



# SCHOOL COUNSELOR LEADERSHIP NETWORK

R I V E R S I D E C O U N T Y

*ON-THE-GO WEBINAR SERIES*

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R I V E R S I D E C O U N T Y

**College and Career Readiness  
Division of Educational Services**



# Webinar Tips



SCHOOL COUNSELOR  
LEADERSHIP NETWORK  
RIVERSIDE COUNTY  
ON-THE-GO WEBINAR SERIES

- This webinar is being recorded so that others may listen to it at a later time for reference and will be uploaded to the RCEC Youtube page as well as [www.rcec.us](http://www.rcec.us) once you log in to access the content of the webinar series
- All connections to this live Webinar feature have been accounted for so please do not forward the Zoom link or invite anyone to join because you are taking someone else's spot and Zoom will automatically start kicking off connections randomly
- All participant mics have been muted and only panelists and facilitators have the ability to unmute anyone
- Since all participants have been muted, please use the Q&A and chat screens to enter your questions
- Participants can submit a question in the Q&A box at the bottom of the screen for the panelists
  - Only panelists and facilitators will be able to respond back to those questions and can do so publicly or privately to the individual
  - Participants can submit comments or questions in the chat box if they would like to engage with each other

**\*\*Every effort has been made to ensure the security of this webinar from “zombombers” but in the event that we experience that, please stay calm and we will resume as soon as the technical difficulties have been resolved.\*\***



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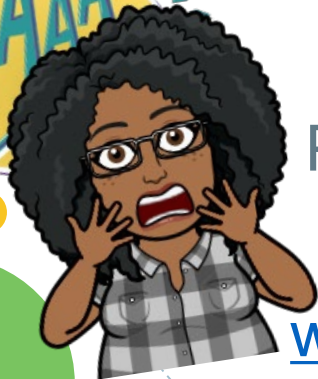
Catalina Cifuentes  
Executive Director,  
College and Career Readiness  
[ccifuentes@rcoe.us](mailto:ccifuentes@rcoe.us)



Dr. Pedro Caro  
Coordinator,  
College and Career Readiness  
[pcaro@rcoe.us](mailto:pcaro@rcoe.us)

# Now What? Top 5 (or more) Things to know about Virtual Counseling

SAY WHAAAAA?!



Nicohl Shelton Webb  
Henry County Schools  
Pate's Creek Elementary School  
[nwebb@henry.k12.ga.us](mailto:nwebb@henry.k12.ga.us)  
[www.twitter.com/CounselorPCE](http://www.twitter.com/CounselorPCE)



# Who is in the “room?”

Scan the QR code or go to  
[www.menti.com](https://www.menti.com) and put in the code  
124112 to answer some questions  
● about who's in the room.

Meet your presenter

Nicohl Shelton Webb

Elementary School Counselor

Henry County Schools

You can reach me at :

[nwebb@henry.k12.ga.us](mailto:nwebb@henry.k12.ga.us)

or on Social Media:

[www.twitter.com/CounselorPCE](https://www.twitter.com/CounselorPCE)

[www.instagram.com/techlovingschoolcounselor](https://www.instagram.com/techlovingschoolcounselor)



[Kahoot](#)

[Quizizz](#)

[Scuta](#)

[Mentimeter](#)

[Free PDF  
converter](#)

1.

# Tech tools to use during School Closure Time

[Nearpod](#)

[Padlet](#)

[G-Suite  
Apps](#)

[Flipgrid](#)

[Screencastify](#)



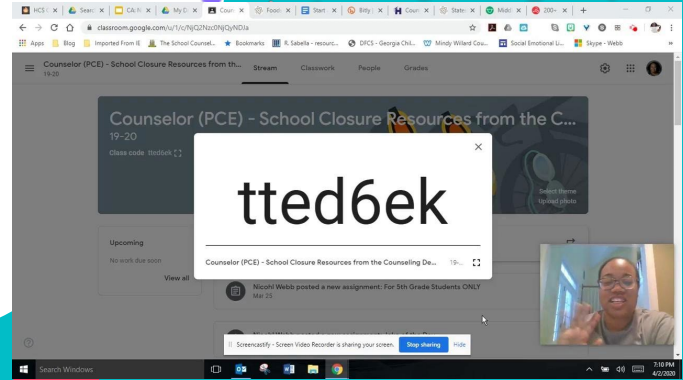
# ● Screencastify is my new best friend!



