

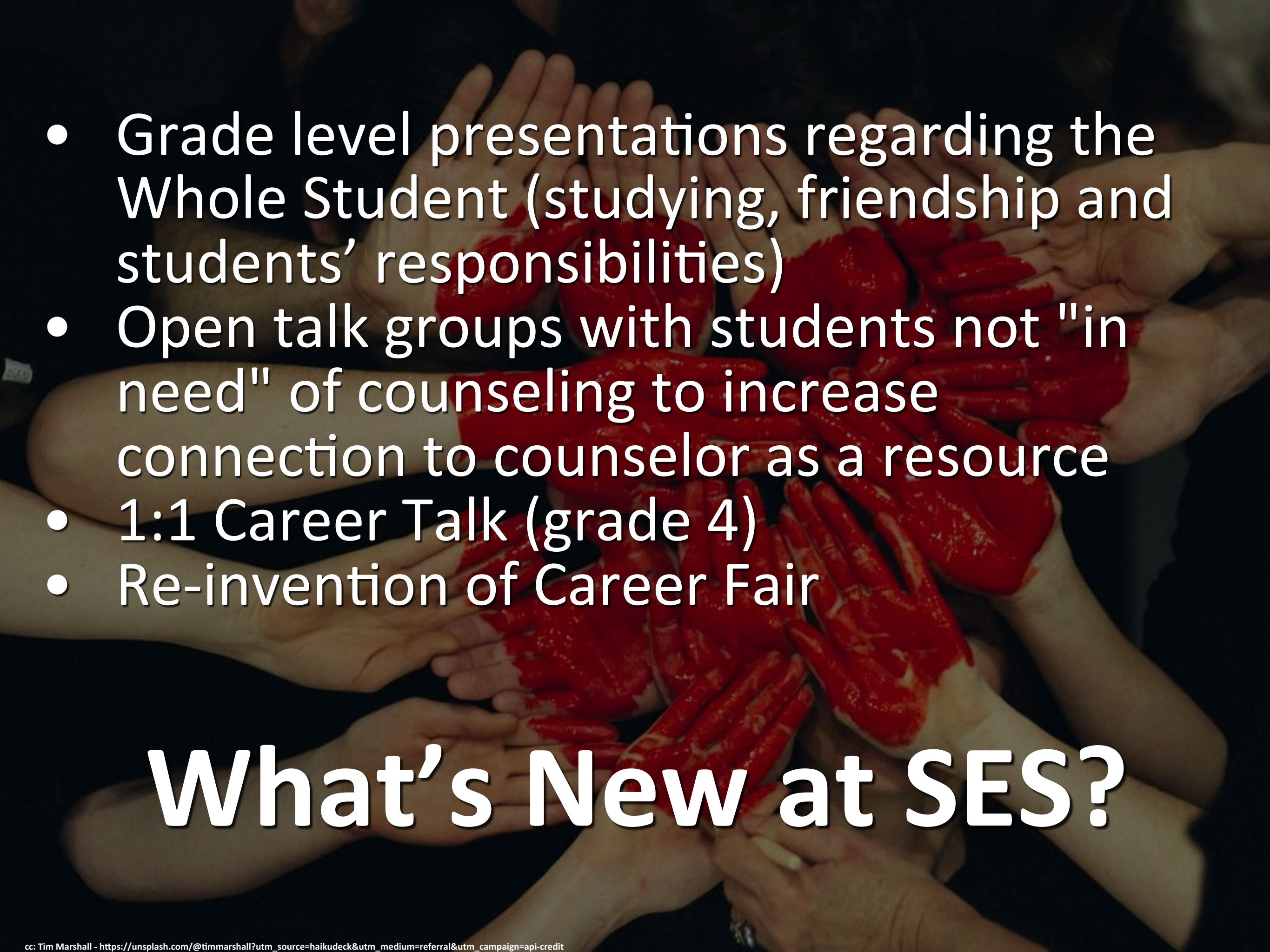


School Counseling Update

Presentation to the Southampton Board of Education

April 21, 2020

Dr. Kim H. Rodriguez

- 
- A group of hands of various skin tones are shown holding a large, vibrant red heart. The hands are positioned around the heart, with some fingers pointing towards it, creating a sense of collective support and care. The background is dark, making the red heart and the hands stand out prominently.
- Grade level presentations regarding the Whole Student (studying, friendship and students' responsibilities)
 - Open talk groups with students not "in need" of counseling to increase connection to counselor as a resource
 - 1:1 Career Talk (grade 4)
 - Re-invention of Career Fair

What's New at SES?

