

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

**Moderator:** Barbara Muller-Ackerman

**Title of File:** 20100323counselors

**Date:** March 23, 2010

Room: School Counselor's Corner Group

**BarbaraMu** joined the room.

**ToddCR:** hello

**AnneG:** I can't believe I figured it out! Hooray!

**BJB2:** for those who are new to Tapped In, go to the Actions menu in the top right of the chat...

**BJB2:** and select DETACH

**LanaS** joined the room.

**BJB2:** you can also go to the Actions menu and select Larger Text

**BJB2** hugs Barbara....heya!

**BJB2:** welcome, Lana

**ToddCR:** thanx, that's better

**BarbaraMu:** Hi BJ

**LanaS:** Hi :)

**ToddCR:** hello Barbara what a great site! thanks for all of your help and everyone else's!!!!

**ToddCR:** what a great forum!

**ToddCR:** keeps the stress level a lot lower for us

**BarbaraMu:** Thanks Todd

**ToddCR:** ur welcome

**ToddCR:** my kids are the ones that benefit the most and that's what is important

**BJB2:** wow...with that comment...why don't we start with introductions so Barbara knows who is here?

**BJB2:** please tell her where you are located and what you teach or do.

**JardaC:** I am a student teacher in NYC

**BJB2:** I'm a retired communication teacher located in Pennsylvania

**LanaS:** Hi, I am Lana from SI, NY..I am in the elementary education graduate program

**BJB2 . o O** ( I'm also on Tapped In helpdesk with Jeff )

**JardaC:** I am from SI also

**ToddCR:** lol

**ToddCR:** I am a School Counselor in Lincoln County, WV

**AnneG:** I am an elementary counselor in Reynoldsburg, Ohio

**ToddCR:** elementary school pk - 4

**BarbaraMu:** I was a school counselor at the elementary level for 12 years and ASCA's elementary vp for 2 years. I am now in private practice specializing in children with add, aspergers and other autism spectrum disorders. I am in new jersey

**ToddCR:** wow, my nephew has aspergers

**JeffC** heads out the door to help with his son's baseball practice and will be afk but lurking. I'm also on Helpdesk here, in Forest Grove Oregon, been in education 20 years. If you need my help (I specialize in K-12 Classroom creation here)... just send me a private chat by double clicking my name in the Here tab to the left... leave a message and I'll get back to you.

**ToddCR:** and is picked on @ school constantly

**ToddCR:** he's @ middle school level

**JardaC:** I am at the high school level

**ToddCR:** and one of the kids I have in Kindergarten is totally out of control

**BarbaraMu:** unfortunately at middle school level, not getting the social cues and clues can be a real challenge and leave kids open to being picked on

**ToddCR:** hitting, kicking, grabbing kids, outbursts, etc.

**AnneG:** I have a couple of those outburst kids, too, and a runner

**ToddCR:** I know, totally different @ middle school, w/out not much support for him either

**ToddCR:** at the school

**ToddCR:** yeah, had a runner 2

**BarbaraMu:** It is the end of March and, in short time, the annual spring standardized tests start.

**JardaC:** I have a student who yells his answers no matter what

**ToddCR:** but if I was able to keep the kinderkid in my room all day, he would do great!

**ToddCR:** lol

**ToddCR:** yes I know

**ToddCR:** I am going to be using "Smart Moves" this year with my students to help prepare them for the test

**BarbaraMu:** It's a time of high stress for both kids teachers and parents alike.

**ToddCR:** and see how it goes this year

**BarbaraMu:** Would love for you to share what that program is

**ToddCR:** I actually provided gifts for my teachers each day, a grab bag of different things to help them relieve some of the stress

**AnneG:** What is Smart Moves?

**BarbaraMu:** I am going to get into that in a bit so we can both share Todd. If you could describe Smart Moves, that would be great!

**ToddCR:** is an award-winning cognitive fitness program that combines music and movement to transform the classroom and change the way students learn.