Screencastify

Easy screen-recording tool facilitates outside-the-box instruction

 common sense education™





# Google Keep



Google Keep

Add quick note

Do some research into the HTC One VS Sony Xperia Z VS Nexus 4  
1:42AM

Grocery List  
✓ Milk  
? More milk  
✓ Cereal  
□ Cheese  
...  
1:38AM

Clean the computer  
1:42AM

Get started on reading some graphic design books  
1:29AM

Spend Less time on reddit  
1:39AM

Check out this cool Android app - via Playboard  
Check out: FitNotes  
<http://bit.ly/ZMcqdc>  
Found it in: Neogaf Apps for Android  
<http://bit.ly/ZMcqOB>  
via Playboard  
<http://playboard.me>  
1:42AM

Go to the DMV on Monday  
1:42AM

Finish reading UX articles!!!!!!  
1:42AM

Pick up Chrissy from the SAC  
1:43AM

Get brakes checked out  
1:42AM

Have Fun with Keep!  
Make sure you try the all the cool colors!  
1:37AM

Study for databases  
The exam will be in chapters 1-5  
Focus on 3-5!!  
1:42AM

Pick up dry cleaning



## 2. Virtual Meeting Platforms

Zoom, Google Meet, Microsoft Teams, WebEx



## The New Google Hangouts Meet

## GUIDE TO GOOGLE MEET

LEIGH 



Microsoft Teams

## 10 WAYS TO SECURE ZOOM!



**1** Use a Unique ID for Large or Public Zoom Calls 

When you schedule a Zoom meeting, look for the Meeting ID options and choose Generate Automatically. Doing so plugs up one of the biggest holes that Zoom-bombers can exploit.

**2** Require a Meeting Password 

One way to protect the meeting is to require a password. You can give the password out only to those who have replied and seem credible. To password-protect a meeting, start by scheduling a meeting and checking the box next to Require meeting password.

**3** Create a Waiting Room 

When participants log into the call, they see a Waiting Room screen, the host, lets them in. You can let people in all at once or one at a time, which means if you see someone you don't recognize in the Waiting Room, you don't have to let them in at all.

**4** Only the Hosts Should Share Their Screen 

Make sure your settings indicate that the only people allowed to share their screens are hosts. You can enable this setting in advance as well as during a call.

**5** Create an Invite-Only Meeting 

Only people who can join the call are those you invited, and they must sign in using the same email address you used to invite them.

**6** Lock a Meeting Once It Starts 

While the meeting is running, navigate to the bottom of the screen and click Manage Participants. The Participants panel will open. At the bottom, choose More > Lock Meeting.

**7** Kick Someone Out or Put Them on Hold 

During the call, go to the participants pane on the right. Hover over the name of the person you want to boot and when options appear, choose Remove.

**8** Disable Someone's Camera 

If someone is being rude or inappropriate on video, the host can open the Participants panel and click on the video camera icon next to the person's name.

**9** Prevent Animated GIFs and Other Files in the Chat 

In the chat area of a Zoom meeting, participants can share files, including images and animated GIFs—if you let them.

