goal, anything. If you could list one or two things you would like to achieve, what would they be?

A wise man once said, "Your aspirations are your possibilities."

If you ever want to chat about your "stars" or aspirations, feel free to stop by and talk to me.

Live with purpose today!

Day Three

Good morning. This is [insert name], and today is a part of National School Counseling Week. I would like to begin today's message with a quote from Eleanor Roosevelt. She once said, "The future belongs to those who believe in the beauty of their dreams." Let me begin by asking you a question. What can you do to achieve your dreams? Work hard? Sure? Write down your dream on paper so you can see it every day. Of course. But there is one simple thing you must do in order to achieve your dreams – set goals.

Goals, similar to dreams, are things that you aspire to do. You can have a goal to get a certain grade in your most challenging class. You can have a goal to create a time management plan for tackling your homework after school. You can even have a goal to wake up a bit earlier each day so you won't rush in the mornings before school. Goals are things you want to set your mind to accomplish. Do you need help with setting your personal goals? I am here, so stop by and see me.

Stay focused. Be kind. Be great!

Day Four

Good morning. This is [insert name], and today is a part of National School Counseling Week. Today's message is about tapping into your network to reach your dreams.

Pop star Katy Perry once said, "It takes a village to make me who I am." This simple quote has a lot of depth. Each one of us has a village. Your village consists of your classmates, friends, family, teachers and others who surround you each day. Your village can help you become who you want to be. Your village is your network.

Sometimes when we share our dreams and goals with our village, they can provide much needed support to help us achieve them. If you've set a goal to increase your grade in a class maybe discuss your goal with your teacher. He/she could provide you with strategies to help you accomplish what you've set out to do.

Who do you trust in your village to help you with your dreams? Who could be a resource and help you along your path to achieving your goals? Give this some thought and come see me if you want to chat.

Make today count!

Day Five

Good morning. This is [insert name], your school counselor, and today is part of National School Counseling Week. The school counseling staff, like everyone in our school, is here to make a difference in your life. We want to help you dream big and reach your stars.

As Dr. Seuss says,

You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!

Our door is always open, and we are ready to help you. Nothing is too big or small for us. Thank you for celebrating National School Counseling Week with us. Have a terrific and safe weekend!



National School Counseling Week Sample Morning Announcements

Good morning. This is [insert name], your school counselor, and today is part of "National School Counseling Week." Our focus for the week is "Liberty and Learning for All."

You might wonder what that means. Liberty is defined as "the power of choosing, thinking, and acting for oneself." And learning means to gain knowledge through systematic study. So this week we will talk about how you can be responsible for your own learning and behavior here at school and at home with friends, parents and teachers.

It's not always easy to be responsible. Every day there are distractions and roadblocks — tough classes, peer pressure, friendship problems, social media, family concerns and more. My job is to help each of you overcome those obstacles to reach your full potential and learn how to be responsible for your learning and your life. That's what school counselors do: We help. Come by and talk to me soon.

Good morning. This is [insert name], and today is part of "National School Counseling Week." The message today is about choosing your attitude and how that attitude can shape your future.

The inventor Thomas Edison once 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.](#)

Abraham Lincoln, our 16th president, faced great struggles with a divided country during the Civil War. But he had great determination and a never give up attitude. "Always bear in mind," said the man responsible for ending slavery, "that your own resolution to succeed is more important than any other."

A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. To use Edison's words, it is a catalyst, a spark that creates extraordinary results. As your school counselor, I'm here to help you find your spark.

Good morning. This is [insert name], and today is part of "National School Counseling Week." Today's message is about developing the right habits that point you in the in the right direction.

The great philosopher Aristotle said, "Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."

Think about the choices you make every day. Are you on the right path? Are you doing the things that will help you succeed in school? Are you going to class, doing your homework, listening to your teachers, getting rest and exercise? Are you maintaining a healthy lifestyle?

These things are critical to your future success. Frank Outlaw, a man you probably don't know, once said something very wise: "Watch your thoughts, they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny."

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Our message today is about acting with compassion. As Aesop, the famous ancient storyteller, once said, "No act of kindness, no matter how small, is ever wasted."

We all know people who are selfish, who seem to think only of themselves. We see this in children who pout over candy and toys, in classmates who behave in an ugly or dismissive way when they walk in the school hallways, and in corporate CEOs who value greed.

<http://www.quoteland.com/share/Aesop-Quotes/4921/>The author Dean Koontz once said, "Some people think only intellect counts: knowing how to solve problems, knowing how to get by, knowing how to identify an advantage and seize it. But the functions of intellect are insufficient without courage, love, friendship, compassion, and empathy."

