



ASCA WEBINAR SERIES



AMERICAN
SCHOOL
COUNSELOR
ASSOCIATION

Virtual Middle School Counseling Tier 1 How-to

Laura Ross
Lead School Counselor
Five Forks Middle School, Lawrenceville, GA
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Virtual Middle School Counseling Tier 1 How- to

ASCA WEBINAR SERIES



Learning outcomes:

- ❖ After viewing this webinar you should be able to:
 - Discuss best practices when working with middle school students and families in a virtual setting.
 - Identify and locate various technology tools and resources to aid you in your virtual middle school counseling.
 - Describe at least one lesson you can use when counseling your middle school students virtually.



Laura Ross



- 14th Year as a School Counselor
- 6th Year in Middle School
- GSCA Metro Director
- Counselors for Computing Consultant
- ASCA 2020 School Counselor for the Year

Five Forks Middle School

- Lawrenceville, Georgia
- (Metro Atlanta Area)
 - 6th, 7th, 8th
 - 1275 Students
- ~ 40% Free/Reduced Lunch
 - ~ 32% White
 - ~ 28% Black
 - ~ 19% Asian
 - ~ 18% Latino





Direct Contact Students, Parents/Guardians

- **How to use Google Meet**
- **Zoom tips, tricks and hidden features**
- **Creating a Google Voice number** (With Google Voice, you can call or text parents/guardians and have them call you without sharing your personal phone number.)
- **Talking Points** (With Talking Points, you can text parents/guardians in English from your phone, but the text shows up on a parent/guardian's phone in the language they speak and vice versa. Parents/guardians text in their language and it shows up in English on your phone. Your personal phone number is not shown.)



Why is Tier 1 important now?



Learning Platform for Lessons

Use a consistent platform to share your information, announcements, lessons, schoolwide events, etc., to stakeholders:

- **Canvas**
- **Edmodo**
- Website: **Weebly/Wix/Squarespace**. Choose what you are comfortable with. Some website platforms may feel easier to use than others.
- **MyBlueprint**
- **Google Classroom**



Lessons Ready to Use

Nearpod Teaching Tolerance Lessons:

- My Multicultural Self
- Exploring Identity
- The New Mad Men
- Responsibilities and Rights
- The Civil Rights Movement: A Time to Sneak

Nearpod Common Sense Education Lessons:

- Ability
- Upstanders and Allies: Taking Action Against Cyberbullying
- Digital Life 101 Lite
- Self-Control and Shaming

Nearpod SEL Lessons:

- Effective Teamwork
- Mindful Breathing
- My Emotional Cup
- Children Just Like You
- Maintaining Emotional Wellness
- How to Address Stress
- Fitting In: How to Make Friends
- Resolving Conflicts
- Being On Time
- Putting a Stop to Bullying

You can create your own interactive lessons (either led live by the school counselor or student-paced lessons) in Nearpod as well. The lessons in the Nearpod library can also be edited to fit your students' needs and time constraints. You also can embed the links to Nearpod lessons in your Google Classroom, websites, Edmodo, Canvas and other platforms.



Creating Your Own Lessons

What were you planning to teach and how can you share each part of the lesson virtually? If it is instruction provided by the school counselor in the lesson, consider the following:

- Videos Consider creating videos for lessons, weekly greetings for students, schoolwide information that would normally be shared on announcements and more. Record yourself and/or your screen on [Zoom](#), [Loom](#), [WeVideo](#), [Screencastify](#). You Create videos of pictures and slides in [Adobe Spark Video](#) or iMovie or cartoon videos in [Powtoon](#). For example: Wellness Wednesday – Coping Strategy; Growth Mindset Moment – Tips on having a growth mindset; or try a Flash Forward Friday when you share vocabulary or information about postsecondary education.
- Videos should be short – 10 minutes max. If you have more to say, break it up in different videos with other activities in between. Record yourself and share your slides.
- Share a video from another source to begin the lesson focus/set the topic/etc.



Creating Your Own Lessons

If the lesson includes discussion, post a prompt or question on your digital platform using a link to:

- **Padlet** – You choose a template and background for your Padlet and post a question or prompt. Share the link to the Padlet with students. Students follow the link and add to the Padlet with a typed answer, picture, etc.
- **Flipgrid** – You post a topic, activity or question and share the link to your topic with students. Students follow the link and create a short video about the topic, answering the questions or doing the activity. Everyone can see each other's videos. [Educator's Guide to Flipgrid](#).
- Discuss Post (If available on your platform, it allows students to respond to each other's discussion posts), or a add a question or comment section on your platform.