**ToddCR:** \* Improves focus, attention, and retention.

**ToddCR:** \* Activates students' brains for optimal learning.

**ToddCR:** \* Immediately reduces stress and improves mood.

**ToddCR:** \* Creates a calm, productive learning environment when used just 3 to 5 minutes, twice a day.

**ToddCR:** Smart Moves ^^^^^

**AnneG:** Wow. Like Brain Gym?

**ToddCR:** <http://www.fablevision.com/smartmoves/>

**BJB2:** fablevision is great

**ToddCR:** yes, can't wait to use it! going to begin using it after spring break and prepare for westtest and help reduces stress as well

**ToddCR:** thanks, I hope it works well, but goes well w/ our topic 2night

**BarbaraMu:** One of the books that elementary counselors incorporate into lessons a lot at this time is Testing Miss Malarky

**AnneG:** I am going to check it out. Thanks.

**ToddCR:** I told my lead counselor about it and he bought it for every counselor in the county

**ToddCR:** your welcome

**ToddCR:** hmmm, that sounds great 2

**ToddCR:** reduce test anxiety, right?

**BarbaraMu:** this is just one lesson and activities suggestion that is out there but if you google testing Miss Malarky, you will find tons of really strong lessons activities, etc. for classroom lessons

**BarbaraMu:** <http://www.spokenartsmedia.com/StudyGuides/Testing%20Miss%20Malarkey.pdf>

**KimberlyD** joined the room.

**BJB2:** welcome, Kimberly

**JardaC:** Are these for elementary folks

**KimberlyD:** thank you. Sorry I'm late.

**BJB2:** Barbara has just shared  
<http://www.spokenartsmedia.com/StudyGuides/Testing%20Miss%20Malarkey.pdf>

**AnneG:** I have used Student Success Skills for 4th grade study skills and test anxiety for 3rd grade I just do a review of test taking strategies and then we "Tame the Test Monster"

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

**BarbaraMu:** Another of my favorites is published by Youthlight and is called Test Buster Pep Rally. It involves teachers in skirts and assemblies for the students before exam time  
<http://www.youthlight.com/products/441.html>

**ToddCR:** wow, that's great

**ToddCR:** looks like that could be adapted for anything Jarda

**ToddCR:** any grade level

**JardaC:** thanks

**ToddCR:** welcome

**BarbaraMu:** There are enough lesson plans around Testing Miss Malarky that, as Todd said, you could adapt.

**ToddCR:** yeah def.

**ToddCR:** those are great

**BarbaraMu:** Before testing everyone pretty much reviews all the typical strategies- you know them....sleep, nutrition, breathing, visualizing...this goes for any level...here is one example of a breathing technique to use with kids

**BarbaraMu:** Acrostic for Test

**BarbaraMu:** T- Tighten the muscles in your fists and whole body - hold to the count of T-E-S-T

**BarbaraMu:** E- Exhale and relax your muscles

**BarbaraMu:** S- Say to yourself, "I am ready for this test!"

**BarbaraMu:** T- Tighten your muscles in your fist and whole body-hold to the count of T-E-S-T exhale and relax your muscles- say to yourself, "I am ready for this test!"

**ToddCR:** good strategy

**ToddCR:** could you use that for FEAR as well

**ToddCR:** I am ready to face my fear

**BarbaraMu:** think that it works for relaxation or calming in any number of circumstances.

**JardaC:** Positive reinforcements

**JardaC:** with exercises

**AnneG:** I like that. I teach Stop-Drop-Roll ...when you are anxious, Stop, drop your chin, and roll your head gently while breathing, say something positive to yourself and start again

**BarbaraMu:** I love this bulletin board idea shared on a listserv. there is a lot of text but bear with me....

**BarbaraMu:** I do a test anxiety wall display with an umbrella and raindrops. The raindrops represent issues that run through students' heads that contribute to anxieties around test taking. The umbrella is full of things that could help "protect" you from these things. I display this outside my office on the wall. I spend a few weeks before standardized testing in the classrooms doing a similar version using an overhead or the chalkboard, or sometimes I make a little picture with a blank umbrella and raindrops. Together we do 6 or 7, and I let them come up with their individual concerns alone. Then we share ways to cope (umbrella) as a group.

**BarbaraMu:** My raindrops have questions like.....

**BarbaraMu:** What if I do poorly? Can I fail? What if I don't know the answer? What will my parents think? How long will each test take? Will I get tired? What if I don't understand the directions? What do I do if I can't sound out the words? I am scared I won't do well. What do I do if I can't come up with the correct answer? Some kids work faster than me. What do I do if I get sick or am absent? What happens if I don't finish a section? I am scared the test will be too hard. I don't know how to study for achievement tests. I am not very good at math. What are these tests for?

