

Counselor Corner – December 2020

The November Counselor Lesson focused on disappointments and expectations regarding COVID-19. The lesson explored disappointment and how it is connected to expectations. A great article with ideas for teens is: <https://kcls.org/blogs/post/how-teens-can-help-during-covid-19/>
This article has a list of things teens can do to help during COVID-19 including assisting medical research by playing a game to solve COVID-19 protein puzzles.

Interested in FREE, tutoring assistance?

The Johnston Public Library has purchased access to Brainfuse as a resource. Students can get live virtual tutoring help for free between the hours of 2 pm – 11 pm everyday. They also have an option to choose a Spanish speaking tutor. This is a free resource and users don't need to create an account (unless they want to track their usage/progress) or even have a library card. They just need the link! The site also has some additional resources besides the live tutoring. https://www.brainfuse.com/highed/helpNow.asp?a_id=2BFF7252&ss=&r=

ParentTeen Connect is a free support/information resource for families through the non-profit Committee for Children. ParentTeen Connect seeks to normalize the challenges that come with raising teens and offers research based, expert advice on real-life issues.
<https://www.parentteenconnect.org>

Please Pass the Love is offering free teen self-care workshops for middle and high school students. These are open to any student, anywhere in the country. Workshops are fun and interactive. Participants will learn about the basics of mental health and do self-care activities they can incorporate into their daily lives. Click here to register:
https://www.pleasepassthelove.org/teen-self-care-workshops?blm_aid=15462