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# Meet Your Counselors!

— An intro lesson —  
by Mrs. Howard and Mrs. Bagley

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# Who are my counselors?

Mrs. Howard and Mrs. Bagley!

## WHAT DOES A SCHOOL COUNSELOR DO?

### CORE CURRICULUM

COUNSELOR Kent



Evaluate school and student data and outcomes



Develop core curriculum to address desired student competencies



Deliver curriculum systematically through classroom lessons in cooperation with classroom teachers

### INDIVIDUAL STUDENT PLANNING



Help students evaluate their own interests, abilities, and skills



Help students develop personal goals



Help students create plans for their futures

### RESPONSIVE SERVICES



Individual counseling



Small group counseling



Crisis response services

### INDIRECT SERVICES



Make referrals for outside counseling or assistance



Consult with parents and teachers to share effective strategies that support students



Collaborate with parents, professionals, and community members to support student success

AND SO MUCH MORE!

# Who do we work with?

## 1 | Students

We work with students and help them with a variety of challenges they may be experiencing. We are happy to meet with you via Zoom, email, or phone while we are virtual!

## 2 | Families

Sometimes we extend our work with students to working with the families. We collaborate with families and share effective strategies that support students.

## 3 | School Staff and community members

We also work with your teachers to provide strategies and interventions to support student success. When necessary, we also collaborate with community members by providing referrals and exchanging resources-- all geared to ensure student success!

# It might look a little different this year...

**BUT, we are still here for you and can help you with many different topics! Below are some of many topics we can assist you with.**

- Academics
- Family Issues
- Friend Conflict
- Personal Issues
- Student Safety
- Problem Solving
- Self Esteem
- Worries and Fears
- School and Community Resources
- Bullying
- Grief and Loss
- Anxiety
- Study Skills
- Goal Setting
- And more!



# How do I know if I or someone I know needs help?

- 1. You feel consumed and distracted by a problem and don't know how to solve it**

WE GET IT. When we are scared, worried, frustrated etc. it can spill into many different areas of your life.
- 2. Recognizing early warning signs that could lead to bigger issues**

We might notice in ourselves or in friends that our thoughts and behaviors are different without fully understanding why or what to do. We can help you identify those symptoms and provide strategies to improve the current situation.
- 3. Safety is at stake**

If you or a friend is in danger in any way, let an adult know immediately so we can take the necessary steps to ensure your friend's/your safety and wellbeing.

# Common Warning Signs

- Eating/Sleeping too much or too little
- Pulling away from people/activities
  - We know this is the reality for so many of you, especially when you're not able to see your friends the way you're used to. Being isolated from your peers can absolutely be something that affects your mental health.
- Having low/no energy
- Feeling numb or that nothing matters
- Feeling helpless or hopeless
- Feeling unusually tired, confused, irritable, angry, worried
- Aggressive toward family and/or friends
- Screen Burnout and/or lack of motivation
- Experiencing extreme mood swings that are causing problems in your relationships, or interfering with school or other activities
- Persistent and intrusive negative thoughts that you can't get out of your head
- Urges or acts of harming self or others
- Hearing voices or believing things that are not true
- Engaging in high risk behaviors
  - Substance abuse, meeting strangers, putting self in dangerous situations, hiding behaviors from friends/family

An illustration of a person with short brown hair, wearing a dark brown t-shirt, shown from the chest up. To their right is a large, light brown thought bubble with a scalloped edge. Inside the bubble is a list of five categories, each preceded by a checkmark. The categories are: A FAMILY MEMBER, CLOSE FRIEND, TEACHER OR PROFESSOR, COUNSELOR OR COACH, and FAITH LEADER. Three small, light brown circles are positioned above the person's head, leading into the thought bubble.

✓ A FAMILY MEMBER

✓ CLOSE FRIEND

✓ TEACHER OR  
PROFESSOR

✓ COUNSELOR  
OR COACH

✓ FAITH LEADER

**If you are  
worried  
about  
yourself or  
a friend...  
tell  
someone  
you trust!**



# How to cope day to day

- Accept your feelings-- DO NOT ignore them
- Establish support by connecting with family and/or close friends
- Seek professional help by reaching out to your school counselors or therapist.
- Taking time for yourself (allowing breaks in your day)
- Practicing self care regularly and make your needs a priority!

it's okay  
not to be  
okay

## (Pandemic Appropriate) Self Care Ideas

- Taking a walk or getting outside
- Doing something active (workout, sports, hiking, dancing, swimming)
- Virtual hangouts with friends
- Read a book
- Taking break from electronics and prevent screen burnout
- Draw, paint, or color
- Trying out a new skill or hobby (photography, writing, art related activities, workouts, baking/cooking)
- Yoga
- Movie nights at home (Don't forget the treats!)
- Play with your pets
- Create a routine that makes you feel good and motivated
- Prioritize healthy choices (good hygiene, healthy eating, drinking water)
- Listen to music
- Spa day at home
- Sports tournaments with family (Miss playing or watching sports? Play soccer with your family. Create an obstacle course in your home. Be creative and have fun)
- Getting enough sleep

# Need immediate assistance?

If you are needing immediate assistance or would like to make an anonymous report, please contact Safe Voice! This service is available to you 24/7/365.

1. Download the SafeVoice app from Apple or Android store
2. Call the hotline at 1(833)216-7233
3. [www.safevoicenv.org](http://www.safevoicenv.org)



Want to speak with us?  
No problem 😊

Here's how you can reach us while we're virtual!

<https://forms.gle/6qGBLk5TxpBW7n1t7>

If you want to talk to us and fill out this form, you need to give us a way to contact you!

**Do not write your school email if you do not check your school email!!**