Note: Some tools may allow students to share responses by typing an answer or by sharing pictures (hand-drawn or created on a device). If applicable, allow them to share in the way they feel most comfortable or have access to share.



Creating Your Own Lessons

Reading assignment

- Read to them on video and share via Google Doc (upload Word documents to Google so it's easy to access).
- Use sites that have articles based on your topic such as [Newsela](#).



Creating Your Own Lessons

Other Assignments

- **Create a puzzle** using vocabulary, pictures, etc. that allows students to practice with the content shared. You can use sites like puzzle.org to create interactive digital puzzles. Links can be shared or embedded into Google Classroom. Students do not need to print anything out; they can do the puzzle online.
- Allow students to share their work in a variety of ways (drawing, writing, etc.). They can "share" with you through Google or add it to a pre-set Google folder. Provide them the link to the folder.
- All lessons don't necessarily have to have an activity separate from the discussion.



Creating Your Own Lessons

Pre-/post-test for the lesson

- Create questions in a Google Form ([Using Google Forms](#)) Share link to form with students to complete the form.
- [Socrative](#), [Polleverywhere](#), [Kahoot](#)



Creating Your Own Lessons

Lesson Directions

- Provide step-by-step instructions through the lesson with links via a post or Google doc. For example: In an eighth-grade virtual lesson, students first saw a Google Doc with directions and links to each step of their assignment:
- Opening directions and introduction video (link to video in Google Drive)
- Directions about reading selection and discussion posts (link to folder with the reading selections for students to choose from)
- Link to discussion posts by class and directions about responding to peers' discussion posts.
- Directions and link to closing video.
- Example: [FFMS 8th DLD - Diversity](#)



A S C A W E B I N A R S E R I E S

Resources for SEL Lessons

YouTube Lessons for SEL

Social/Emotional Learning Video Lessons Week 1

- SEL Self Awareness Lesson Gerod
- SEL Social Awareness Lesson Josh
- SEL Self-Management Lesson Rebecca
- SEL Lessons Relationship Skills Alex
- SEL Lessons Responsible Decision Making Jordan

Social/Emotional Learning Video Lessons Week 2

- SEL Lesson Self Awareness Week 2
- SEL Lesson Social Awareness Week 2
- SEL Self Management Steve
- SEL Video Lessons Responsible Decision Making Skills Week 2
- SEL Lesson Relationship Skills Alex



A S C A W E B I N A R S E R I E S

Resources for SEL Lessons

YouTube Lessons for SEL

Social/Emotional Learning Video Lessons Week 3

- Social Emotional Learning Videos for Kids: Self-Awareness & Strengths
- Social Emotional Learning Video Lessons: Social Awareness Week 3
- Social Emotional Learning Video Lessons - Self-Management Week 3
- Social Emotional Learning Video Lessons - Relationship Skills Week 3
- Social Emotional Learning Video Lessons - Responsible Decision Making Week 3

Social/Emotional Learning Video Lessons Week 4 Helping Children Understand COVID-19

- Coronavirus: Helping Children to Understand Their Emotions & Coronavirus (Covid-19)
- Social Emotional Learning Video Lessons - Helping Kids Build Healthy Relationships
- Helping Children Make Good Choices: Social Emotional Learning Video Lessons



Resources for SEL Lessons

Go Noodle

SEL Movement and Mindfulness Videos: Free, fun, funny videos of movement and mindfulness videos for students that you can share via link or embed in Google Classroom.

- [Boost Confidence](#)
- [Build Compassion](#)
- [Enhance Focus](#)
- [Manage Stress](#)
- [Practice Self-Control](#)
- [Breathe](#)



Resources for SEL Lessons

BrainPop

Engaging learning games, animated videos and activities

- [Communication & Teamwork](#)
- [Conflict Resolution](#)
- [Courage & Perseverance](#)
- [Emotions](#)
- [Empathy & Respect](#)
- [Mental Health](#)
- [Relationships](#)
- [Setting Goals](#)



Resources for SEL Lessons

Newsela

[Social-Emotional Learning Collection, Middle School](#)

Includes emotional tracker (handout) check in, questions to keep in mind, daily journal prompt, practice time, art extension and a variety of texts to assign for students to read. Newsela takes authentic content from the world's most trusted providers and turns it into classroom-ready learning materials. Many Newsela topics have discussion questions or journal prompts. You can assign texts to students with links to the content.

- [Establishing Routines](#)
- [Handling Change](#)
- [Helping My Family](#)
- [Helping My Community](#)
- [Keeping In Touch With Friends](#)
- [Keeping Yourself Busy](#)
- [Handling Stress/Anxiety](#)
- [Staying Healthy](#)



Resources for SEL Lessons

Newsela

Each of the CASEL categories below includes guiding questions, followed by a variety of texts for each topic in the category.

