

**Title of Session:** Great Resources for School Counselors

**Moderator:** Barbara Muller-Ackerman

**Title of File:** 20090126counselors

**Date:** January 26, 2009

Room: School Counselors Group

**BJB2:** I loved the topics you included in your post to the discussion board! Thanks

**BarbaraMu:** Thanks.

**BarbaraMu:** So Bj- I wanted to talk for a minute about how I approach the month...Aside from overarching school counselor competencies, I look at the calendar for health, educational and national awareness dates and holidays.

**BarbaraMu:** February was always one of my favorite months.

**ChristiGst7** joined the room.

**BJB2** nods.

**BarbaraMu:** Hi Christi

**BJB2:** Hi, Christi. Here for School Counselors?

**BarbaraMu:** Welcome

**ChristiGst7:** hello!

**BarbaraMu:** Are you a counselor?

**ChristiGst7:** Yes, elementary

**ChristiGst7:** from Virginia

**BarbaraMu:** Great!

**BJB2** wonders how Christi learned about this discussion?

**ChristiGst7:** I belong to the Yahoo group and read daily

**BJB2:** excellent, Christi. Glad you could join us. Is this your first visit to Tapped In?

**ChristiGst7:** Yes it is.

**BarbaraMu:** I was just explaining how I approach the month. Looking not only at the school counseling competencies but also the awareness, educational and health dates...along with national celebrations. I had just written that I loved February.

**BJB2:** something that will help you follow the discussion is to go to the Actions menu in the top right of the chat and select DETACH

**ChristiGst7:** That did help, thank you!

**BJB2:** did you scroll back to read what Barbara had said?

**BJB2:** . o O ( before I rudely interrupted! )

**BarbaraMu:** I was going to start to go through the month a bit and then spend more time on National School Counseling Week. Does that work for you?

**ChristiGst7:** Yes, thanks

**ChristiGst7:** Sounds great!

**BarbaraMu:** OK- so right at the beginning of the month, on Groundhogs Day (the 2nd), is Job Shadow Day.

**BarbaraMu:** Are you familiar with it?

**ChristiGst7:** Not really, what do you do for that day?

**BJB2:** I wasn't aware of Job Shadow day either...cool

**BarbaraMu:** When ASCA was very active with Americas Promise, during Judy Ladds presidency (from Virginia), we partnered as an organization. It was very small then and the thrust was mentorship.

**BarbaraMu:** The site was much less developed than it is now and is very Junior Achievement based but, have a look

**BarbaraMu:** <http://jobshadow.org/>

**ChristiGst7:** Thanks!

**BarbaraMu:** If you get confused navigating the site, go to the resource center <http://jobshadow.org/start/materials/>

**BarbaraMu:** On the elementary level, it's a day you can focus on careers or hold a career day (though that would've required a lot of preplanning)

**BJB2:** how is this different from bring your daughters/sons to work?

**BarbaraMu:** we used to have the rotary club come into the 2nd grade and read weekly and then on the 2nd of February they did a thank you luncheon for the professionals who came in to visit them

**ChristiGst7:** what do you do now?

**BonnieLC** joined the room.

**ChristiGst7:** Hello Bonnie

**BJB2** waves hi to Bonnie

**BonnieLC:** hello, there!

**BarbaraMu:** Originally this was to be a day, but now it is HUGE. Aside from professionals doing online videos all day from many different jobs, they are looking to make this year long mentorships

**BJB2:** Bonnie, Barbara was showing us <http://jobshadow.org/>

**BarbaraMu:** this is a good day to have kids shadow the principal, etc.

**BarbaraMu:** Hi Bonnie- thanks for coming

**BonnieLC:** thanks for having me!

**BJB2:** so it's more career oriented?

**BarbaraMu:** absolutely.

**ChristiGst7:** I may be ahead of you, but what do you do for black history month?

**BarbaraMu:** job shadowing as a career exploration activity

**BarbaraMu:** We always did the 6 pillars of character from character counts. We did a character trait per marking period and focused on respect during January (MLK bday, kindness and justice challenge) and also Feb for black history month

