

# COUNSELING RESOURCE GUIDE

## NORTH HIGH SCHOOL

This guide serves to support the students and families of North High School with counseling resources for academic and social-emotional needs during quarantine.

### Academics

While you are not physically on campus, it is still important to continue with a daily routine and keep up with schoolwork. If you need extra support for your learning, below are some helpful resources.

- [Khan Academy](#) - Free remote learning and tutoring support for various school subjects.
- **Create and Follow a Routine to Stay Organized**
  - [Example Daily Schedule for Grades 6-9](#) by Khan Academy
  - [Example Daily Schedule for Grade 10-12](#) by Khan Academy
- **Set a Plan for Tasks and Assignments**
  - **Planner Templates** by [Passion Planner](#) or [Canva](#) - Free printable worksheets to use as you are planning your activities and assignments each day
  - **How to Build a Routine by Passion Planner** [Video](#) or [Blog Post](#) - Tips for how to create structure and consistency in your day
- [Study Ahead of Time to Prepare for Tests](#) - Learn 10 quick tips for effective studying!
  - [More Study Tips](#) by [Therapist Aid](#) - List of other practical study habits to help stay relaxed, focused, and motivated to do well on exams
  - ◆ [The 9 BEST Scientific Study Tips](#) video by [AsapSCIENCE](#) - Study smart and not harder with these scientifically supported tips to increase your chances of acing the next test

**Remember:** Continue to build your study skills to be successful. Academic study skills are like muscles in our bodies—if we don't use them, they will get weak! Now is your opportunity to practice and figure out what works best for you so that you will return to school next year with even better skills!

### Coping Skills and Stress Management

Successful students also practice effective coping skills. When you feel especially overwhelmed, stressed, and/or anxious, it is important to care for your mind and body. Below are some tools to help you cope and manage these feelings during challenging times.

#### Tools for Coping with Stress and Anxiety

- [100 Coping Strategies by Pathway 2 Success](#) - List of 100 different examples of coping activities to try on your own
- [Calm](#) - Mindfulness app/website with free options (meditations, movement exercises, journals, music playlists, etc.)
- [Grounding Techniques by Therapist Aid](#) - Quick and simple guide to practice grounding when you experience anxiety or intense emotions

- **Positive Self-Talk** - Our thoughts are closely linked to our emotions. What we think or say to ourselves when feeling anxious or upset can either hurt us more or make us feel better. Practice positive-thinking to regulate your negative emotions with the following:
  - ◆ [Positive Thoughts Practice Worksheet](#) by Centervention
  - ◆ [Breaking Down Our Thoughts Worksheet](#) by Centervention
- **Gratitude and Finding the Positives** - Recognizing the positive experiences—no matter how small—in life can help you boost your spirit, feel happier, and enhance your overall health. Practice mindful thankfulness each day!
  - ◆ [Week of Thanks Worksheet](#) by The Counseling Teacher Brandy
  - ◆ [Discover Gratitude Journal](#) by the Mayo Clinic
  - ◆ [Positive Journal](#) or [Self-Esteem Journal](#) worksheets by TherapistAid
- [Self-Control by The Counseling Teacher Brandy](#) - Worksheet to explore what “I can control” vs. what “I cannot control” when feeling overwhelmed, stressed, or disappointed by changes.

## Limit Screen-Time and Social Media

Many people experience “screen fatigue” (e.g., difficulty concentrating, sore and burning eyes, neck/shoulder pain) with 4-5 hours or extended time on social media and looking at screens. Aside from the physical health effects, it can also increase anxiety and stress levels. As you are remote-learning and social-distancing, make sure to use your non-educational time to take breaks from your screens by doing the some of the following activities instead:

1. Play board or card games as a family
2. Go for a walk or run outside
3. Drink a glass of water
4. Clean and declutter your space
5. Bake/cook for fun
6. Practice yoga ([free yoga video tutorials](#))
7. Read a book ([free audiobooks](#))
8. Take a nap
9. Write in a journal ([free writing prompts](#))
10. Create a music playlist
11. Complete a jigsaw puzzle
12. Listen to a podcast
13. Create a bucket list
14. Think of someone who helps you in some way and write a short letter to thank them
15. Practice or learn an instrument
16. Help out and complete a chore around the house
17. Create art by coloring, drawing, painting, etc. ([free printable coloring pages](#))
18. Learn origami ([free video and written tutorials](#))
19. Try out a new exercise or [workout plan](#)
20. Dance like no one’s watching!

**Whether you decide to do some or none of these things, find creative ways to break away from your screens and bring joy/humor into your days at home.**