

Alaska School Counseling Resources

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<u>School Counseling Resources</u>	
Resource	Additional Information
<i>DEED sites</i>	
<u>COVID 19</u>	DEED developed this site to share the rapidly evolving COVID-19 situation. Please check for frequent updates, as staff is reviewing and editing the site daily as we respond to this emerging outbreak.
<u>AKLEARNS</u>	DEEDs website offering information, resources, and leadership to teachers and school leaders across Alaska. The site will serve as a clearinghouse where we share great ideas gleaned from a variety of locations and sources. As schools across the country close in response to the coronavirus situation, many publishers and ed tech vendors are providing access to their tools and resources free of charge.
<u>eLearning</u>	<u>Trauma courses</u> <u>Navigating Transitions -Student Suicide courses</u>

AK School Districts documents	
<u>Virtual Counseling Perimeters and Guidelines</u>	Fairbanks sample
<u>Sample Virtual Counseling Letters</u>	Fairbanks sample
Federal sites	
U.S. Department of Education	<u>COVID-19 Information and Resources for Schools and School Personnel</u> <u>Protecting Student Privacy</u>
Centers for Disease Control	<u>Coronavirus Disease 2019</u> <u>Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare and Respond to Coronavirus Disease 2019</u> <u>Guidance for School Settings Before and During an Outbreak</u>
<u>SAMHSA</u>	Coping with Stress During an Infectious Disease Outbreak
<u>National School Boards Association</u>	COVID-19: Preparing for Widespread Illness in Your School Community: A Legal Guide for School Leaders For AK specific please see <u>https://aasb.org/</u>
<u>No Kid Hungry</u>	FAQ about Child Nutrition Program options during school closures. Please see <u>AK Learns</u> for more Alaska specific info.
American School Counselor Association (ASCA) Resources	
<u>Planning for Virtual/Distance School Counseling During an Emergency Shutdown</u>	Quick guidance on providing virtual/distance school counseling, direct student services, and indirect student services.
<u>ASCA's Virtual School Counseling Resources</u>	Web page with links to: <ul style="list-style-type: none"> • Webinar on Demand: School Counseling in a Virtual Setting

	<ul style="list-style-type: none"> ● Position Statement: The School Counselor and Virtual School Counseling ● “School Counseling Principles: Ethics and Law” – Chapter 3, Cyberspace ● Magazine Article: It’s a Virtual World ● ASCA Ethical Standards for School Counselors: Virtual Selection ● COVID Resources ● And more
COVID-19 Resources	Suggestions and resources to consider as you provide support to your students regarding COVID-19, as well as links to other education-related organizations with valuable information to share, including details about SAT/ACT, AP tests, etc.
Virtual School Counseling Resources & Ideas	Across social media and in the ASCA SCENE, school counselors have shared a number of resources, creative lesson ideas, recommendations for digital learning tools and more. ASCA has curated some of those ideas here.
TELE Health	
Best Practices in Videoconferencing Based Tele-mental Health	This document represents a collaboration between the American Psychiatric Association (APA) and the American Telemedicine Association (ATA) to create a consolidated update of the previous APA and ATA official documents and resources in tele-mental health to provide a single guide on best practices in clinical videoconferencing in mental health.
Video-Based online Mental Health Services	This practice guidelines document focuses on tele-mental health services delivered in real-time using internet-based Video conferencing technologies through personal computers and mobile devices. These guidelines serve as a companion document to ATA’s Practice Guidelines for Videoconferencing-based Tele-mental Health
A Complete Telehealth Guide to Therapists	Even though school counselors are not therapists, there are some tips in this article about offering virtual counseling.
Notification of Enforcement Discretion for telehealth remote	An excerpt from this article:

<p>communications during the COVID-19 nationwide public health emergency</p>	<p>“OCR will exercise its enforcement discretion and will not impose penalties for noncompliance with the regulatory requirements under the HIPAA Rules against covered health care providers in connection with the good faith provision of telehealth during the COVID-19 nationwide public health emergency. This notification is effective immediately.”</p> <p>Also in the article is a list of some real-time conferencing platforms.</p>
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Information for Students about COVID-19