**BarbaraMu:** <http://www.charactercounts.org> if you need to see the pillars

**BJB2** loves the kindness and justice challenge

**BJB2** . o O ( Character also relates also to Kwanzaa )

**BJB2** checks to make sure Christi and Bonnie got the url

**ChristiGst7**: yes, thanks

**BonnieLC**: got it, thanks

**BarbaraMu**: Again- focusing on respect of differences, appreciation of similarities

**BarbaraMu**: Don't know if that helped to answer what you asked but, if you are ready, I would like to continue with first week of Feb.

**ChristiGst7**: yes, that helped, ok, ready!

**BarbaraMu**: The 2-6th is National School Counseling Week. It is a focused effort to promote our program and advocate for what we do with our different stakeholders. It can be as far reaching and grand as you can plan, or very targeted with a few small activities and events. I would like to spend more time on it in a bit.

**BarbaraMu**: I have lots of ideas and resources for it.

**BarbaraMu**: The next week - 9-13 is National - and World - Kindness Week

**BarbaraMu**: The 13th is World Kindness Day.

**BJB2** . o O ( Barbara is such a gold mine of resources and ideas! Tapped In is fortunate to have her as a discussion leader! )

**BarbaraMu**: This was all begun by the Random Acts of Kindness folks and burgeoned into a worldwide awareness event

**BarbaraMu**: <http://actsofkindness.org>

**BarbaraMu**: This is just an unbelievable resource. There are classroom lessons, giveaways, free websites focused on kindness, etc.

**ChristiGst7**: I love that site also!

**BarbaraMu**: As a counselor, you could spend a lot of time getting resources off their site.

**BarbaraMu**: What I liked to do was to combine the 2 weeks together- NSCW and Kindness Week.

**ChristiGst7**: What kind of things do you do for NSCW?

**BarbaraMu**: Again, I will come back and explain but want to overview the month and

then get back to specifics on our professions celebration!

**ChristiGst7:** OK

**BarbaraMu:** Is that ok? there are only a couple more things i wanted to mention for the month

**BJB2** listens

**BarbaraMu:** One of the less known health awareness month events for Feb is Eating Disorders Awareness Month

**BarbaraMu:** With Oprah having just spent the past 2 days on childhood obesity, with 5 and 6 year olds coming into our office with anorexia, healthy body image is a really important concept

**BarbaraMu:** Two really good resources are the Renfrew Center  
<http://www.renfrewcenter.com/>

**BarbaraMu:** click on resources and also professionals

**BarbaraMu:** and a site which I loved called Body Wise which has been dismantled and reworked by the government. It was part of the girlpower site and now is reworked as girlshealth

**BarbaraMu:** <http://www.girlpower.gov/girlarea/bodywise/>

**BarbaraMu:** there is a much broader thrust now beyond just body awareness...but all the categories are ones we work with all the time

**BonnieLC:** that website is not loading for me.

**ChristiGst7:** me either

**BarbaraMu:** I thought this worksheet was excellent at the site  
<http://www.girlshealth.gov/emotions/feelinggood/just4me.cfm>

**BarbaraMu:** think that the r\first url was the old url. go from the url for the worksheet and work back to the homepage [ <http://www.girlshealth.gov/> ]

**ChristiGst7:** that worked!

**BonnieLC:** thank you

**BarbaraMu:** Without tons of time, let's get back to NSCW.

**BarbaraMu:** When I was working the week, I looked at all the different stakeholders we have and tried to decide who and how I would address them.