**BarbaraMu:** My umbrella has on it....

**BarbaraMu:** Relax Eat a good breakfast Healthy snacks Get enough rest Dress comfortably Take your time Follow directions Listen to your teacher's instructions Read first Steady Pace Be Here! Take Deep Breaths Don't spend too long on questions you don't know

**BarbaraMu:** I like that this would be a visual display in the main hallway so that all students have a reminder of both the negative and positive self talk and strategies for success

**DeshonnaJ** joined the room.

**DeshonnaJ:** Yeah! I'm in....I think!

**BJB2** cheers...you did it, Deshonna

**DeshonnaJ:** Thanks for your help!

**JardaC:** welcome

**BJB2:** the discussion is about relieving test anxiety for students

**DeshonnaJ:** thanks; a few technical difficulties

**BarbaraMu:** and we will get to the teachers as well!!

**KimberlyD:** I really like the umbrella idea

**BarbaraMu:** I think that a school counselor has a tremendous responsibility around the climate in the school and hallway displays have the potential from month to month to add important messages, schoolwide activities around contributing to the theme, etc

**DeshonnaJ:** I am not a school counselor, but I thought I'd join the discussion as a teacher and share ideas I gain from you guys with the counselors at my school

**BarbaraMu:** We always did the Student Pledge Against Gun Violence during school safety month in October and every person traced their hand in purple and contributed to a huge peace sign made of all their hands. it was a great reminder and when there was a conflict we would walk the group to the wall and talk about it...or we did one around Simons hook with all the ways the "fish" (kids) get baited by bullying and how to get past that

**BarbaraMu:** Thanks Deshonna...it's nice to have the flow of information go both ways!

**AnneG:** Simon's Hook is great.

**MariaM** joined the room.

**BJB2:** welcome, Maria

**JardaC:** welcome

**LanaS:** Hi :)

**MariaM:** hello :)

**BarbaraMu:** Had a fishing rod hanging at top of board and all the fish being hooked or free with the different ways not to get hooked on the board.

**BarbaraMu:** again, a great tool for the teachers to review and for peer helpers to use in resolving playground hassles

**BarbaraMu:** For people who are beyond elementary level, about.com has a very nice section on stress reduction and test anxiety. this is one of the many urls they have amassed for tackling the various aspects one can use to de-stress around upcoming tests

[http://stress.about.com/od/studentstress/tp/school\\_stress.htm](http://stress.about.com/od/studentstress/tp/school_stress.htm)

**AnneG:** We have dog tag incentives and made one with fish and the strategies to not take the bait.

**DeshonnaJ:** I was just about to ask about that since I teach high school students. Thanks

**BarbaraMu:** if anyone is new to tapped in, don't feel you have to write these down as a transcript comes after we are done....is that right, BJ?

**ToddCR:** what I am currently doing in my 4th grade classes, is I'm having the 4th graders' go in and partner read with the kinderg.and it has really reduced a lot of stress among the children and it has really boosted their self esteems @ both levels

**AnneG:** thanks, I have been jotting notes...now I can relax. :-)

**BJB2** nods to Barbara

**ToddCR:** also, I have some autistic children who normally don't adjust well to change, especially with socially interacting with 4th graders and the mom came to see for herself how well the child adjusted and was working well with the other children

**BJB2** . o O ( transcripts are great! )

**ToddCR:** you're welcome

**BarbaraMu:** I did that using the Peer Pals program from Youthlight. I loved it and so did the kids and teachers. It had an ancillary karate theme so each week the 4th graders made friendship bracelets of the different color belts progressing from white to black. it was an 8 week program. at the end of the session, the kinders would have earned their next belt and the 4th grader would tie it on their wrist

**DeshonnaJ:** good idea Todd. some of my high school students go over to the elementary school to read to the students and talk with them about bullying. it gives the high school students the opportunity to give back and the elementary students get a kick out of the "big kids" coming to visit.

