

**Title of Session:** School Counselor's Corner

**Moderator:** Barbara Muller-Ackerman

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Room: School Counselor's Corner Group

**BarbaraMu:** So....do we want to do introductions? where we are from, etc?

**BarbaraMu:** Ashley? Morgan?

**MorganE:** Hi I'm from CU at boulder

**AshleyMW:** I am too

**MorganE:** I'm participating in this event for a class

**BarbaraMu:** Are you in the psych class?

**AshleyMW:** yep

**BJB2** nods to Barbara...and a reminder to those new to Tapped In to go to the Actions menu in the top right of your chat and select DETACH

**MorganE:** it is an educational psychology class

**JeffC** joined the room.

**BarbaraMu:** So we are the homework assignment for tonight...thank you for coming!

**BarbaraMu:** Hi Jeff

**JeffC** waves

**BarbaraMu:** Do either of you know what worksetting level you are going to pursue?

**BarbaraMu:** My background is elementary and some middle

**AshleyMW:** I am interested in elementary

**MorganE:** I am a psychology major and have actually been thinking about counseling students or children in general

**BarbaraMu:** I was an elementary school counselor for 13 years, now in private practice

**BarbaraMu:** Jeff, BJ...want to introduce yourselves?

**AshleyMW:** I am more interested in the teaching side of it but I think psychology/counseling is important to know

**BarbaraMu:** I think so too...and I think that counselors are effective when they just don't stay in their offices but integrate within the classroom and the curriculum

**AshleyMW:** Agreed!

**JeffC:** I'm on Tapped In Helpdesk, in Forest Grove Oregon.

**BarbaraMu:** There are some months when we tackle issues specific to diagnoses - like aspergers and ADD

**AshleyMW:** That sounds great!

**BarbaraMu:** Last month we talked about what was going on in the schools/nation in February and so I was going to continue that for March

**BarbaraMu:** if it doesn't fit what you need, just speak up and we can go in another direction

**AshleyMW:** I am up for whatever

**MorganE:** that sounds good to me

**BarbaraMu:** BJ- you here?

**BarbaraMu:** Do you want to go thru the detach and the url stuff?

**BJB2:** yes, I'm here..sorry

**BJB2:** I already said the detach thing....

**BarbaraMu:** its okay...do we need to do logistics before I launch?

**MorganE:** should we do that now?

**BJB2:** a reminder to those new to Tapped In to go to the Actions menu in the top right of your chat and select DETACH

**BJB2:** and when Barbara shows you a url HOLD DOWN THE CTRL KEY

**BJB2:** to override pop up blockers

**BJB2** . o O ( hold down ctrl when you click on the url )

**BarbaraMu:** Every month has awareness dates, educational awareness, health awareness...and then national holidays. since these are often in the news and part of the curriculum, as counselors we can piggy back off of them to get across the social, academic and career competencies which are part of our mandate to fulfill

**BarbaraMu:** For instance, in March we acknowledge Poison and Inhalant Prevention Week

**BarbaraMu:** this might be part of a health curriculum, but the substance abuse prevention area is all primary prevention for counselors

**BarbaraMu:** Materials that support this week can be found at <http://www.poison.org/prevent/ppwwithrollover.asp>

**BJB2** checks to make sure Morgan and Ashley got the url

**BarbaraMu:** or, you can register for free and get a kit of materials (handouts, poster, etc) at <http://www.inhalants.org/nipaw.htm>

**MorganE:** I just tried going to the link and pressed control, but the page did not come up

**BJB2:** try holding down your shift key, Morgan

**BarbaraMu:** Education World, which is a great site for your own lessons or lessons to put in teachers mailboxes, has lots on this in an article at [http://www.educationworld.com/a\\_lesson/lesson055.shtml](http://www.educationworld.com/a_lesson/lesson055.shtml)

**BJB2:** Morgan, did you find the url?

**MorganE:** Yes I did

**BJB2** . o O ( all urls will be in your transcript, btw )

**MorganE:** thank you

**BJB2:** you're ok, Ashley?

**AshleyMW:** Yep I got it, thank you

**BarbaraMu:** The month covers women's history month and certainly this is a great time to focus on non-traditional careers and to run "girl groups". Lots of attention being paid right now elementary to middle on relational aggression in girls and so counselors are running lots of girl groups to counter this

**AshleyMW:** Interesting...

**MorganE:** that is awesome

**BarbaraMu:** On the lighter side of what's celebrated for women in March- it is Girl Scout Week mid month

**BarbaraMu:** these activity sheets, especially the first one, has some great information in them [http://www.neighborhood13-1.com/GS\\_Week\\_Activity\\_Sheets.htm](http://www.neighborhood13-1.com/GS_Week_Activity_Sheets.htm)

**AshleyMW:** What are the activity sheets used for?

**BJB2:** fun :-)

**BarbaraMu:** you can do classroom lessons or small groups with them or you can give them to teachers and see if they want to use them

