

School Counseling Considerations for AMI

(Adapted from the American School Counselor Association)

Due to the concerns of COVID-19 and the move from in-school to out-of-school education, plans should be developed to ensure we check-in with our students regularly. In providing email, phone, text, or virtual school counseling services, the school counselor will need to be aware of district protocols, and any legal and ethical concerns.

The American School Counselor Association (ASCA) Ethical Standards for School Counselors gives guidelines and best practices for working online or in a distance learning environment.

(<https://www.schoolcounselor.org/asca/media/asca/Ethics/EthicalStandards2016.pdf>).

In providing electronic school counseling, there are a few things to consider:

- Work with your administration to develop a plan, norms, and boundaries on how students and families can reach the school counselor through phone, email, or online platform. It is recommended that you do not use your personal phones or email.
- Be sure that you follow all school and district policies if using an online platform.
- Make phone calls, emails, etc. to students and parents to check on safety and social/emotional concerns.
- Be aware of confidentiality limits when providing virtual school counseling. If in doubt, communicate with parents for permission to check-in with their children.
- Be conscious of, and look for, ways to minimize any potential misunderstandings that can occur due to the lack of verbal and non-verbal cues. Consider listing emergency and after-hours resources on your website for students and families.
- Remember this is a stressful time for many students and parents, so be vigilant about the well-being of your students and contact the Child Maltreatment Hotline if you have a concern. Hotline Number: 1-800-482-5964.
- Connect students and families with crisis resources in your area.
- If lessons are provided, ensure that they address academic, career, and social/emotional needs.
- Stay in communication with other school personnel.

Best Uses for Online School Counseling

- One-on-one counseling and check-ins
- Workshops and mini courses

Use of Apps and Tools to Support Students

- Time management
- Mindfulness breathing and social/emotional supports
- College and Career Readiness

Resources for School Counselors

<p>American School Counselor Association (ASCA) - Planning for Virtual/Distance School Counseling During an Emergency Shutdown https://www.schoolcounselor.org/asca/media/asca/home/EmergencyShutdown.pdf</p>	<p>ASCA - Ethical Considerations: School Counseling in a Virtual Setting (Part 1) https://videos.schoolcounselor.org/ethics-virtual-school-counseling</p>
<p>ASCA - School Counseling Association FAQs: Virtual School Counseling Ethics https://www.schoolcounselor.org/school-counselors/legal-ethical/faqs-virtual-school-counseling-ethics</p>	<p>ASCA - Ethical Considerations: School Counseling in a Virtual Setting (Part 2) https://videos.schoolcounselor.org/ethical-considerations-school-counseling-in-a-virtual-setting-part-2</p>
<p>ASCA - School Counseling in an Online World https://videos.schoolcounselor.org/school-counseling-in-an-online-world</p>	<p>The School Counselor and Virtual School Counseling (ASCA Position Statement) https://www.schoolcounselor.org/asca/media/asca/PositionStatements/PS_Virtual.pdf</p>
<p>Collaborative for Academic, Social, and Emotional Learning (CASEL) - SEL Resources During COVID19 https://casel.org/resources-support/</p>	<p>DESE - Guidance and School Counseling website http://dese.ade.arkansas.gov/divisions/learning-services/guidance-and-school-counseling</p>
<p>DESE - Covid19 Information http://dese.ade.arkansas.gov/divisions/communications/covid-19-information</p>	

Questions?

Please don't hesitate to reach out to Guidance and School Counseling at, 501-371-2696, or Suzanne.knowles@arkansas.gov.