**10** Disable Private Chat 

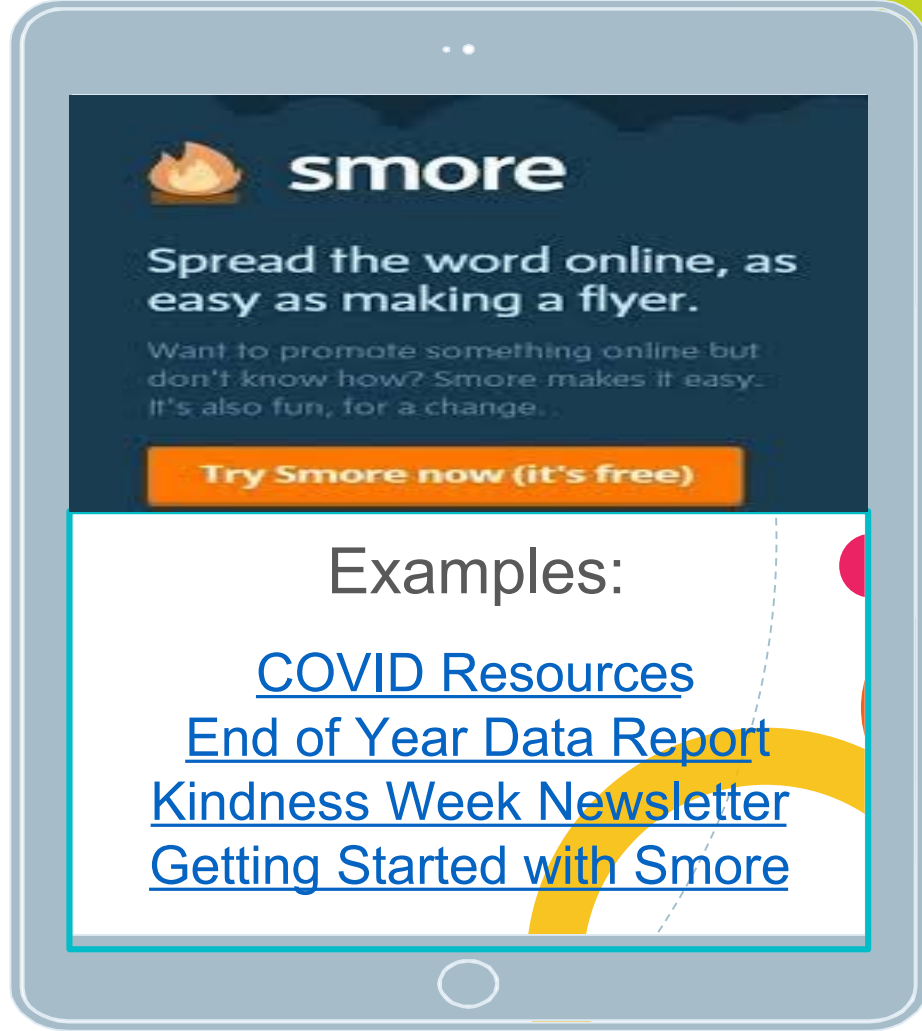
Open Settings in the Zoom web app (it's not in the desktop app). On the left side, go to Personal > Settings. Then click In Meeting (Basic). Scroll until you see Private chat. When the button is gray, it's disabled.

### 3. Communicate!

**\*\*Communicate all that you do as a counselor!  
We must ADVOCATE  
for our profession!\*\***

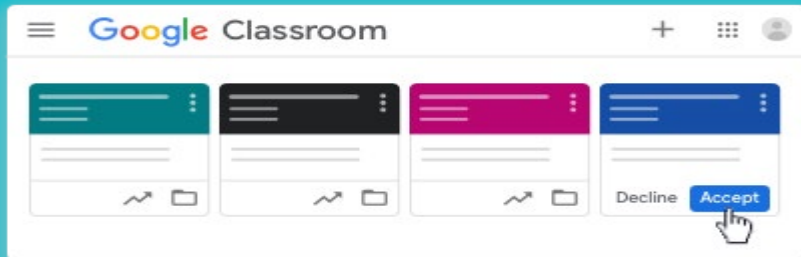
Easy to design beautiful and effective online flyers and newsletters

Use to advertise counseling department and use of data!



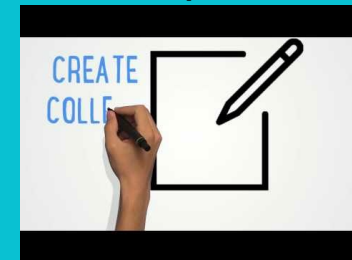
# Google Classroom

Google Classroom is a free web service developed by Google for schools that aims to simplify creating, distributing and grading assignments in a paperless way. School Counselors can use this for Career Cluster lessons and to disseminate information.



How to get started with Google Classroom?