**ToddCR:** I have been taking notes 2, but that's what makes this group so wonderful! share share share! that was my code word of the day for my kids and they loved it

**ToddCR:** thanks!

**ToddCR:** thanks, I like that idea 2! We have a local high school that just won the state champ's on Sat. and they would be great to bring in, I have been thinking about that since they won

**JardaC:** What role models

**AnneG:** How did your 4th graders make the bracelets?

**BarbaraMu:** The high school kids also important mentors to the middle schoolers

**DeshonnaJ:** we also go over to the middle schools and talk with them about transitioning to high school and how SOL's factor into graduation with the verified credits, etc.

**JardaC:** what's a sol

**ToddCR:** yeah , I had the middle school children come last year (a few) with the counselor and talk with my 4th graders about going up to middle school - which therefore reduced anxiety tremendously

**DeshonnaJ:** Todd, the students would really love that and it really keeps the community bonded!

**BarbaraMu:** I taught them how to make the bracelets and when I would go into the room to teach them how to be a "big brother or sister" to one of the younger students (3 lessons) one of the sessions was spent learning how to make them.

**ToddCR:** thanks! yeah, I'm going to work on that and get the team down to my school

**AnneG:** Is that the Youth Light program?

**BarbaraMu:** yes

**DeshonnaJ:** In the state of Virginia, SOL's are Standards of Learning. Just the name we use for the national assessments

**BarbaraMu:** Peer Pals and Test Buster Pep Rally both Youth light

**ToddCR:** wow, I like that bracelet idea

**JardaC:** I think that's great that service is part of the curriculum

**BarbaraMu:** I bought the embroidery floss at Michaels when it would go on sale. You can get it really cheaply.

**ToddCR:** so, how did they earn their "belts?"

**ToddCR:** yeah the teachers are really happy as well, because I take them in during their reading time and the kids just love it as well!

**BarbaraMu:** The older students read a story to them at the beginning and then we had follow up worksheets. But for some, the older kids helped them clean out their desks to get organized, or helped them with their homework

**BarbaraMu:** if they were cooperative, they would earn their next belt

**BarbaraMu:** at the end there was a big ceremony with certificates for both the big kids and the younger ones.

**BarbaraMu:** most of the little ones had 8 weeks of wristbands on their wrists, refusing to take even one off

**AnneG:** I have 4th grade Character Council (my version of student council), DROP singer, and Kindergarten readers...would this program work for 3rd graders?

**DeshonnaJ:** with so many teachers preparing students right up until the time to take the tests, how do you fit all of this in? What do you do when teachers resist? Or is it mandatory? I mean it sounds good to reduce stress, but not all teachers appreciate the wonderful resource they have in school counselors. But then, I am thinking on a high school level.

**BarbaraMu:** right- at elementary level, I did lessons every week and was part of the schedule- not like a special but when the teacher would pick a time.

**BarbaraMu:** At middle school level, there tend to be more study skill groups as a pull out

**ToddCR:** yes. I actually have 2 scheduled days a week to go into each classroom for 30 min. each class

**ToddCR:** I do the schedule @ the beginning of each year and basically discuss with the teachers what times they would prefer

**BarbaraMu:** pleading ignorance about what is done at hs level Im afraid. sorry deshonna

**ToddCR:** but, I suppose hs is a lot diff?

**DeshonnaJ:** honestly, I very rarely see the counselors unless I am in an IEP meeting. I wonder if that's the case for all high schools

**ToddCR:** but for SAT's and ACT's I believe some of these strategies would be beneficial

**BarbaraMu:** Again, for the older kids, this is a brochure put together by a community college and again captures the different areas people need to focus on in reducing anxiety around testing  
<http://www.rccc.edu/success/tips/TestAnxiety.pdf>

**DeshonnaJ:** thanks

**KimberlyD:** I am a substitute teacher in elementary and middle school and I have never seen the counselors go into the classroom on a regular basis to help the kids with these things. I think it would be great if the schools implemented it