Remember: It's the random acts of kindness that often can make the biggest difference in a person's life. As your school counselor, I can help you deal with the challenges you face and help point you in the right direction, and I will do so with kindness.

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Our final message focuses on how we deal with change.

Change is constant in today's world, and it can be difficult to keep up with at times when life seems to be moving so fast. But by making the right choices, by being determined and persistent and motivated, you can do it. You can be the change you wish to see in this world.

As the rock band Journey put it, "Don't stop believing."

Harriet Tubman once said, "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

Your teachers are here to help. Your principal is, too. And when you need someone who will listen that you can trust, 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. Now let's all work together to be the change.

Good morning. This is [insert name], your school counselor, and today is the first day of "National School Counseling Week." I'd like to talk about "being brilliant." This does not just mean brilliance in your schoolwork and the grades that you get. You also can be brilliant in how you treat people and the world you live in.

It is not easy growing up in today's world. Every day, distractions and other things can keep you from being brilliant — tough classes, peer pressure, friendship problems, depression, and more. My job is to help each of you reach your full potential and be successful. That's what school counselors do: We help. Come by and talk to me soon.

Good morning. This is [insert name], and today is the second day of "National School Counseling Week." The message today is about resilience. Chances are, if you want to be brilliant, you must also be resilient.

Have you ever had a brilliant idea and wondered why it didn't work out? Even the best ideas present you with challenges. People who are resilient are able to overcome those challenges and turn them into successes.

Have you ever heard the phrase, "If at first you don't succeed, try try again"? When you are confronted with a challenge, your ability to "try try again" is resilience in action.

As your school counselor, I'm here to help you develop your resilience. It could be about anything that is giving you trouble. Don't quit — come see me instead and let's talk through the challenges together.

Good morning. This is [insert name], and today is the third day of "National School Counseling Week." Today's message is about curiosity and the power of connections.

Steve Jobs, the founder of Apple, encouraged people to "think different." Ten years ago, Jobs knew that computers were not the only key to Apple's future success. Success to help was in developing tools that allow us to connect — to our music, our pictures, to the Internet, and to others. Born from his curiosity and desire to connect were the the iPhone, the iPad, the iPod, and iTunes.

As your school counselor, I want to encourage you to be curious, to "think different." There is much to be learned from the brilliance that is in each of you.

Good morning. This is [insert name]. Today is the fourth day of "National School Counseling Week." Our message today takes a look at who helped Dorothy in "The Wizard of Oz." The Scarecrow, Tin Man and Cowardly Lion all needed something that was missing from their lives — a brain, a heart, the nerve. The thing they all had in common was character.

As the story progresses, you see how their character helps them overcome what is missing in their lives. By refusing to abandon their friend in the face of the Wicked Witch of the West, their character helps them ultimately get what they need.

Maya Angelou, the famous American poet, once said: "One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."

Do you have the courage to be brilliant? Do you have the character? As your school counselor, I can help you develop those skills — and others, too — that will help you to be successful.

Good morning. This is [insert name]. Today is the final day of "National School Counseling Week." Our final message focuses on "what matters."

Actor Matt Damon said recently: "I think what's important for kids to know is your decisions here on earth matter. Your behavior matters. How you treat other people matters."

What you do in school, at home, and in other places makes a difference in your life and in the lives of others. It might be as simple as holding the door open for someone, or as complex as writing a great story or inventing a new way of computing. No matter how big or how small, what you do matters.

In *Oh, the Places You'll Go*, Dr. Seuss writes: "You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go. So be sure when you step. Step with care and great tact and remember that Life's a Great Balancing Act. Just never forget to be dexterous and deft. And never mix up your right foot with your left."

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

Good morning. This is [insert name], your school counselor, and today is part of "National School Counseling Week." You may not know this, but my job is to work with each of you to help you be successful in school and in life so you can build the future want,

I know that sometimes roadblocks get in the way of your plans – things like peer pressure, friendship issues, family problems and difficulty at school. When you veer

off the path, come and see me. I am here to help you deal with the challenges and frustrations that keep you from being the best you can be. That's what school counselors do. We help you build the future you want.

Make it a great day!

Good morning. This is [insert name], your school counselor, and today is part of "National School Counseling Week."

What do you think success is? What does it look like for you? Former British Prime Minister Margaret Thatcher said success "is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose."