<p>Share My Lesson</p>	<p>This web page provides videos, discussion questions, and news updates COVID-19 to use in the classroom.</p>
<p>Helping Children Cope with Stress During the 2019-nCoV Outbreak</p>	<p>The World Health Organization (WHO) has a one-page document with tips for parents (and educators).</p>
<p>Coronavirus Explained! (for kids)</p>	<p>A 4-minute YouTube video to explain the coronavirus to kids.</p>
<p>Coronavirus</p>	<p>A kid-friendly explainer video from Brainpop. They also have a version in Spanish.</p>
<p>Age-Appropriate Coronavirus Resources</p>	<p>Activities to use with students to talk about COVID 19.</p>
<p>Second step covid-19-remote-teaching-guidance-phase-2</p>	<p>Second Step, Social –Emotional Learning (SEL) and COVID 19 ways to use skills taught in the Second Step program to provide support for students and help them support each other.</p>
<p>Tips social distancing quarantine isolation SAMHSA</p>	<p>Taking Care of you mental health-tips of social distancing, quarantine, and isolation during an infectious disease outbreak.</p>
<p>Example School Counselor Letter to Students</p>	<p>This letter is an example sent with packets of schoolwork to students.</p>

Example School Counselor Letter to Students and Parents	<p>This letter was sent to students and parents about school counseling services during school closure.</p>
<p><i>Student Check-In Requests for Counseling Examples</i></p>	
Counseling tracking form	<p>Basic form to track counseling contacts.</p>
High School Check-In Google Form	<p>A PDF sample of a high school's Google Form for requesting distance counseling.</p>
Middle School Student Check-In via Google Form	<p>A PDF sample of a middle school's Google Form for checking in with students.</p>
Request to Chat! Google Form	<p>Screenshots of an elementary school counselor's Google Form for students to request a chat with the counselor.</p>
<p><i>Resources for Families</i></p>	
<p><u>Community resources</u></p>	<p>Fairbanks example</p>
<p><u>Learning Resources for Families during School & Child Care Closures</u></p>	<p>Shared by a Georgia school counselor, this resource shows free resources for families to use to extend learning during school and child care closures.</p>
<p><u>Talking to Children About COVID-19: A Parent Resource</u></p>	<p>National Association of School Psychologists guidance on how to talk with children about COVID 19.</p>
<p><u>How to Help with Student Stress: A Guide for Parents</u></p>	<p>Tips and resources are provided to help parents address stress in their children.</p>

Daily Home Schedule	<p>This is an example home schedule parents may use when students are learning at home.</p>
Stay-At-Home Care Package by Big Life Journal	<p>This document by Big Life Journal shares ideas for:</p> <ul style="list-style-type: none"> ● Indoor Games & Activities to Get Children Moving ● I'm Bored... Things I Can Do By Myself ● I'm Bored... Things I Can Do With a Sibling ● Things I Can Do: Indoor Activities for Teens ● Things I Can Do With a Sibling: Indoor Activities for Teens ● My Daily Learning Projects ● Stay-At-Home Resources
<p><i>Virtual, Real-Time Counseling Supports</i></p>	
HIPPA vs. FERPA	<p>What's the difference and who does each apply to? This document helps provide some differentiation.</p>
Zoom and FERPA Compliance	<p>This provides information on FERPA compliance with Zoom.</p>
FERPA and COVID FAQ	<p>The United States (U.S.) Department of Education (Department) is issuing these Frequently Asked Questions (FAQs) regarding the Family Educational Rights and Privacy Act (FERPA) and the coronavirus disease 2019, abbreviated as "COVID-19" and more commonly referred to as "coronavirus"</p>
ASCA Liability Insurance	<p>March 19, 2020: Due to COVID-19, many of you may be doing tele-counseling. The coverage provided with the ASCA membership includes coverage for tele-counseling as long its part of your school activities. The limit is \$1 million per occurrence/aggregate and pays after the school coverage has paid.</p>
Helpful Tips for Offering Virtual Early Intervention Services	<p>While the context of this document is geared towards providing virtual services with special education, the tips shared in this document may be useful for providing virtual counseling services.</p>

Virtual Lesson Supports

Resources for Online Learning During School Closures	This National Education Association (NEA) web page features several resources, including a list of resources for teaching online. For Alaska NEA Specific click here
Centervention's Free Social Emotional Learning Activities	Free K-8 resources - lessons, activities and printables - in the following skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation.
Adventure 2 Learning Social Emotional Learning	PK-8 resources on bullying prevention, mental health, and mindfulness are showcased on this web page.