Self-Awareness

- [Emotions](#)
- [Mindfulness](#)
- [Identity and Self-Concept](#)
- [Confidence and Strengths](#)

Social Awareness

- [Curiosity](#)
- [Perspective-Taking and Diversity Empathy](#)
- [Respect and Kindness](#)
- [Social Cues](#)
- [Gossip](#)

Self-Management

- [Self-Control](#)
- [Determination and Growth Mindset](#)
- [Courage and Taking Risks](#)
- [Processing Grief](#)
- [Stress Management](#)
- [Organization](#)
- [Healthy Habits](#)



Resources for SEL Lessons

Newsela

Each of the CASEL categories below includes guiding questions, followed by a variety of texts for each topic in the category.

Relationship Building

- Bullying
- Conflict Resolution
- Friendship
- Communication

Responsible Decision-Making

- Integrity
- Joy
- Media Literacy
- Social Media
- Financial Literacy
- College and Career Planning
- School Safety



Resources for Academic Lessons

Texts

- Newsela Library: Text Sets: Goal Setting
- Newsela Library: Text Sets: Organization and Self-Management



Resources for Academic Lessons

Videos

- [How to be Organized for School, College or Life \[The 6 Habits of Highly Organized People\]](#)
- [How to Study Effectively for School or College \[Top 6 Science-Based Study Skills\]](#)
- [Make a good study plan](#)
- [Setting SMART Goals - Students](#)
- [Taking Notes: Crash Course Study Skills #1](#)
- [Reading Assignments: Crash Course Study Skills #2](#)
- [Memory: Crash Course Study Skills #3](#)
- [Planning & Organization: Crash Course Study Skills #4](#)
- [Focus & Concentration: Crash Course Study Skills #5](#)
- [Procrastination: Crash Course Study Skills #6](#)
- [Studying for Exams: Crash Course Study Skills #7](#)
- [Test Anxiety: Crash Course Study Skills #8](#)
- [Papers & Essays: Crash Course Study Skills #9](#)
- [Exercise: Crash Course Study Skills #10](#)



Resources for College/Career Lessons

Self-Assessments

- [Your Free Career Test](#) (Comprehensive interest tests that are useful for adults and students. You will not be asked to register or share any personal information.)
- [Career One Stop Interest Assessment](#)
- [Career One Stop Skills Matcher](#)
- [O-Net My Next Move Interest Profiler](#)
- [Virginia Education Wizard Career Interests & Work Values Assessment](#)
- [Truity Career Tests](#)



A S C A W E B I N A R S E R I E S

Resources for College/Career Lessons

Videos

- [Career One Stop Career Videos](#)
- [Kidspiration Cool Jobs Videos - Career Resources for Kids](#)
- [Dr Kit Career Videos](#)
- [Roadtrip Nation](#)
- [Technolochicas](#)



A S C A W E B I N A R S E R I E S

Resources for College/Career Lessons

Texts

- [Newsela Library Text Sets: College](#)
- [Newsela Library Text Sets: Careers](#)
- [Careers with STEM](#)



A S C A W E B I N A R S E R I E S

Resources for College/Career Lessons

Virtual Tours

- [YouVisit](#)
- [Campus Tours](#)



A S C A W E B I N A R S E R I E S

School Wide Events

- Use [Flipgrid](#) or [Padlet](#) for a week-long or month-long campaign around a topic or theme. Students can participate virtually by creating videos in Flipgrid or sharing words/pictures in Padlet.
- Example: Start with Hello Week: Have students create a Flipgrid video sharing how they would greet peers face to face and/or virtually. Example: Create an Empathy Word Wall: Have students add to a Padlet wall with phrases and statements or images with phrases they would say to peers to show empathy.



Sharing Information

- **Smore** – Allows you to create an online newsletter to share with teachers, families and students. Email the newsletter or share the link. Add titles, text, pictures, audio, video, etc.
- **Canva** – Allows you to create fliers, presentations, cards, posters, virtual backgrounds and infographics to share information, promote events or use in lessons.



Other Resources: ATL Tech Guru

Jennifer Hall, Atlanta Public Schools educational technology specialist, has created several training videos and resources for distance learning.

- **Resources for Distance Learning**
- **Youtube How-to/Trainings**



Other Resources: Apps

Coping Apps & Academic Apps



Contact Info

Laura Ross

lauraruthross@gmail.com

www.theconnectingcounselor.com

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