Collaboration, Prevention, Intervention





What's New at SIS?

New Model: A school counselor for each grade!

Newly-Implemented SIS Curriculum



- Quarterly Reviews
- Monthly themes (vertical alignment)
- Meeting with *all* students at least once/month during X period



October

Bully Prevention, Unity Day, Red Ribbon Week

Bully Prevention



Bully Prevention

- If you were bullied, who could you go to for help?
- How can you support a friend/peer who is being bullied?

Don't huff
don't puff
don't do
that stuff

Go
away!



Mia

Humboldt

John

Willan

Jashyn

Daly

Maribel

Devian

Red Ribbon Week Door Contest

Red Ribbon Week



Red Ribbon Week

SEND A MESSAGE..... STAY DRUG FREE!

P.O. TIFFANY LUBOLD 260/SV
SCHOOL RESOURCE OFFICE

SIS Monthly Themes

September

Getting to Know You

October

Red Ribbon, Bully
Prevention, Unity Day

November/December

Gratitude & Kindness

January

Get Organized

February

Self-Esteem

March

Career Fair & March
Madness (College)

April

Community

May

Mindfulness/Mental Health

June

Family Health & Wellness

Grade 5

Activities

- Letters to "Future Selves"
- Mini Meetings
- Learning Styles Inventory (Naviance)
- Birthday Cards
- Resume Building

Groups

- Changing Families
- Lunch Groups: Social-Emotional skill building
- Social Skills
- Organization

Grade 6

Activities

- Catch Up With Your School Counselor
- Goal-setting
- Working with I-Tri for 2020 Program
- 1:1 review of goals

Groups

- Organizational skills, problem-solving skills and accountability
- Lunch Groups: Social-Emotional skill building

Grade 7

Activities

- Guest Speakers (Social Worker, School Resource Officer)
- Quartely Reflections
- Study Skills
- Homework Help
- Group Puzzles

Groups

- Study Skills
- Organization Skills
- Social Development
- Advocacy

Grade 8

- Gratitude notes to teachers
- Student Success Program
- Growth Mindset
- Participation in SHS *Dangers of Vaping* assembly followed by counselor-led discussion
- Academic Support Groups



Student Success Program

8th Grade

Student Success Program (8th Grade)

- Learning Styles Inventory (paper)
- Time Management activity (chart time usage for a week)
- Individualized Student Profile with Learning Style and time management strategies tailored to learning style
- Goal-setting

SOUTHAMPTON



What's New at SHS?