Example:

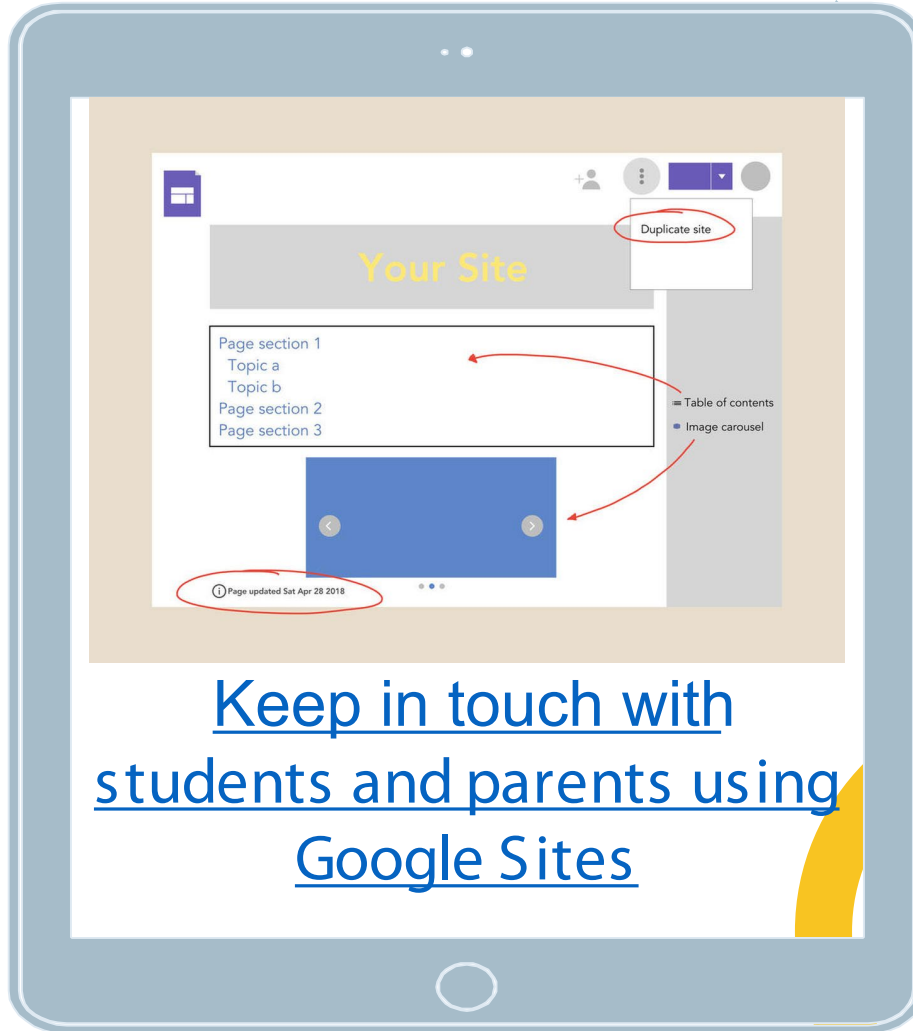


3.

Communication  
continued!



