

School Counseling Resources



School Counselor Specific Webinars and Resources

Resource	Description
Southern Regional Education Board (SREB)	Webinar: <i>“School Counseling from a Distance: Supporting Our Students During COVID-19”</i> provides insights on how to support students’ academic, college/career, and social-emotional needs when schools are closed or have moved to online instruction.
American School Counselor Association	<p>Webinar: <i>“Ethical Considerations: School Counseling in a Virtual Setting”</i> provides information around the legal and ethical issues that can arise when conducting your school counseling program in an online world, both in emergency cases and in regular practice.</p> <p>Webinar: <i>“School Counseling in an Online World”</i> provides information for school counselors about how they can transition to an online setting during uncharted times. Explore essential virtual components and discuss ways to mirror your school counseling program in an online setting.</p> <p>Webinar: <i>“Celebrate College Signing Day Online”</i> provides information and a toolkit from Reach Higher, which is now at the Common App, to help you host a signing day celebration online with your students and introduce you to new partners to help you make this your best signing day yet.</p>
WV School Counselor Yammer Group	Join the WV School Counselor Yammer Group to get ideas from school counselors across the state. (Contact Stephanie Hayes for more information.)

Mental Health Resources

Resource	Description	Audience
Teaching Tolerance: Trauma-Informed Approach-NCTSN	A Trauma-Informed Approach to Teaching Through Coronavirus – Experts from the NCTSN share their recommendations for educators supporting students during the COVID-19 crisis.	School Counselors
USA Mental Health First Aid	Concerns During COVID-19: Anxiety, Depression, Mental Health First Aid, New, Self-Care	School Counselors/Parents
CDC: Stress and Coping	Information from the CDC on dealing with stress related to the COVID-19 outbreak	School Counselors/Parents
National Alliance on Mental Illness (NAMI)	Resource and Information Guide: COVID-19 mental health information, resources and links to support	School Counselors/Parents
The National Child Traumatic Stress Network (NCTSN)	Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease of 2019	School Counselors/Parents
childmind.org	Online resources for children’s mental health information.	Parents/Caregivers
Online Counseling Programs	Guide to Mental Health and Education Resources for Kids and Teens	Parents/Caregivers

Tuft Medical Center Video	Video: How to reduce stress with the 2:1 breathing technique	All ages
GoNoodle!	Guided movement for relaxation, stress/anxiety relief, etc.	PK-8
Common Sense Media Meditation Apps	Guided movement for relaxation, stress/anxiety relief, etc.	K-12
teenmentalhealth.org	Free, evidence-based mental health curriculum resource available online.	6-12

Social-Emotional Learning Resources

Resource	Description	Audience
Sanford Harmony Online Learning Portals	SanfordHarmony – Free, online access to SEL tools for PK–6th grade . Sanford Inspire – Free, on-demand professional learning modules and resources to help teachers improve their practice and encourage PK-12th grade students to become enthusiastic, engaged learners. National University – Professional development website to guide educators in understanding and providing SEL.	K-12
BrainPOP	Provides lesson planning resources to enable easy and meaningful integration into curriculum. (Teaching support materials, lesson plans, games, videos, teaching tips, printables and teaching support videos.)	K-12
We Do Listen Foundation	Provides free educational books, videos, games and songs focused on SEL skill development.	PK-3
The New York Times	Offering writing prompts, interactive discussions, documentaries and contests (updated every weekday).	6-12
PBS Kids	Free apps, games, videos for pre-school through early elementary school.	PK-3
Too Good	Free online access to activities adapted from the Too Good programs at each grade level.	K-12
Everfi	Free digital lessons for remote learning including lessons focused around the development of SEL skills and wellness.	K-12
Centervention	Free teaching resources for SEL skills	K-8
insideSEL	SEL Resources for Parents, Educators & School Communities Related to COVID-19	School Counselors/Parents

College and Career Exploration and Preparation Resources

Resource	Description	Audience
Roads to Success College Access and Career Development Curriculum	A free research-based curriculum for middle school students to young adults that helps them make the connection between school and their future aspirations.	K-AD
CFWV	Provides free college and career exploration and planning.	6-12
myStrategic Compass nstanley@winlearning.com	Provides College and Career Exploration and planning (funded by WVDE CTE & Governor's Economic Initiatives). For information about creating an account for your school, contact Nicole Stanley at nstanley@winlearning.com .	6-12

Pathways to the Future	A collection of resources, tools and people to help students with disabilities, through the journey from youth to adulthood.	6-12
The Olive Book	Free online test preparation videos (ACT/SAT).	9-12
ecampustours and youvisit	Virtual college campus tours and information.	9-12
The National Association of College Admissions Counselors	An online tool that is a central resource on changes to the college admission process due to the coronavirus outbreak.	11-12
The Common App	College application information regarding disruptions such as the coronavirus. If you are impacted, you can reach Common App's via email at recovery@commonapp.net .	11-12
Federal Student Aid's website	Information for students and parents, such as whether students can keep financial aid if their campus is closed and loan repayment questions.	12