**BJB2:** Barbara, do you have anything on supporting girls in relational aggression situations?

**BarbaraMu:** we always do lessons on goals, dreams, hopes, etc so that first booklet would work

**BarbaraMu:** I wasn't planning on going into that tonight but one good resource is a compilation on teachers and families  
<http://www.teachersandfamilies.com/open/parent/ra2.cfm>

**BJB2:** thanks

**BarbaraMu:** or any of the information within The Ophelia Project would be good  
[http://www.opheliaproject.org/main/media\\_center\\_news\\_2002.htm](http://www.opheliaproject.org/main/media_center_news_2002.htm)

**AshleyMW:** Sounds useful--especially in middle school girls

**BarbaraMu:** it starts way before that I'm afraid

**BarbaraMu:** but certainly it seems to get especially nasty in middle school

**BJB2** nods.

**AshleyMW:** Agreed.

**BarbaraMu:** Anyway, moving through the month of March....

**MorganE:** yes

**BarbaraMu:** There is a National Sleep Awareness Week which sounds a little goofy and no doubt an invention of the mattress folks...but sleep has become a big deal in our society

**BarbaraMu:** or lack of sleep

**BarbaraMu:** and with the high stakes testing beginning again soon, sleep becomes one of the things we tell the kids they need

**BarbaraMu:** before the big test week

**MorganE:** when is the National sleep Awareness week?

**BarbaraMu:** creating a good sleep hygiene is something we can teach along with stress management

**BarbaraMu:** There is a lot of information on the week and lots under the first menu bar at [http://www.sleepfoundation.org/site/c.huIXKjM0Ix/b.2420541/k.9E5A/How\\_Sleep\\_Works.htm](http://www.sleepfoundation.org/site/c.huIXKjM0Ix/b.2420541/k.9E5A/How_Sleep_Works.htm)

**MorganE:** Great, thanks

**BarbaraMu:** there is a lot under how to sleep smart.

**AshleyMW:** Sleep smart? interesting! Sounds like a good resource for finals week!

**BarbaraMu:** these become great handouts, articles for the monthly newsletter/calendar that goes home, or an addition to your counseling website

**MorganE:** no kidding, Ashley

**BarbaraMu:** With the pressure kids are under, and the anxiety it produces within the schools at all levels, teaching holistic wellness is important; nutrition, sleep, stress reduction, exercise/breathwork, etc

**BarbaraMu:** This can fall to a health teacher, a nurse, or to school counselors

**AshleyMW:** It's sad to think that young kids are under a lot of stress from school!

**BarbaraMu:** March is also Child Abuse Prevention Month. Many schools run blue ribbon weeks for this awareness event.

**BarbaraMu:** You can find materials at <http://www.cyfernet.org/hottopic/childabuse.html>

**BarbaraMu:** There is also a resource packet at

<http://www.childwelfare.gov/preventing/preventionmonth/>

**BarbaraMu:** It is sad to think that kids are under a lot of stress from school...especially given the economic climate.

**MorganE:** I agree. I can't believe how much work elementary and middle school kids have

**BarbaraMu:** Counselors always have talked about "The Other Side of the Report Card" - the affective which affects the ability to learn and function...but since the test results are all that matter, administrators only really want to know how we will help the kids have higher scores

**BarbaraMu:** We have to tie into academic success

**BarbaraMu:** but its absurd to think that you can separate out what a kid is going through from his or her performance

**BJB2** nods solemnly

**AshleyMW:** So as a counselor or teacher, do you find that the kids actually try to follow these guidelines for better sleep or whatnot?

**BarbaraMu:** I think it's important to at least put the information out there...

**AshleyMW:** Gotcha

**BJB2:** and work with the teachers

**BarbaraMu:** around test time, everyone is looking for a leg up...its a time they are more receptive to the information

**AshleyMW:** That makes sense

**BarbaraMu:** but the reality is that lack of sleep and sleep disorders are becoming larger and larger issues...sleep deprived brains don't function optimally

**BarbaraMu:** that's just fact

**MorganE:** I can agree to that

**AshleyMW:** Me too

**BarbaraMu:** Though I am trained as a school counseling professional and you both are studying ed psych, March is actually Social Work Month.

**BarbaraMu:** Social Work Month resources, information, association resources, etc are located at <http://www.socialworkers.org/pressroom/swmonth/>

**MorganE:** I have been thinking about Social Work, although I've heard it has one of the highest burn-out rates

**BarbaraMu:** and one of the social workers has a pretty good resource site of her own on this at <http://pages.prodigy.net/lizmitchell/volksware/aa011601a.htm> even though the official toolkit is at the other site

**BarbaraMu:** I think that caregivers in general are at risk for burn out...I would include educators in that umbrella

**MorganE:** very true

**PamA** joined the room.

**BJB2:** Hi, Pam

**BarbaraMu:** OK.....back into march unless we are moving too fast and you want to ask anything else

**MorganE:** I'm ready

**AshleyMW:** Same here

**BarbaraMu:** National Youth Violence Prevention Week is the last week of the month I think. The materials are at <http://www.nyvpw.org/>

**BarbaraMu:** What is really important about this site, and the graph that you will have seen there, is that this is a terrific approach to anything you do as a counseling professional. To look at all the stakeholders you interact with and think about how you can do something with them and for them to advance whatever you are working on