Google  
Sites












Keep in touch with  
students and parents using  
Google Sites



# 4. Social emotional learning activities

## MINDFULNESS CHOICE BOARD

<b>FLOWER BREATH</b>  Imagine that there is a beautiful flower in front of you. Look at all of the vibrant colors. Imagine how sweet the flower smells. Take a deep sniff of the flower. Let the air out of your mouth.	<b>BALLOON BREATH</b>  Take a deep breath in and exhale through your mouth as if you are blowing up a balloon. Start to spread your hands out as if you are holding up the balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Repeat your hands to the sky as you let the balloon go.	<b>CUPCAKE BREATH</b>  It's your birthday! What type of icing and sprinkles would you like on your cupcake? Before you can take a bite, you will need to gently blow out the candle. Think of a positive wish. Breathe in through your nose and slowly breathe out. Blow out the candle and make your wish.
<b>OCEAN WAVES</b>  Imagine that you are sitting on the sand on the beach. As you sit in peace, you watch the waves gently rise and fall. With each rising wave, breathe in the fresh salt air through your nose. With each falling wave, breathe out through your mouth.	<b>RAINBOW BREATH</b>  Imagine a beautiful vibrant rainbow. Breathe in gently through your nose and out through your mouth, imagining the color red. Breathe in again through your nose and out through your mouth, imagining the color orange. Repeat this process for every color of the rainbow.	<b>STAR BREATH</b>  Take a peaceful breath in through your nose as you trace your finger along one side of the star. Hold your breath briefly at a point and release as you glide your finger along the opposite side. Repeat this process until you have traced the entire star.
<b>BUZZING BUG BREATH</b>  You are a buzzing bug! Spread your arms out like wings. Breathe in as you lift your arms up into the air. Hold for a brief moment. Let your arms gently fall down like flapping wings as you breathe out. Oh the out breath-buzz for as long as you can.	<b>BEAR BREATH</b>  Imagine that you are a sleeping bear hibernating for winter. You are warm, cozy, and at peace. Take a deep breath in like a snoring bear. Release that breath out as you imagine your self hibernating in your safe cave with your family.	<b>HEART BREATH</b>  Place your hands over your heart and close your eyes. Think of a happy place and imagine that you are there. Feel your chest rise and fall with each inhale and exhale. Find your peace.

MINDFUL COUNSELOR

Resources given by SE Teacher

## social emotional

ACTIVITY OF THE WEEK

K - 2

<https://bit.ly/2QA2r>  
dB

3 - 5

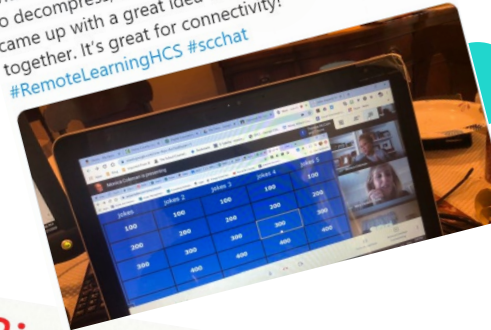
<https://bit.ly/2wmrgm>  
K

SEL Daily Check-In



Nichol Shelton Webb  
@counselorPCE

Thank you @LearnInHenry for "stopping by" Kicking It With The Counselors at the end of the day. In an effort to decompress, my co counselor (not on Twitter) came up with a great idea to tell jokes and play games together. It's great for connectivity!  
#RemoteLearningHCS #scchat



## Bingo Challenge 2020

Write down 3 goals of things you would like to accomplish over the next couple weeks	Teach a family member about deep breathing	Help a family member out around the house	Draw/Color a picture	Move your body (exercise, dance, yoga)
Take a day off from social media	Read an article/book for fun	Write your own acrostic poem using your own name	Write down five positive words to describe yourself	Participate in a mindfulness activity
Play a board/card game with someone	Learn to say "thank you" in a different language.	<b>FREE SPACE</b>	Organize your school materials	List five ways you can cope with stressful situations
Take a selfie of you distance learning!	Cook or bake a healthy recipe (with parent/guardian permission)	Email a teacher thanking them for something specific that you like about them or their class	Listen to music	Facetime/Call a friend
Text a friend telling them you are thinking of them	Write a Thank You card to someone	Do a random act of kindness	Watch a movie	Write down five things you are grateful for

## 4. More Resources



ASCA Virtual Toolkits:  
[COVID Resources](#)  
[Elementary](#)  
[COVID updates](#)  
[Crisis Planning](#)  
[College Planning](#)



## 5. Ethical Dilemmas

- Follow [ASCA Code of Ethics](#) and Code of Ethics (for your state)
- ASCA Webinar on Ethical Issues ([Part 1](#) and [2](#))
- Follow County DFCS procedures
- Follow Suicide Protocol for your county
- Be mindful of Social Media
- **Consult!**
- **If you cannot find a colleague, look to your counseling organizations and social media.**



## 5a: Growing Your PLN: How Are You Connecting With Others In Your Profession?

 ASCA

GSCA



### Facebook Online Professional Exchanges:

- Elementary School Counselor Exchange
- Caught In The Middle
- High School Counselors Network
- Professional School Counselors of Color
- State School Counselor Association

### Twitter Chats for School Counselors

#scchat First Wednesday of Every Month 8:30 p.m. EST

#mscchat Third Wednesday of Every Month 8:30 p.m. EST

#escchat Second and Fourth Thursday of Every Month 8:00 p.m. EST

#hscchat First Thursday of Every Month 8:00 p.m. EST

Twitter.