Did you know that school counselors can help you find your pathway to success? Some people think school counselors are only there for "those" kids, but my job is to help all of you reach your full potential and be successful in school and life. Every day, you face challenges – tough classes, peer pressure, family and friendship problems, and more – that can be roadblocks to future success. I can help you deal with these challenges. That's what school counselors do. Come by, and talk to me soon.

Good morning. This is [insert name], and today is part of "National School Counseling Week." I have a question for each of you: What is one of the biggest keys to your future success?

Have high expectations.

Michael Jordan once said, "You have to expect things of yourself before you can do them." If you want to go to college, do the things now that will get you there – go to class, do your homework, listen to your teachers, get plenty of rest and exercise, maintain a healthy lifestyle, and surround yourself with others who have high expectations.

As Mark Twain said, "It is small people who try to belittle your ambitions. The great ones help you to feel that you can become great."

Expect more from yourself. Experience success. Settle for nothing less.

Good morning. I am [insert name], your school counselor, and today is part of "National School Counseling Week." What traits do you think are important to be successful in life and build a bright future for yourself? Good character? Organizational ability? Kindness? Those are all very important but what about perseverance?

According to the dictionary, perseverance means “steady persistence in adhering to a course of action, a belief, or a purpose; steadfastness.” Have you ever shown perseverance and gone on even when you thought you couldn’t?

Former basketball star Michael Jordan knows a thing or two about it. Listen to what he has to say:

“In ninth grade, my dream was to beat my brother Larry at a game of one-on-one. He’d beat me every time and I’d get mad. In tenth grade, my dream was to make the varsity basketball team, but I didn’t, and I had to play junior varsity all year. When I look back on those experiences, I know they must have built determination in me.”

Michael did not give up. He kept practicing until he achieved success. You can do the same. Just when you think an assignment is too hard or a sport too difficult or a book too long, hang in there. Keep at it.

Perseverance pays off.

Good morning. I am [insert name], your school counselor, and today is part of “National School Counseling Week.”

One of the most important things you can do to build for your future is to take your education seriously. Author and activist Malcolm X said, “Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.”

How are you preparing for your future? You can begin by coming to school, listening to your teachers, turning in assignments. Small steps bring big rewards.

Let education become your passport to a world of possibilities.

Make it a great day!

Good morning. I am [insert name], your school counselor, and today is part of “National School Counseling Week.” Today’s tip is on the value of persistence.

There once was a great quote on the label of a child’s Superman shirt: “Wearing of this garment does not enable you to fly.” You can’t put on a different set of clothes, or act a certain way that betrays who you are deep inside, and expect to be successful. The path to success involves persistence.

Christopher Reeve, the man who played Superman in the movies, was left paralyzed from the neck down years ago in a horseback riding accident. But that didn’t stop him from living his life. By being persistent, he raised funds that will help others with spinal cord injuries live full and complete lives. He directed movies, acted and made speeches across the country. Christopher Reeve talked once about the value of persistence. He said “So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”

When he died a several years ago, people talked of how a man who could not move or even breathe without assistance managed to live a full life through determination and sheer will. Through tragedy and the persistence that followed, he truly became a super man.

As Calvin Coolidge, our 30th president, once said, "Nothing in the world can take the place of persistence. The slogan 'Press on' has solved and always will solve the problems of the human race." You are closer to success than you think. Don't give up. Be persistent in your pursuit of excellence.

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Do you know what is one of the biggest keys to your future success and your ability to make a difference in your life and the lives of others? Determination. Booker T. Washington knew something about determination. He rose up from slavery and illiteracy to become one of our foremost educators and a leader of African Americans at the turn of the century.

When he was young he went to school – not as a student, but to carry books for one of the plantation owner's daughters. When he was a young boy, he took a job in a salt mine that began at 4:00 a.m. so he could attend school later in the day. At age 16, he walked much of the 500 miles to Virginia to enroll in a new school for black students.

He graduated from college and went on to work at the Tuskegee Institute. Both the school and Washington made lasting and profound contributions to the South and to the United States. Washington wrote a bestseller called "Up from Slavery." He became an advisor to President Theodore Roosevelt and was the first African American ever to dine at the White House with the president.

Here is what Washington said about determination: "The circumstances that surround a man's life are not important. How that man responds to those circumstances *is* important. His response is the ultimate determining factor between success and failure."

Be determined. Reach for the stars. Make today a great one!

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Today's tip focuses on the power of kindness. When is the last time you did something nice for someone just because? This morning? Last week? Don't underestimate the power that kindness can have on you and those around you and on your ability to be successful.