**ToddCR:** wow! Deshonna r u @ hs level?

**AnneG:** Maybe a stress reduction class/group could be offered during lunches at the high school?

**ToddCR:** omg!!!! Kimberly

**DeshonnaJ:** yes

**ToddCR:** yeah a "lunch bunch"

**ToddCR:** my kids expect me @ the certain time/day during the week

**JardaC:** Lunch in hs is a stressor of its own

**ToddCR:** and they know when I am to arrive

**DeshonnaJ:** We have a testing coordinator who provides us with information to assist students during test time.

**BarbaraMu:** Lunch at any level is a stressor Jarda

**ToddCR:** lol, but hs kids would love that!

**JardaC:** LOL

**ToddCR:** yes elementary lunch = 10 min. sometimes less

**KimberlyD:** I've only seen it done as a pull-out only for certain kids

**BarbaraMu:** Wanted to get into some stress relief for staff.

**DeshonnaJ:** Not for me because I'm in my room while my students go to lunch. It's the only break I get in a day!

**JardaC:** I can't see why it can't be implemented during a reg class before a test

**BarbaraMu:** again, there is some reading here but here are a number of programs which counselors have arranged for their schools...

**ToddCR:** I am planning on having a stress release day for my teachers

**AnneG:** It could start earlier in the year and then as test time draws near, maybe just a review -- could y our counselors offer it?

**DeshonnaJ:** That's a good idea Jarda

**BarbaraMu:** We had a wellness workshop for the teachers where I presented a workshop on how to lessen stress. We did team building activities and even called in a Physical Therapist for easy exercises. I also contacted a local college for massages and also some cosmetologist students to provide manicures. We also have a Nutrition Fair each year where we bring in a nutritionist to speak to the children and staff, provide healthy snacks, play health related games (Let's go Shopping), The American Cancer Society, Hearth Association, Diabetes Education, Fat screening, cholesterol screening, blood pressure, etc. The children and staff love it.

**ToddCR:** having a spa set up in the "teachers lounge" for the teachers with hot coals, massage chairs, manicure, pedicure, etc. during their planning time

**DeshonnaJ:** If it could help a handful of students do better it would be worth it. Pacing guides would have to be adjusted though, don't you think?

**ToddCR:** they really liked this idea

**DeshonnaJ:** Only in a perfect world Todd!

**BarbaraMu:** Think that stress relief just one aspect of wellness so it was interesting

**AnneG:** How much time does it take to arrange something like wellness workshops or spa days?

**BarbaraMu:** elementary counselors do this in less than perfect districts....is there a perfect district?!

**ToddCR:** yeah, we are currently doing the nutrition classes for the kids

**ToddCR:** good couple of weeks at least

**ToddCR:** especially with all of our other duties

**KimberlyD:** there was a health fair in one of the schools I work at recently that included most of that

**BarbaraMu:** The counselors(2 of us) at my school planned wellness activities during staff appreciation week: blood pressure screening, BMI testing, massages, nurses to talk to about specific concerns & referral info--physical & mental health, nutrition & exercise options. The local hospital & county health dept. willingly sent staff with all kinds of handouts & goodies for the staff. We now have an exercise room for staff & we always have healthy drinks, snacks & desserts at school meetings & functions. We have a Weight Watchers support group at our school one day a week. During the winter months we usually have a group of staff members who walk the hallways after school--a science teacher measured the distance to keep track of mileage/laps.

**JardaC:** In your nutrition class do you do footprints

**DeshonnaJ:** We had a similar pre-service about reducing stress at the beginning of the year. At one school, they actually did bring in people to provide 10 min massages to the teachers. That was pretty awesome. It was a private school though!

**ToddCR:** great idea barb

**JardaC:** I know the some students think food really comes from the box

**ToddCR:** we just had our first session today and we have a nutritionist come in

**ToddCR:** yeah, I plan on doing that for the teachers as well

**ToddCR:** massages

**ToddCR:** like I said, takes a while to get it all put together

**BarbaraMu:** this was a plan for a week...it was done for national school counseling week but would be great for teacher appreciation week in May or testing week

