

Virginia School Counselor WELCOME BACK PACKET



"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own."

- Michelle Obama

RESOURCE LIBRARIES:

- [Resources for Virginia School Counselors](#): Each resource is a hand selected "gem."
- [Social Emotional Learning Resources](#): Resources to support the release of [Virginia Guidance SEL Standards](#).

QUICK GUIDES FOR REDESIGNING COMPREHENSIVE SCHOOL COUNSELING PROGRAMS:

- [Part One: Assess Need and Create Collaborative Partnerships](#)
- [Part Two: Create a Plan and Communicate with Stakeholders](#)
- [Part Three: Ethical and Safety Considerations](#)

Helpful VDOE Webpages:

- [Social Emotional Learning \(SEL\) Guidance Standards](#)
- [Gender Diversity](#)
- [Suicide Prevention](#)
- [Graduation Requirements](#)
- [Virginia's Career and Learning Center for School Mental Health Professionals](#)

Affirmations

FOR SCHOOL COUNSELORS

- I don't have to have it all figured out to move forward.
- The best I can do is my best.
- How human of me to feel nervous about trying something new.
- I will give myself the same grace I give others.
- I may not be able to control this situation, but I have control over my attitude.
- I will make mistakes and that is okay.
- This is only temporary.
- I can do difficult things.
- What I do matters.

"It is far better to do a few things well than to undertake many good works and leave them half undone."

CHARLES PRESCOTT





BEFORE YOU ACT ASK...

What data informs me that this is
needed?

Do I have the capacity to do this well?