Some Staffing Changes



Transitions Simplified

SES → SIS and SIS → SHS

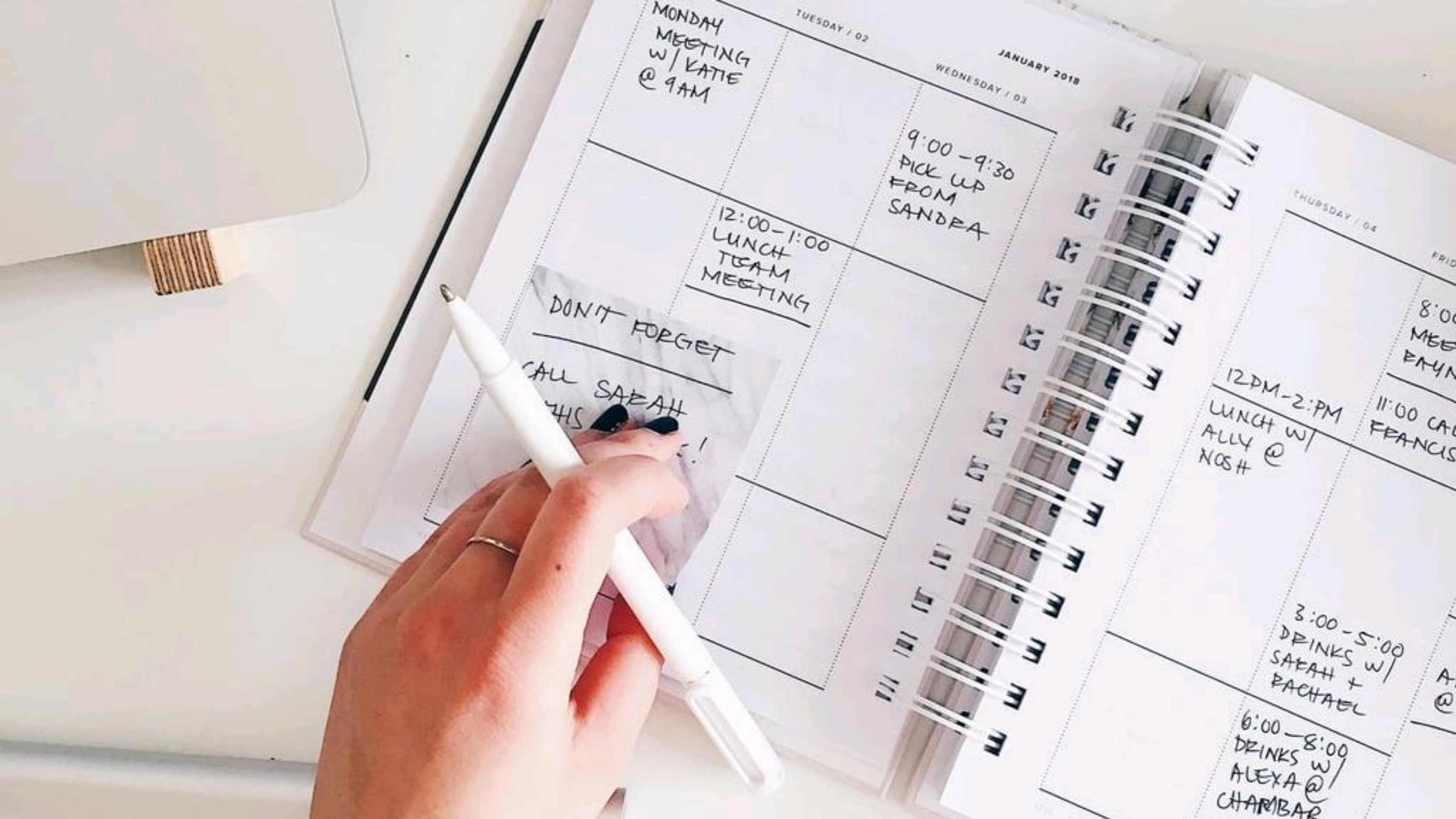
Grade 9 Activities

- Freshmen Survey
- Learning Styles Inventory (Naviance)
- SMART Goals
- Academic Support Groups

- Quarterly SHS Counseling Newsletter
- Enhancement of 10th Grade counseling curriculum
- Promotion of Extra-Help Schedule during school day
- College Admissions Workshop for Parents of Seniors
- New Courses Submitted for NCAA approval



Early College Acceptances



Meeting Parents' Needs

Teacher Reacher for Parent Appointments (Grades 5-9)



Counselor Professional Development

Professional Development

- Updates Related to: College Admissions
ACTs, SATs, APs, Test Prep, College
Planning
- NYSED Regulations
- Power School, Naviance, Performance
Matters
- Supporting Student Mental Health and
Wellness
- Cultural Competency, Equity, SEL

A sunset over a body of water with evergreen trees in the foreground. The sky is filled with soft, golden light, and the water reflects the colors of the sky. The trees are silhouetted against the bright light of the sunset.

School Counseling Advisory Council

December, March, April

School Counseling Advisory Council

Membership

- Students, Parents, Teachers, School Counselors, Administrators
- College Admissions Personnel
- Local Business Members
- SPS Alumni
- School Resource Officer
- Community Liaison

Roles, Responsibilities

- Review District's *Comprehensive School Counseling Plan*
- Advise on and support the implementation of the *Comprehensive School Counseling curriculum*
- Submit an end-of-year report to the Board of Education



COVID-19

Counselors' Roles During Remote Instruction

Counselor Outreach to Families

- Identify supports needed for students
- Facilitate communication between teacher and parent
- Provide resources for families
- Coordinate donations to families in need
- Counselors' access to *Final Forms*
- Use of Zoom, Google Forms, Google Drive

Some of the Ways Counselors Supporting Students

- Outreach to students not engaged
- Individual counseling sessions (social-emotional and academic needs)
- Counseling groups
- Participation in IST, CSE, 504, team, department, district and faculty meetings and SHS Scholarship Committee
- Time management and organizational strategies for students
- Scheduling for 20/21
- Self-directed Online Career Fair (SES)

Resources for Families

- Positive Psychology (9-12)
- Parent Tool Kit (K-12)
- Calm (6-12)
- Crisis Hotlines, Mental Health and Wellness Resources
- Speaking to Your Student about COVID-19