**BarbaraMu:** Hi Pam We are at <http://www.nyvpw.org/> for national youth violence prevention week

**PamA:** thanks Barb

**PamA** left the room (signed off).

**PamA** joined the room.

**BJB2:** hold down the ctrl key when you click on a url, Pam

**BarbaraMu:** If you go back to that site, also consider clicking on the SAVE link at the

bottom to one of the partners in the week. The SAVE site has a month by month curriculum toward a more peaceful school

**PamA:** thanks

**BJB2:** <http://www.nyvpw.org/>

**BarbaraMu:** They sponsor a safe teen driving summit next month along with their partnership in the Violence Prevention Week. Again, whether it is violence or substance prevention, for a school counseling professional this is considered primary prevention interventions - to be implemented as early in the curriculum (kindergarten) as possible.

**AshleyMW:** That's cool that it is a student driven organization!

**PamA** left the room (signed off).

**BarbaraMu:** Poor Pam

**AshleyMW:** The SAVE program that is

**BarbaraMu:** yes

**BarbaraMu:** its excellent and always looking for additional school campuses to join them

**BarbaraMu:** they have terrific materials and make it very easy to implement any or all of their program

**PamA** joined the room.

**BarbaraMu:** We talked about the girl scouts and their week - and how that might tie into women's history....another youth service group- campfire girls - has their Amazing Incredible Kids Day mid-month. It is a wonderful letter writing campaign by parents to value kids

**BarbaraMu:** [http://www.campfire.org/a\\_i\\_kid\\_day/mainpage.html](http://www.campfire.org/a_i_kid_day/mainpage.html)

**BarbaraMu:** Welcome back Pam. Frustrating!!!

**BarbaraMu:** Thanks for hanging in!

**PamA:** I love the incredible kids letter writing campaign.....

**BarbaraMu:** Getting out the information to the parents about how they can participate could have an impact on a child which is very far reaching for that person and their relationship

**PamA:** Parents loved it when I did it

**BJB2:** that's wonderful, Pam

**AshleyMW:** Do the parents or the kids write the letters?

**BarbaraMu:** Again, as you notice, we have covered Drugs (poison/inhalants), violence, service clubs (campfire and girl scouts), sleep/wellness, all in moving through the month.

**BarbaraMu:** Parents write to their children

**MorganE:** what is the kids letter writing campaign?

**BarbaraMu:** Pam, you want to describe it...it is on the website I listed but it would be great to hear from you

**PamA:** I missed the sleep/wellness.....will I get a transcript?

**BarbaraMu:** yes- if it isn't complete, I will send you a copy of mine

**AshleyMW:** Oh I just saw it on the website, the letter writing campaign sounds like a fabulous idea!

**MorganE:** do we get a transcript in e-mail form

**PamA:** I made up a brochure with info from the website giving the parents suggestions on writing a letter to their child telling them how incredible they were

**MorganE:** that is a great idea!

**PamA:** Barb, I miss you! Hope all is well!

**BarbaraMu:** We have about 5 minutes to go...I think what I was trying to say is that as school counselors we can be the catalyst to share lots of information that may or may not be part of everyday curriculum...we can add it through our own lessons, or by sharing information with our faculties or parents

**BarbaraMu:** Miss you too Pam ....thank you. Will write later and catch you up...

**PamA:** I have a Diversity Day in March

**AshleyMW:** I think counselors are great resources for that sort of thing!

**BarbaraMu:** Pam, please describe

**MorganE:** are counselors apart of staff meetings at schools?

**PamA:** Whole school assembly in the a.m with diverse guest speakers sharing their successes

**BarbaraMu:** I think a school could also do a woman's day...I had mentioned it could be a time to focus on non-traditional careers and do a whole woman's career day

**PamA:** Then in the afternoon I have reading teaching, speech teacher etc. provide a 6 minute activity that explains some aspect of diversity and the kids go to each activity for 6 minutes and rotate around the room....each table gives them a memento to help remember the activity

**BarbaraMu:** cool

**BarbaraMu:** We are just about at 10 folks...anything in closing that you need?

**PamA:** Ex. Music teacher has a collection of musical instruments from around the world and lets the kids try them as she explains where they are from . the memento is a plastic whistle

**PamA:** Glad I joined in.....great resource

**MorganE:** Real quick...do we get a transcript over e-mail?

**BJB2:** A reminder that the next School Counselor's Corner is on March 24

**BarbaraMu:** Pam- happy to have you continue....maybe you could join us next month and we could do diversity and you could highlight the event?

**AshleyMW:** Thanks for all the great information!

**BJB2:** yes, Morgan...when you log out the script is sent

**PamA:** I will do it

**MorganE:** Yes, Thank you so much for the valuable information

**BarbaraMu:** Super!

**BJB2:** Thanks, Barbara...so supportive of our children!

**PamA:** bye everyone

**BarbaraMu:** Good luck with your studies Morgan and Ashley

**BarbaraMu:** gnight all

**BJB2** waves goodnight.

**MorganE:** good night