

School Counseling Practicum and Internship Plans for Offsite Hours

Create useful documents or resources (that you or your site can use in the future)

- Individual and group counseling session plans
- Large group developmental counseling curriculum
- Prevention curriculum
- Workshop plans on relevant topics (e.g. digital citizenship, risks associated with vaping, student voice projects)
- Information brochures on timely topics and issues (e.g., bullying, COVID-19, study skills)
- Slides to be used at Family/Parent/Caregiver Night on a given topic (e.g. middle school, high school, and college transitions, achievement pressure, substance use, first gen college students, self-esteem, etc.)
- Webinar or slides or curriculum on college admissions (generally or in relation to school closings, etc)
- Materials to be used for professional development (e.g. self-care, cultural humility, writing letters of recommendation, mindfulness)
- Create a resource for schools to use while closed (i.e. how COVID-19 is impacting colleges admissions and planning)
- Curriculum on mental health literacy
- Book list for parents (parents need this!!! i.e. “Good books for supporting your child (e.g. boys’ or girls’ development, supporting your LGBTQIA+ child”)
- Book list for teachers (e.g. books that portray counter narratives of students of color or illustrate key developmental issues)
- Compile a bibliotherapy list for a particular topic (ie, bullying, self-esteem, divorce, etc.)
- Video blogs on timely/relevant topics (these could be shared with parents/caregivers or with students) even blogs or vlogs conducting a core curriculum lesson (displays how you would deliver lessons to your students if you were ever in this position as a school counselor).
- Develop a needs assessment for a given group or student population (e.g. school engagement or school climate)
- Draft letters to policy makers (professional advocacy)
 - <https://schoolcounselor.org/school-counselors-members/legislative-affairs>
- Develop a conference proposal targeting specific constituency & issue
- Develop a crisis plan (e.g., school violence, unexpected death of teacher, pandemic, and etc.)
- Develop a resource list for students (i.e. scholarships, social service agencies, places to get help for a particular issue)

- Research an issue or topic that will support some piece of work at the school and offer a one-page guide on key issues and best practices for staff
- Research potential grant opportunities for your school and develop a list of them for your site
- Create a directory of scholarships / databases
- Write for a small grant (lots of foundations offer small [grants](#) to educators)
- If multilingual - create bilingual resources
- Review school level policies with suggestions and recommendations where appropriate (e.g. safety policies, use of social media, discipline policies, utilization of technology, mandated reporting)
- Research (and maybe teleconference) various service providers available to your site/student population and create a resource map and/or develop a list of resources for site with services offered
- Create a brief video (2-4 minutes) explaining “what is the role of a school counselor specifically at your school level); Could also create an infographic

Create useful documents or resources needed now during virtual school

- Research local organizations and agencies providing support/food to ensure students with food insecurities have access to food or other needs met.
- Research and write up plans for students’ re-entry to schools after natural disasters, etc.
- Create webinar or slides regarding how colleges are responding to school closures/university changes related to COVID 19

Consider Virtual Site Engagement

- Check in with students via Zoom or google hangouts (ONLY WITH PERMISSION FROM SUPERVISOR)
- Attend staff and other site-related virtual meetings
- Weekly sessions via Zoom or google hangouts

Schedule Remote Supervision

- Weekly individual sessions via Zoom (if needed)

Participate in Professional Development for Practicum Students and Interns (If available, keep a certificate of completion, and create a short, written reflection, or a presentation/handout/infographic to disseminate your knowledge gained to classmates/colleagues)

- Sign up for a free webinar on relevant topics

- ASCA has free webinars [here](#)
- Suicide Risk Factors and Warning Signs (Free, 1 hour): www.co.train.org (Course ID 1080982)
- Online Domestic Violence Tutorials – Institute for Family Violence Studies (multiple trainings) [Online Domestic Violence Tutorials](#)
- Various Substance Misuse and Addiction Treatment Courses
<https://healthknowledge.org/course/index.php?categoryid=53#TourOfMI>
- TF-CBT *Trauma-Focused Cognitive Behavioral Therapy* (10 hours of training modules) <https://tfcbt2.musc.edu/>
- [Support for Students Exposed to Trauma](#)
- [Psychological First Aid and Skills for Psychological Recovery](#)
- Many LIVE and pre-recorded webinars [here](#) related to a range of topics
- Check out useful online resources supporting school counseling and mental health:
 - the UCLA School Mental Health Project: <http://smhp.psych.ucla.edu/>
 - Coalition to Support Grieving Students: <https://grievingstudents.org/> & <https://grievingstudents.org/resources/additional-resources/>
- Check out useful online resources around positive youth development, SEL & youth empowerment
 - <https://www.search-institute.org/our-research/developmental-assets/developmental-assets-framework/>
 - <https://freechild.org/>
 - <https://easel.gse.harvard.edu/>
 - <https://www.tolerance.org/>
 - <https://www.selpractices.org/>
 - <http://yparhub.berkeley.edu/>
- [Erika's Lighthouse-Depression Toolkit](#)
- Email a professor if you have a specific interest and want resources to check out
- Watch documentaries that highlight educational inequality issues (pbs has some series on this topic)
- Watch videos on individual and group counseling sessions (others might be available but Dr. Somers Flanagan sent this link on CESNET and is offering them on his YouTube channel for free). To get the video links, go here: <https://johnsommersflanigan.com/2020/03/14/free-video-links-for-online-teaching>

Students may propose other activities or training, in addition to the ones listed on this page. **Any additional activities not on this list that you would like to complete for hours must be pre-approved by your practicum/internship instructor.**

****This list was compiled through a compilation of ideas from many school counselor educators. You are NOT alone in this. Many of us (educators) are scrambling to find ideas for our students during this unprecedented time.**