**BarbaraMu:** There were teachers, parents, students, administrators, media, other counselors

**BonnieLC:** btw, love that worksheet. will definitely use this for girls to post in lockers!

**BarbaraMu:** For parents, I put an article in the Feb calendar that they will be handing out at the end of the week for the next month

**BarbaraMu:** I found one that you might think of adjusting about myths of school counselors  
[http://www.suite101.com/blog/sugarsnapmj/national\\_school\\_counseling\\_week](http://www.suite101.com/blog/sugarsnapmj/national_school_counseling_week)

**BarbaraMu:** or I might choose to use the Role of the School counselor description from the ASCA website

**BarbaraMu:** [www.schoolcounselor.org](http://www.schoolcounselor.org)

**BarbaraMu:**  
<http://www.schoolcounselor.org/content.asp?pl=327&sl=341&contentid=341>

**BarbaraMu:** That later url offers you a role statement by worksetting level.

**BarbaraMu:** Anyone need me to slow down???

**BonnieLC:** no this is ok. I can bookmark sites and go back to them at length later

**ChristiGst7:** No, you are going just fine

**BarbaraMu:** OK- as to tying the 2 weeks together, I did a Secret Kindness Pal program. During NSCW, people who wanted to, signed up and were selected by me as a Secret Kindness Pal.

**BarbaraMu:** For each day during Kindness Week, staff members left each other small tokens of kindness in their mailboxes, their desks, etc

**BarbaraMu:** like Secret Santa except on Friday of the 2nd week, the program ended and NO ONE revealed who their pal is.

**ChristiGst7:** I like that!

**BonnieLC:** great idea.

**BarbaraMu:** The idea was that sometimes, we give just to give- not to have the person

know we are doing something for them.

**BarbaraMu:** I modeled a thank you note to my unknown pal and put in up on a big heart in the faculty room. Everyone followed suit

**BarbaraMu:** still expressing appreciation

**BarbaraMu:** So- educational article to parents, morale boosting program for staff, lessons for kids

**ChristiGst7:** Thanks for sharing Barbara!

**BarbaraMu:** For the kids, did the same 2 week stint. Had a lesson on what it was to have a "heart of gold" which had a take home sheet about how they could help at home, to a fellow student, etc. The next week when I came back to class, if they had done the act, they got a gold foil wrapped heart

**BarbaraMu:** For administration, PTA people, committee colleagues, I sent Certificates of Appreciation

**BarbaraMu:** You will find many ideas for outreach in this document [http://www.masca.org/pdf\\_05\\_06/NSCW\\_Ideas.doc](http://www.masca.org/pdf_05_06/NSCW_Ideas.doc)

**BarbaraMu:** I always made them for my counseling colleagues as well.

**BarbaraMu:** Anyway, it looks like we are near 10...any thing else I can offer Christie?

**BarbaraMu:** If not, then have a great NSCW...a terrific February, and hope you will join us next month.

**BJB2:** The next School Counselor's discussion will be on February 24

**ChristiGst7:** thanks a lot. I will try to make the Feb. discussion!

**BJB2:** Christi, please get a free membership to Tapped In and come back to this room to look at the resources here

**ChristiGst7:** I will check it out!!

**BonnieLC:** I downloaded that document, which had great ideas! Once again, thank you for all the resources

**BarbaraMu:** Another article on how a district handled NSCW is <http://qconline.com/archives/qco/display.php?id=422890>

**BJB2** . o O ( a reminder that the urls will be in your transcript, Bonnie )

**BarbaraMu:** Goodnight all...thanks for hosting BJ! Again, thanks for all you do for kids.

**BarbaraMu:** See you next month.

**BonnieLC:** goodnight, and thanks!

**ChristiGst7:** Goodnight!

**BJB2** waves goodnight

**BJB2:** any questions?

**BonnieLC:** does the transcript get sent to us, or how do we find it?

**BJB2:** the script is emailed to the address you have in the directory, Bonnie

**BJB2:** but you need to log out before it is sent

**BonnieLC:** thank you! bye!

**BJB2** waves goodnight to Christi.

**ChristiGst7:** goodnight!