

# COUNSELOR CORNER

During Covid-19

*We miss you all! We hope you are well and continuing to find a sense of calm as we settle into this new routine.*

Counselors are available via email and google hangout - just reach out!

Our hours: Mon, Tues, Thurs 8:00am-3:00pm, Wed, 8:00am-12:30pm, Friday 8:00am-2:30pm

We are updating our resources available to you via our [website](#) and on the [Naviance](#) platform. We are also utilizing Remind and Twitter.

## **Website Resources to Highlight:**

Homepage: [General Covid-19 Resources](#) for you and your parents

Lefthand side under '[Distance Learning Resources](#)'

- Parent Resources
- Time Management
- Stress Management
- *Updated topics weekly*

**Social Groups:** Every Tuesday at 1pm there will be a google hangout group discussion. Sign up on Naviance under 'What's New.' *Want a specific topic discussed, let us know!*

**Alumni Video Chats:** Sign up on Naviance, like normal under 'What's New,' and we will invite you to the google hangout.

**Motivation Monday:** Look for positive quotes on Twitter to start the week off!

**Wellness Wednesday:** 12:15pm Google Hangout for weekly Mindfulness Meditation. Sign up on Naviance under 'What's New'

## **Updates on College Admissions:**

<https://www.nacacnet.org/news--publications/newsroom/college-admission-status-coronavirus/>

**Updates on SAT/ACT/ AP Testing**, including free prep:

<https://pages.collegeboard.org/natural-disasters>

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<https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>  
<https://www.act.org/content/act/en/covid-19.html>  
[http://leadershipblog.act.org/2020/03/act-offers-digital-learning-resources-covid19.html?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+ActNewsroomBlog+%28ACT+Newsroom+%26+Blog%29](http://leadershipblog.act.org/2020/03/act-offers-digital-learning-resources-covid19.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+ActNewsroomBlog+%28ACT+Newsroom+%26+Blog%29)

## Miscellaneous:

[The New York Times](#) is offering writing prompts, interactive discussions, documentaries and contests (updated every weekday)

Now is a great time to check out [Google Expeditions](#), where you'll find virtual field trips and AR experiences.

Learn how to journal with [Mayo Clinic's Gratitude Challenge](#)

Tour college campuses [here](#) and [here](#)

[Everfi](#) is offering free digital lessons for remote learning & don't forget about MOOCS courses!