**BarbaraMu:** I have set up a patio umbrella and a beach chair in the teachers'

**BarbaraMu:** room. On the wall behind them is ocean waves made from ripped blue paper and

**BarbaraMu:** palm trees. The sign says simply, Stressed? Relax.

**BarbaraMu:** Handouts of stress reducers and information on stress will be given to each

**BarbaraMu:** staff member.

**BarbaraMu:** A basket of stress balls (I have about 30) are on the table with a sign

**BarbaraMu:** stating-

**BarbaraMu:** STRESS BALLS

**BarbaraMu:** They help get the upset or angry energy out!

**BarbaraMu:** Just squeeze!

**BarbaraMu:** You are welcome to borrow a stress ball this week. I will need them back

**BarbaraMu:** because the kids love them!

**BarbaraMu:** Midweek will be peach torte for staff ( I have an easy recipe)

**BarbaraMu:** The sign will say, STRESSED spelled backwards is DESSERTS!

**BarbaraMu:** Enjoy!

**BarbaraMu:** Each staff member will receive (at the end of the week) a ziplock with pieces of

**BarbaraMu:** bubble wrap in it. Attached with a ribbon will be this poem:

**BarbaraMu:** Pop several stress relieving capsules

**BarbaraMu:** every 6-8 hours as needed.

**BarbaraMu:** When you are stressed and full of troubles

**BarbaraMu:** just grab a sheet and smash some bubbles!

**BarbaraMu:** Watch problems go with a loud "pop pop"

**BarbaraMu:** soon your spirits will be back on top.

**BarbaraMu:** This is therapeutic and once in a while

**BarbaraMu:** you'll find your yourself begin to smile!

**DeshonnaJ:** I'm in school studying to become an administrator one day. What could the administrators do to assist in reducing test anxiety?

**BarbaraMu:** sorry for all the reading

**ToddCR:** lol, I like that

**BarbaraMu:** it's the only way I can get this all out

**ToddCR:** especially pop the pills

**ToddCR:** lol

**AnneG:** Sounds wonderful!

**JardaC:** I used to do 5 min vacations. This can be done with the students as a stress reliever

**AnneG:** Tell me more, Jarda

**DeshonnaJ:** explain that please Jarda

**BarbaraMu:** think that the administrator is in a difficult position...many teachers feel that how their students do on tests will reflect in their evaluations and, in some states, their merit pay

**BarbaraMu:** since the school report cards handed out by the state are as stress provoking as the standardized test scores are to the individual classroom teacher, the need to do well is a reality

**JardaC:** you set the students up by deep breathing then they think of a quite place they like and go there

**DeshonnaJ:** true, but administrators aren't that safe either

**BarbaraMu:** how the administrator communicates that, negative or positive reinforcement, would do a lot to up or relieve the stress level

**AnneG:** I think the Administrator plays important role in reducing stress by setting the climate...encouraging teachers, involving school counselors and being a role model.

**JardaC:** I used to do it for myself. I would think of a meadow and the butterflies and resting under a tree. It doesn't take long, but I would feel release

**BarbaraMu:** that's what I was saying Deshonna....the overall school report card is on the administrator as a stressor

**AnneG:** thanks, sounds fun

**BarbaraMu:** I think that visualization is extremely powerful Jarda. In some states, a total no-no based on parental concern.

**DeshonnaJ:** so, by reducing the stress of the teachers, who help reduce the stress of the students, wouldn't that reduce the administrator's stress?

**BarbaraMu:** You have to know the population you are working with and be sensitive to the culture of the school

**DeshonnaJ:** exactly

**AnneG:** I guess it would depend on how your students perform?

**BarbaraMu:** Agreed

**JardaC:** I know if I am relaxed the students respond accordingly

**BarbaraMu:** ok- we are down to the last 10 minutes...are there any specific questions anyone has that may or may not be on topic ?

**DeshonnaJ:** and how the students perform is predicated upon the teachers performance, which is

in turn predicated on how the administrator sets the tone. Does anyone agree?

**JardaC:** yes

**KimberlyD:** I agree

**BarbaraMu:** Think school climate...and how staff is treated....critically important and an important component of school counselor role

**JardaC:** Does the counselor have any input with the principal

**DeshonnaJ:** what's the issue with the visualization technique and parental concern? just wondering

**ToddCR:** I agree, I think that the students respond to the teacher's level of stress

**ToddCR:** teachers constantly yelling at the kids = variety of responses (usually negative) from the students

**DeshonnaJ:** I've always just thought of counselors helping students map out their classes each year. They really do so much more than that, don't they?

