

# Virtual School Counseling Resources



## School Counselor Specific Webinars and Resources

Resource	Description
<a href="#">Southern Regional Education Board (SREB)</a>	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.
<a href="#">American School Counselor Association</a>	<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 <a href="#">Stephanie Hayes</a> for more information.)

## Mental Health Resources

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

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

### Social-Emotional Learning Resources

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

### College and Career Exploration and Preparation Resources

Resource	Description	Audience
<a href="#">Roads to Success College Access and Career Development Curriculum</a>	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
<a href="#">CFWV</a>	Provides free college and career exploration and planning.	6-12
myStrategic Compass <a href="mailto:nstanley@winlearning.com">nstanley@winlearning.com</a>	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 <a href="mailto:nstanley@winlearning.com">nstanley@winlearning.com</a> .	6-12

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