[@CounselorPCE](#)



# 5b. Self Care

Intellectual

Physical

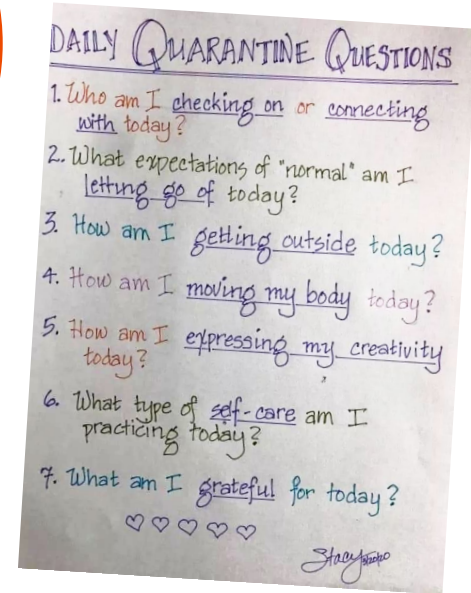
Spiritual

Emotional

Social

Self care is not a luxury!!!!

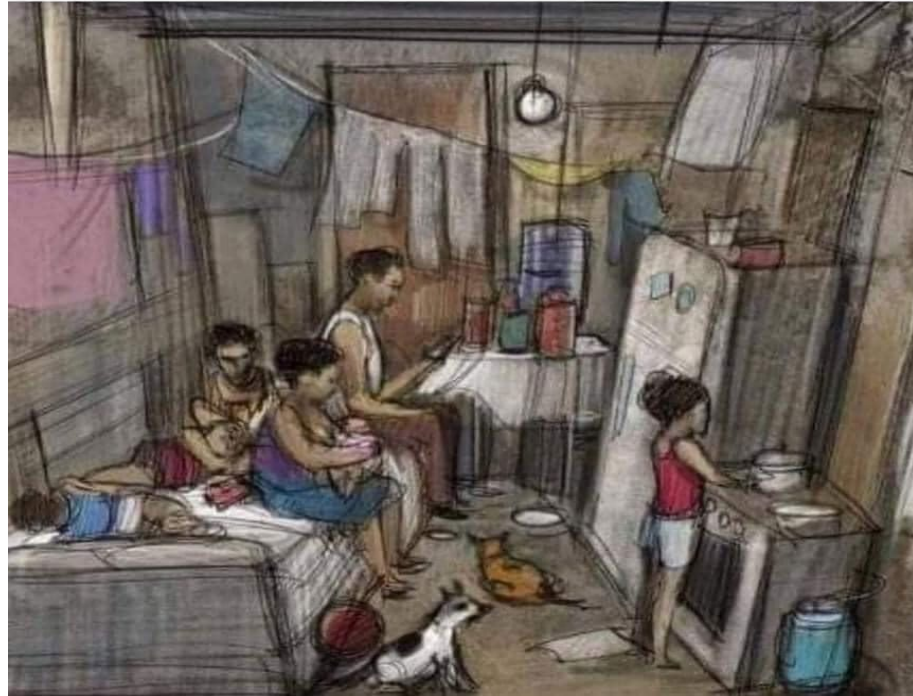
You have to take care of yourself before you can help others.



# Equity concerns

## One more...

"Work from home and submit your assignments online"  
Home:



# Blogs to Follow

[Confident Counselors](#)

[Counselor Keri](#)

[Link for Counselors](#)

[The Middle School Counselor](#)

[Counselor Up](#)

[For High School Counselors](#)

[The Extraordinary School Counselor](#)

[School Counselor Space](#)

[School Counselor Blog](#)

[School Counselor Traci](#)

[Counselor Clique](#)

[SchoolCounselor.com](#)

[Edukate and Inspire](#)

[The Counseling Geek](#)

[Savvy School Counselor](#)

[The Helpful Counselor](#)

[The Connecting Counselor](#)



THANKS!