Online Platforms/Lessons Not Provided by DEED

Everfi	EVERFI empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success—now and in the future. Thanks to partners who share this mission, EVERFI's online resources for teachers are available at no cost. EVERFI's K-12 digital curricula empower teachers to bring critical skills education into their classrooms. Our interactive, game-based lessons help prepare students for success in the real world. <ul style="list-style-type: none">● Financial Education● Social & Emotional Learning● Cultural Literacy● STEM & Career Readiness● Health & Wellness● Summer Learning
Guarding Kids	Dr. Russ Sabella, professor of counseling at Florida Gulf Coast University, has lessons and more available for elementary, middle and high school students, as well as staff and parents. Lesson topics cover cyberbullying, digital reputation, and safe tech use. Materials provided: PowerPoints, handouts, video clips, etc.
Social-Emotional Learning Resources	This resource list was shared by a school counselor in Georgia as she has been conducting virtual school counseling at her district.

The NED Show	<p>The NED Show offers free character education resources & lessons for K-6. Educators need to sign up for an account to look through the resources.</p>
<p><i>Post-secondary -CTE</i></p>	
Alaska Performance Scholarship	<p>ACPE website with updated information</p>
ACT Academy	<p>ACT Academy may be used by educators and students practicing for the ACT. Click here for a look at K-12 classroom assessments, homework, videos, lesson plans, and more.</p>
NACAC College Admission Status Update: Coronavirus Impact	<p>As a service to students and families, NACAC is providing this online tool as a central resource for information about changes in college admission events, deposit dates, and more as a results of the coronavirus outbreak.</p>
ACTE Distance Learning Resources	<p>ACTE (Association for Career & Technical Education) has a web page with distance learning resources, such as career development learning resources and more. Please see AK Learns for more Alaska specific info.</p>
NACAC College Admission Status Update: Coronavirus Impact	<p>As a service to students and families, NACAC is providing this online tool as a central resource for information about changes in college admission events, deposit dates, and more as a results of the coronavirus outbreak.</p>
SAT testing college admissions issues	<p>Updates on SAT testing and other college admissions issues</p>
AP Testing updates	<p>Updates on Advanced Placement testing</p>
Update on ACT testing dates	<p>Update on ACT testing</p>
National Association of College Admission Counselors	<p>Updates on various dates, exams, etc.</p>

<i>NON counseling sites</i>	
Corwin's Online Teaching Toolkit	Corwin provides a toolkit with resources for providing online instruction to students.
Transition to Online Learning with TIE: Resources and Support	TIE (Technology and Innovation in Education) has a web page devoted to resources along the areas of: <ul style="list-style-type: none"> ● Curating and sharing content ● Free online content for subject areas ● How to make it happen
Tech for Learners	TechforLearners.org is a searchable online database of education technology tools that facilitate online classrooms and teaching, allowing educators to search for free and discounted tools and services by grade level, product type, and subject matter. The site, coordinated by the Software & Information Industry Association (SIIA), will be continually updated and will soon include additional resources geared towards parents and students.
Choice Boards/Learning Menus	Learning menus and choice boards empower students through CHOICE while ensuring adherence to important learning goals. Examples and templates are featured on this web page.
<i>Virtual/Distance Professional Development Opportunities</i>	
ASCA Webinars	Usually offered only to ASCA members at no cost, all webinars will be offered at no cost to nonmembers, too, until May 15, 2020. <u>Continuing Education Credit:</u> Earn CE contact hours by viewing ASCA webinars and taking a short quiz. Each webinar is worth 1 CE contact hour. After you've viewed a particular webinar, take the corresponding quiz from the Specialists and Exams section of the Online Store . Until May 15, 2020, CEU quizzes are free to all.
ASCA U Specialists	From March 15 - May 17, 2020, all ASCA U Specialist trainings will be offered for \$29 for ASCA members (regularly \$99) and \$49 for nonmembers (regularly \$249). No code needed. If you have any issues purchasing or registering for any of these professional development offerings, please contact ASCA .

	<p><u>Continuing Education Credit:</u> Earning an ASCA U Specialist designation is self-paced and online. You'll read a series of books and articles, view/listen to webinars and/or podcasts and take a series of quizzes on the material. You have one year following purchase to complete your Specialist course. ASCA U Specialist designations are valid for five years. Specialist trainings are worth 50 CE contact hours. Most Specialists are also available for graduate credit for an additional fee.</p>
<p>Hatching Results Online Courses</p>	<p>All seven of their self-paced, online courses are free for the next 30 days (starting March 17, 2020).</p> <p><u>Continuing Education Credit:</u> As these are self-paced courses with no quizzes graded to check for understanding, no CE contact hours are provided at this point in time; however, you will receive a general certificate of completion you may use to verify your participation.</p>