Mother Teresa said that "kind words can be short and easy to speak, but their echoes are truly endless." Aviator Amelia Earhart said, "No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind

themselves.”

One high school student looked at it this way: “Wherever there’s a human being, there’s an opportunity for kindness. You don't have to plan some big event. You can be strolling the hall in school and say ‘hi’ to a stranger. Simplicity is the way, you know?”

Kindness cuts across race, religion, gender, age and culture. Through it, we can celebrate diversity.

Archbishop Desmond Tutu said, “Do a little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

So, today do or say something nice to someone, just because. You will feel better for it.

Good morning. This is [insert name], your school counselor, and today is part of “National School Counseling Week.” You are each unique and have qualities that make you a remarkable individual that your friends, family, teachers and classmates see every day.

Someone wise once said, “Our inner strengths, experiences and truths cannot be lost, destroyed or taken away. Every person has an inborn worth and can contribute to the human community. We all can treat one another with dignity and respect, provide opportunities to grow toward our fullest lives and help one another discover and develop our unique gifts.”

I know sometimes it’s difficult to embrace those qualities that make you special. Every day you face challenges – tough classes, peer pressure, family and friendship problems and more – that can be roadblocks to success and celebration. The teachers, the principals, the librarian – everyone in our school is here to help and to make a difference so you can reach your full potential and be successful in school and life.

School counselors can help too. That’s why we are here. Come by, and talk to me soon.

Make it a great day.

Good morning. This is [insert name], your school counselor, and today is part of National School Counseling Week. The school counseling staff, like everyone in our school, is here to make a difference in your life. We want to help you reach your full potential and be successful in school and life.

Every day, you face challenges — tough classes, peer pressure, family and friendship problems and more — that can be roadblocks to future success. I can help you deal with these challenges. That’s what school counselors do: Come by and talk to me soon.

Make it a great day.

Good morning. This is [insert name], and today is part of "National School Counseling Week." In 2009, as a senator from Illinois became our 44th president, our country also celebrated the 200th anniversary of the birth of another Illinois politician – Abraham Lincoln. Lincoln was born in back-woods Kentucky, worked hard, became educated and in 1860 became president of the United States.

Although Abraham Lincoln is rated as one of America's best presidents, he had to overcome great adversity and many failures before becoming president.

Listen to some of Lincoln's experiences:

In 1831, he lost his job. In 1832, he was defeated in his run for the Illinois State Legislature. In 1833, he failed in business. In 1834, he was elected to the Illinois State Legislature. In 1835, his girlfriend died. In 1838, he was defeated in his bid to become the Illinois House Speaker. In 1843, he was defeated in his run for nomination for U.S. Congress. In 1846, he was elected to Congress but in 1848 lost re-nomination. In 1849, he was rejected for a land officer position and in 1854 was defeated when he ran for the U.S. Senate. In 1856, he was defeated in his run for nomination for vice president and in 1858 was defeated in run for U.S. Senate. In 1860, Abraham Lincoln was elected president.

Even though he experienced a great deal of failure, Lincoln kept pushing on despite his circumstances. He persevered and found ways to be successful and used his failures to prepare him for future possibilities. We all experience failure and setbacks at some point. The key is to not give up.

Be determined. Learn from your disappointments. Celebrate your achievements.

Make this day a great one.

Good morning. This is [insert name], and today is part of "National School Counseling Week." Today's tip is based on a cliché: "If at first you don't succeed, try, try again."

We all experience failure at some point in our lives – students, teachers and yes, even principals. Failure is nothing to be ashamed of but something to learn from. Did you know that it took Thomas Edison almost two years of failed attempts, new discoveries, and prototypes before he invented the incandescent light bulb? Later, he joked that, "I have not failed. I've just found 10,000 ways that won't work."

Think of how different our world would be if Edison had quit trying and given up.

Today, don't give up. You may be closer than you think.

Make it a great day!

Good morning. I am [insert name], and today is part of "National School Counseling Week." Today we are celebrating diversity.

I'd like to ask you to look around your classroom.
What do you see?

None of us is alike. We look different, sound different and think differently. We are all unique. And what a fabulous school we have as a result. How boring life would be if we were all the same.

The poet Maya Angelou said, "We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."

When it comes right down to it, we are all different inside and out, and diversity is the one true thing we all have in common.

Acknowledge your differences and celebrate them. Not just today, but every day.

Good morning. I am [insert name], and today is part of "National School Counseling Week." I bet a lot of you can't wait until today is over, and many of you are counting down the days until the school year ends. You also may know exactly what month and year you will graduate from high school.