COVID -19 Mental Health Reminders

<p>Get Dressed</p> <p>Even if it is just into comfort clothes, this will help you feel more productive and less in a rut.</p>	<p>Do Your Hair/Makeup</p> <p>Even if you are not going anywhere this can help make you feel “normal” in a very chaotic time. People also often feel relaxed when doing hair or makeup and you deserve that.</p>
<p>Eat New Healthy Recipes</p> <p>If you can, eat a variety of food and try different recipes. This will give your day variety and keep your body feeling healthy.</p>	<p>Get Some Fresh Air</p> <p>Fresh air will help you not feel so cooped up or “stuck” in your home. Getting outside would be best but even standing at a window will be beneficial.</p>
<p>Be Creative</p> <p>Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirits up and your mind relaxed.</p>	<p>Unplug</p> <p>Everyone everywhere is talking about the virus. Turn off your devices and get some well-deserved time away.</p>
<p>Stay Connected</p> <p>Even though we cannot go visiting, make sure you stay connected to family and friends. A good way is video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.</p>	<p>Reach Out</p> <p>Mental health is always important but it is especially important during times like this. Reach out if you need to and remember to check in with your friends and family. We are all in this together.</p>

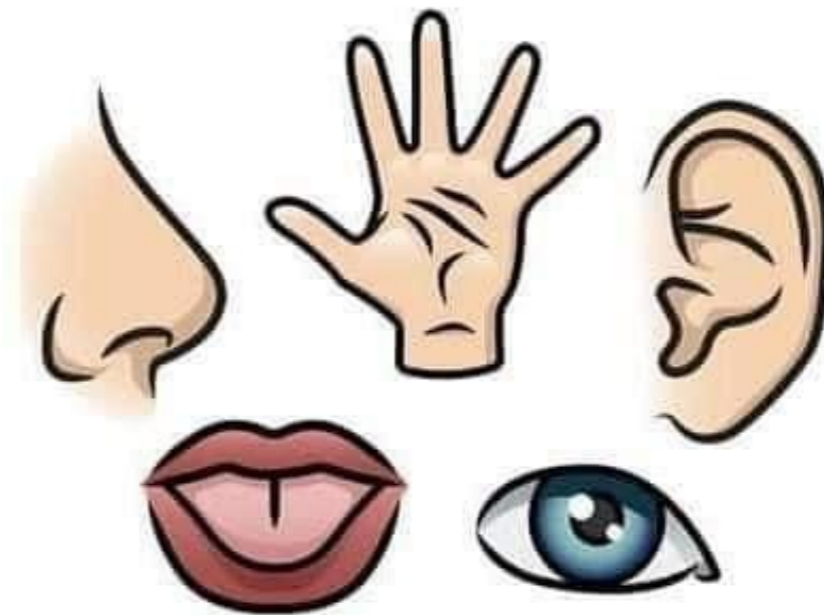
Resources for SES Families

- SEL Challenges (SES)
- Virtual Scavenger Hunts
- Mindful moments/Relaxation video (SES families)
- Mental Health Corner: Activities for Families During Remote Learning (SES website)

5 SENSES SCAVENGER HUNT

primary playground

- Find something that makes a crunch sound.
- Find something that tastes sour.
- Find something that smells good.
- Find something smooth.
- Find 3 of the same thing.
- Find something that smells bad.
- Find something that tastes sweet.
- Find something loud.
- Find something long.
- Find something soft.
- Find something white.
- Find something quiet.
- Find something rough.



INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



Resources for SIS & SHS Families

- Time Management Tools
- The Impact of the Coronavirus on College Admissions (webinar)
- Virtual College Tours
- Naviance Options from Home
- Tom Ehlers (Method Test Prep): Updated SAT/ACT timeline and answering other FAQs (webinar)

Recorded Panel Discussions Sent to SHS Families

- College Admissions and the Coronavirus
- Financial Aid, Admissions and COVID-19
- Advanced Placement Exams and Admissions Concerns Facing Juniors

Professional Development

- NYSED Cancellation of Regents Examinations, Graduation Requirements, Diploma Types
- Financial Aid, College Admissions, AP and SAT/ACT exams and COVID-19
- Supporting Student Stress, Worry & Mental Health During COVID-19
- Ethical Considerations: School Counseling in a Virtual Setting

ASCA "Specialist" Trainings

- Anxiety and Stress Management
- College Admissions
- Cultural Competency
- Mental Health Specialist
- School Counseling Leadership

A pair of hands is shown from the bottom, cupping a string of warm white LED lights. The lights are glowing and creating a bokeh effect against a clear blue sky. The hands are positioned as if holding something precious or delicate. The overall mood is hopeful and nurturing.

In Development