**Nicohl Shelton Webb**

[nwebb@henry.k12.ga.us](mailto:nwebb@henry.k12.ga.us)

[www.twitter.com/CounselorPCE](https://www.twitter.com/CounselorPCE)

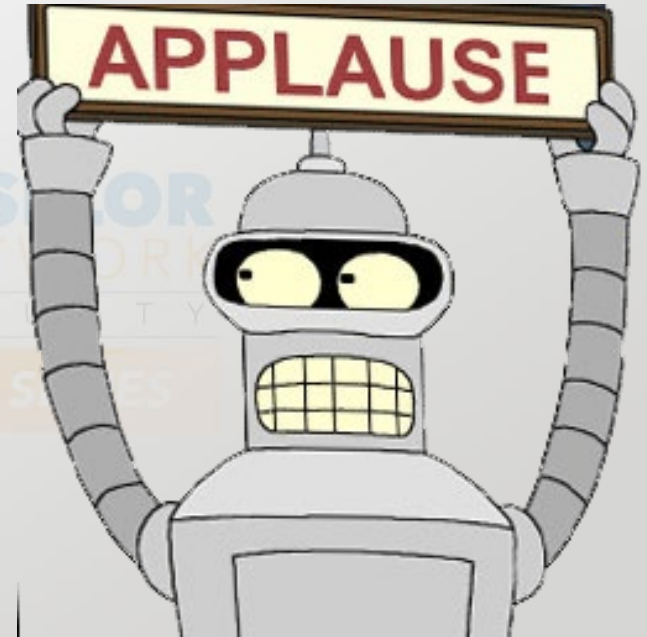
[www.instagram.com/techlovingsschoolcounselor](https://www.instagram.com/techlovingsschoolcounselor)





Round of Applause for our Presenter!!

**Nicohl Webb**







## We are here to support you!

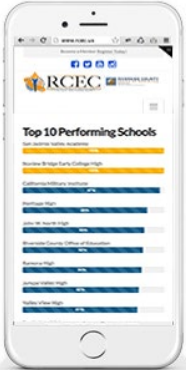
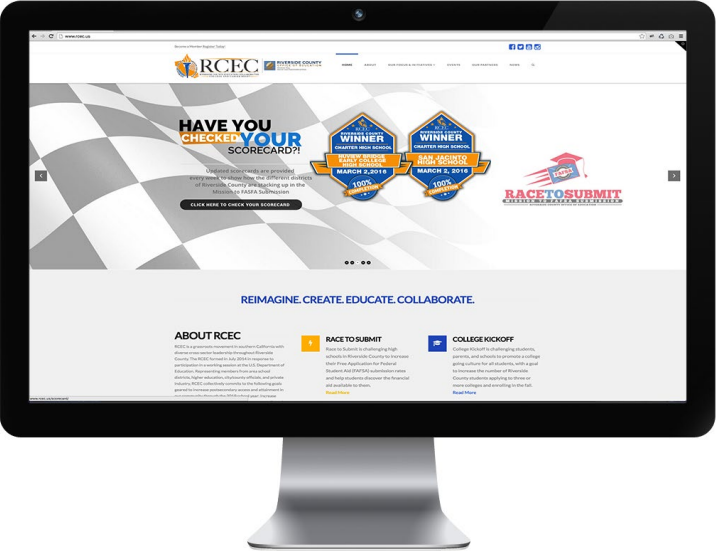
**Please reach out to College and Career Readiness with any needs at your school site, professional development topics, or general questions at:**

Catalina Cifuentes [ccifuentes@rcoe.us](mailto:ccifuentes@rcoe.us)

Dr. Pedro Caro [pcaro@rcoe.us](mailto:pcaro@rcoe.us)

# FOR MORE INFORMATION AND RESOURCES PLEASE VISIT US @

[www.rcec.us](http://www.rcec.us)





thank you!