But did you know that, even when your formal education is over, you will still be a learner? You will learn many important things that will help you to continue to make a difference?

Shakespeare said, "We bring forth weeds when our quick minds lie still." He certainly did not allow that to happen. Shakespeare wrote 37 plays and 154 sonnets in his 52 years on earth.

Tom Yohe from ABC's Saturday morning public service campaign "Schoolhouse Rock" stressed the importance of learning throughout your life another way:

"As your body grows bigger
Your mind must flower
It's great to learn
'Cause knowledge is power."

Go learn something, and make this day a great one!

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Today's tip focuses on following your passion.

How many of you have thought about what you want to do in five years? Ten years? Twenty years? What do you see yourself doing?

The world is changing rapidly, and your options are unlimited. In fact, many of the jobs that will be out there after you graduate have not yet been invented.

In today's global economy, many of the traditional jobs that were out there when your parents went to work are either automated or handled overseas. The leaders of tomorrow will be the innovators who follow their passion and are determined to succeed.

Use this time now to learn, to discover what you're good at and to figure out what you love.

Find what you are passionate about, and make this a great day!

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Today we are celebrating your future.

How many of you have thought about what you want to be doing in five years? Ten years? Twenty years? What do you see yourself doing? The world is changing rapidly, and your options are unlimited.

Did you know that the top 10 in-demand jobs this year didn't exist in 2004? Did you know that when you enter the job market you will be using technology that has not been invented yet in order to solve problems we don't even know are problems yet?

What an exciting time. Take advantage of your opportunities at school to learn, to discover what you're good at and to figure out what you love. Benjamin Franklin said, "Hide not your talents, they for use were made. What's a sundial in the shade?"

Find your talents. Celebrate your future. Dream big.

Good morning. This is [insert name]. Today is part of "National School Counseling Week." As we focus on making a difference in your life and the lives of others, think about these words from Anne Frank:

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

Anne Frank did not know that her words, written while her family hid from the Nazis during World War II, would reach and touch millions of children and adults. Unfortunately, she did not get to see that happen.

You can make a difference, starting today. Look at yourself and your life. What do you like? What skills do you need to improve? How can you help others to be successful?

Your teachers are here to help you during this journey. Your principal is too. And when you need someone who will listen that you can trust, remember that your school counselor is always here for you.

Make it a great day!

Good morning. This is [insert name]. Today is part of "National School Counseling Week."

There is an old saying that goes, "No man is an island." We need each other, and your actions can affect others around you even when you don't always realize it. Today, try and have a positive impact. Do something nice for someone or for your school. Hold a door open for a teacher, talk to someone you don't know very well. Pick up a piece of trash in the cafeteria, and throw it away.

True success is not only getting what you want but also reaching out and giving to others and to your school and community. Remember the words of Henry Davis Thoreau, "Go confidently in the direction of your dreams. Live the life you have imagined" and you will be a success. Your teachers are here to help you during this journey. Your principal is too. And when you need someone who will listen that you can trust, remember that your school counselor is always here for you.

Make it a great day!

Good morning. This is [insert name]. Today is "National School Counseling Week." Did you know that even when your formal education ends whether that is high school, a vocational school, a community college or a four-year college that you will still be a learner? You will learn many important things that will help you continue to make a difference in your own life and the lives of others.

Shakespeare said, "We bring forth weeds when our quick mind lies still." He certainly did not allow that to happen. Shakespeare wrote 37 plays and 154 sonnets in his 52 years on earth.

Keep learning and make it a great day!

Good morning. This is [insert name]. Today is part of "National School Counseling Week." Today's focus is about dreams. Remember the words of Walt Disney: "If you can dream it, you can do it." Former First Lady Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams."

What dreams do you have? What are you doing to succeed right now? Someone once said, "Everyone is trying to accomplish something big, not realizing that life is made up of little things." The choices you make today can affect your life tomorrow. Where do you see yourself in five years? In 15 years? What does your pathway to success look like? To make sure you get there, make good decisions. Set goals. Persevere.

Have high expectations. Be kind. And surround yourself with people who do the same to make sure you build the future you envision for yourself.

Dr. Sues says,

You have brains in your head.

You have feet in your shoes.

You can steer yourself in any direction you choose.

You're on your own.

And you know what you know.

And YOU are the guy who'll decide where to go.

Your teachers are here to help you during this journey. Your principal is too. And when you need someone who will listen that you can trust, remember that your school counselor is always here for you.