**ToddCR:** for example

**AnneG:** I think that depends on the counselor - principal relationship

**DeshonnaJ:** True Anne

**ToddCR:** I went into a class today where the teacher yells most of the day (first year teacher) and basically whispered (using a soft - tone voice ) throughout my classroom guidance lesson today and the response = positive

**AnneG:** Some parents think that it is "too far out" or "New Age" to do visualizations at school

**JardaC:** How strange, isn't that what a commercial is

**BarbaraMu:** Think that the counselor principal relationship needs to be cultivated...the counselor can make a principal look really good; can start a lot of initiatives that are very important to the school community

**DeshonnaJ:** hadn't thought of that Anne.

**ToddCR:** shouldn't we adapt to all types of learning? visual, etc?

**DeshonnaJ:** differentiation is a must, or we lose a lot of students!

**BarbaraMu:** The American School Counselor National Standards and School Counseling program has many pages devoted to counselor evaluation and counselor principal agreements around what can be accomplished

**DeshonnaJ:** Thanks for the info Barbara

**BarbaraMu:** Any more questions or things to share before we say goodnight?

**AnneG:** I agree that the relationship needs to be cultivated and I think that another role of the school counselor is to offer that support ...sometimes being principal can be a lonely place :-)

**BJB2** looks at the clock on the wall....

**ToddCR:** yes, I agree

**BJB2:** the next School Counselor's discussion will be on April 27

**JardaC:** This was so informative

**BJB2:** please join this group so that you will get a reminder

**AnneG:** Any last suggestions for test stress lessons?

**ToddCR:** so what should our goal be as counselors to help do for our principals this week?

**DeshonnaJ:** Thanks for all of your ideas and comments. Very informative.

**JardaC:** Breathe

**ToddCR:** yes it was,

**JardaC:** Smile and offer them a good day

**ToddCR:** lol! good idea

**AnneG:** Let them close the door and vent

**ToddCR:** I tell my principal that , she's too blessed to be stressed

**BarbaraMu:** here's one more...long but good

**BarbaraMu:** Obj: To define Stress, to identify feelings related with stress to control stress.

**BarbaraMu:** Materials: Wire Whisk, Mirror, Head phones. Pennies, Paper Clip, word search.

**BarbaraMu:** Procedures: Each item represents a concept or strategy for managing stress/test

anxiety.. Begin the lesson with your wire whisk in hand and explain that today they will learn how to beat stress. Have students define stress. Explain to students that stress is a part of life and we must all learn to cope with stress. Explain that sometimes fun and exciting things can cause stress. I disclosed that I dislike flying but was anxious to visit family in Puerto Rico and had planned a trip for our spring break.

**BarbaraMu:** Teach students 3 stress buster techniques: Exercise (stretching, shoulder rolls, trunk twists etc) remind them that they can't always exercise and that they can try Visualization ( I actually put them through a brief exercise with lights out and quiet) also Breathing exercises.

**BarbaraMu:** Tools: Take each one out and explain the connection to learning and coping with stress. Mirror= self talk. I had a child look in the mirror and tell me all the wonderful things he saw in himself. We talked about positive self images. "look in the mirror and see a CAN DO KID" Head phones: Listening is an essential learning tool. If you listen carefully to your teacher throughout the year and follow directions you will do well. Paper Clip= Organization another important learning/ life tool. Keep it together and Be Organized! A bag of Coins: USE GOOD SENSE! Have a student count up the change and tell you the amount explain that sense and cents are homophones. Having good sense is using good judgment with family friends and when taking tests.

**BarbaraMu:** Finish lesson with self created word search made on [www.puzzlemaker.school.discovery.com](http://www.puzzlemaker.school.discovery.com) using key words such as rest, relax, listen, confidence, breath, image, calm....

**ToddCR:** and I got her a really nice bag/purse with that embroidered on it

**DeshonnaJ:** Good idea Barbara....thanks

**ToddCR:** wow! great idea!!!

**JardaC:** Thanks

**AnneG:** I think it helps to teach stress reduction techniques in general and then refine during testing time...they can practice before the big tests begin

**BarbaraMu:** ok gang....goodnight to all. This was great and I thank each of you for your contribution to the nights discussion.

**JardaC:** goodnight

**ToddCR:** goodnight

**DeshonnaJ:** Goodnight

**BarbaraMu:** sweet dreams....signing off.

**AnneG:** Thank you, it was fun!

**ToddCR:** thanks!!!!

**BJB2** waves goodnight. Thanks, Barbara

**KimberlyD:** thanks. good night

**LanaS:** Good night! Thank you