

NCDPI School Counseling Updates



Specialized Instructional Support
&
North Carolina Healthy Schools

Contact information can be found on the last page of this newsletter.

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"Fake it 'til you make it" and Other Ways to Promote the Positive Effects of Gratitude

November typically brings with it a more conscious effort to think of the things for which we are thankful. The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). With gratitude, we acknowledge the goodness in our lives.

Living through a pandemic can distract us from gratefulness. However, finding things for which to be thankful during difficult times can be even more important than during better times.

[Research](#) has found that gratitude can have positive impacts on our overall wellbeing. As reported in [Psychology Today](#), gratitude even changes our brains, by stimulating the hypothalamus, which regulates stress, and the ventral tegmental area, which plays a significant role in the brain's reward system that produces feelings of pleasure. Researchers even found that smiling whether you felt like it or not had the same effect on brain activity. You can convince your brain and body that you're happy even just by forcing yourself to smile. Either way, it prompts one's brain into processing positive emotions. So, basically, "fake it 'til you make it" works.

Harvard Health's [Giving thanks can make you happier](#) shares the follow-

ing ideas for helping us cultivate gratitude ([view the article for more details](#)):

- Write a thank-you note.
- Thank someone mentally.
- Keep a gratitude journal.
- Count your blessings.
- Pray (*as appropriate to your beliefs*).
- Meditate.

Many resources share ideas for teaching students gratitude ([Google it!](#)) such as Imagine Learning's [11 Classroom Activities to Teach Students Gratitude](#) (by Sherri Walker; see [article](#) for more details).

1. Alphabet Gratitude—Have your students write out each letter of the alphabet and try to come up with at least one item they are grateful for under each letter.
2. Gratitude Journal—Have your students create a journal from stapled paper or a blank notebook for a gratitude journal. Take five minutes every day to have your students write down 3–5 specific things for which they are grateful for.
3. Gratitude Collage—Using old magazines and newspapers, have students cut out and glue pictures of items they are grateful for on a piece of cardstock. If doing virtually, they can copy and paste im-

ages from websites to a doc. Plan a way for them to share.

4. Classroom Gratitude Jar—Have students write down something specific they are grateful for on a strip of paper and put it in the Gratitude Jar. Numerous virtual platforms can be used to create a virtual gratitude jar or board. Plan a time to share.
5. Circle of Gratitude—Have students sit in a circle and go around the circle allowing each student the opportunity to say something they are grateful for. In a virtual setting, you could call on students who are online in your group.
6. Gratitude Paper Chain—Have each student write what they're thankful for on a strip of colorful construction paper. Connect the strips of paper to create a classroom gratitude paper chain and hang the chain up in your classroom as a visual symbol of everything for which your students are grateful.
7. Random Acts of Kindness—Discuss what random acts of kindness are and give your students ideas on what types of things they can do that are random acts of kindness. Think of ways you can make this visual.

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If this newsletter was forwarded to you and you would like to receive it directly, go to the NCDPI School Counseling Google Site at <http://bit.ly/NCDPISC> for instructions on signing up for the listserv.

“Fake it ‘til you make it” ...Promoting the Positive Effects of Gratitude continued

8. Gratitude Artwork—Have students create art representing things for which they are grateful.
9. Gratitude Photos—Take a picture of each child holding their gratitude artwork and send it to parents/guardians as a gift.
10. Books About Gratitude—Share reading activities with students that relate to gratitude.
11. Host a Gratitude Party—for now, this may need to be done virtually— Invite parents, grandparents, siblings, or other family members to join your class for a “Gratitude Party” in which students share some of the ways that they’ve shown gratitude with the class.

Despite the setbacks and challenges

of COVID-19, it has presented us with a strange lens through which to find things for which we can feel grateful. The following are a few that people have shared:

- More time with family and pets
- More time to walk in my neighborhood
- Recognizing the many helpers in our world
- Not having to commute
- Online learning (yep, some people love it)
- Technology (imagine if this had happened 10-15 years ago)
- Supportive friends and family
- All educators! School counselors, social workers, nurses, psychologists, teachers, administrators, cafeteria workers, bus drivers—

all educators

Being grateful doesn’t mean ignoring things that are not going well. It means being deliberate in recognizing and appreciating what is good around us.

On behalf of NCDPI, I’d like to reiterate how incredibly grateful we are for you every day of the year. Your dedication to the wellbeing of the students and families of North Carolina is amazing and inspires us to continue to do our utmost to support you and advocate for you. Without you, student growth and success is not possible.

*Thank you for all you do!
Cynthia Floyd, NCDPI Consultant for School Counseling*

Opportunity to Support Research Related to School Counseling and Mental Health

The University of North Carolina at Chapel Hill, is inviting school counselors to participate via survey in a study about school supports and services for students previously hospitalized for suicidal thoughts and behaviors during distance learning due to COVID-19. The confidential survey is open to school professionals working in North Carolina middle or high schools with experience supporting students with mental health concerns. The survey is estimated to take approximately 30-45 minutes to complete. The first 125 participants will receive a \$30 gift card after completing the survey. [Click here](#) to participate in this survey and support this research. You are also welcomed to share with your student services colleagues. Contact Dr. Marisa Marraccini, School of Education, (919) 590-0811 with questions.

New North Carolina School–Based Mental Health Policy

On November 5, 2020, the North Carolina State Board of Education (SBE) adopted School-Based Mental Health [Policy SHLT-003](#) in alignment with [Session Law 2020-7/Senate Bill 476](#). This policy seeks to strengthen a continuum of mental and social-emotional health supports and services for students.

The primary features of the legislation and policy are to require the following prevention, early intervention, referral, treatment and reentry plans of K-12 public school units (PSUs) by July 1, 2021:

- Universal promotion of mental and social-emotional wellness and pre-

vention through core instruction, curriculum, and environment

- Staff mental health training program and a suicide risk referral protocol
- Early intervention for mental and social-emotional health as part of the PSU’s intervention system
- Referral, treatment, and re-entry process

It also requires that PSUs report their annual plans for this to DPI by September 15 of each year. Additionally, DPI is required to work with other relevant State departments and stakeholders to develop a model mental health training program for K-

12 PSUs that is provided to school personnel who work with students in grades K-12 and address the following topics:

- Youth mental health
- Suicide prevention
- Substance abuse
- Teenage dating violence, and in accordance with SL 2019-245,
- Child sexual abuse prevention
- Sex trafficking prevention

Now that this policy has been approved, DPI staff will proceed to collaborate to develop resources and options to support PSUs in the implantation of this policy and legislation.

from myFutureNC: Supporting Native Indigenous American Students

In honor of Native American Heritage Month, we'd like to lift up the vital role indigenous Americans continue to play in the development of our local communities, the state of North Carolina and the nation. North Carolina has eight recognized Native American tribes and the largest Indigenous population [east of the Mississippi River](#), according to the Tar Heel Junior Historian Association. The tribes include [Eastern Band of Cherokee](#), [Coharie](#), [Haliwa-Saponi](#), [Lumbee](#), [Me-](#)

[herrin](#), [Occaneechi Band of the Saponi Nation](#), [Sappony](#) and the [Waccamaw Siouan](#).

The following are some Resources to help foster understanding and support for our Indigenous students:

- [Native American Students Fact Sheet](#)
- [100 Ways to Support – Not Appropriate from – Native People](#)
- [Let's not forget about Native American Students When Speak-](#)

[ing Up For Underserved Students of Color](#)

- Financial Aid: [For Native American Students](#)
- [American Indian College Fund](#) and their [Native Pathways Guide-book](#) for students regarding the college-going process
- Indian Health Services: [Scholarship Fund](#)

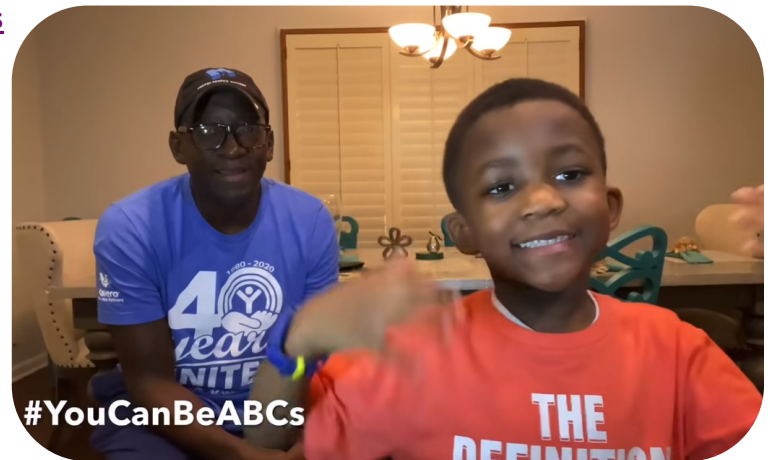
North Carolina American Indian Education Supports

North Carolina's State Advisory Council on Indian Education works to create a system that engages state policy leaders, public school personnel, parents, tribal leaders and communities in providing educational experiences and cultural opportunities that promote high expectations and accountability for the academic achievement of American Indian students, thus preparing students for success in a globally competitive environment. For more information and related resources, visit the [NCDPI American Indian Education web pages](#).

Check out 6-year-old [Sam](#) as he raps about careers A through Z [#YouCanBeABCs](#)

myFutureNC shared the following idea that can be done as an individual activity with any grade level or paired with viewing Sam's video:

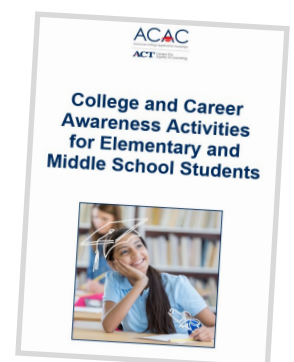
Assign each letter to a student then use the Explore Careers link on [NCCareers.org](#), have students research what the job is, what education is required to pursue a career in that field, and identify the colleges/universities within North Carolina that offer the major.



College and Career Awareness Activities for Elementary and Middle School

Preparing children for career and college readiness is ongoing from early childhood. However, it's sometimes more difficult to find good career and college readiness materials for elementary and middle school students. [ACT's Center for Equity in Learning and the American College Application Campaign \(ACAC\)](#) recognized this need and responded with the [College and Career Awareness Activities for Elementary and Middle School Students](#). This document includes activities and lessons for pre-kindergarten, kindergarten, elementary and middle school students and how each aligns with ASCA's Mindsets and Behaviors.

Another helpful resource is the ASCA article [Operation Occupation: A College and Career Readiness Intervention for Elementary Students](#) and ASCA's [Middle School Career Conversations](#) tool (note this link will likely download rather than open a window), both part of the numerous resources included in the [ASCA U Pre-K—12 Career Development Specialist](#) training.



FYI'S

Happy Career Development Coordinator Day to our CDC Colleagues!!!

November 18

is NC Career Development Coordinator Day! This is a great opportunity to celebrate partnerships of school counselors and CDCs to foster student career and college readiness.

HOPE 4 NC HELPLINE
1-855-587-3463



- Hope4NC Helpline free mental health and resilience supports available to everyone in North Carolina
- Hope4Healers is the same type of service, but specifically only for those working in health care, childcare and education.



NORTH CAROLINA
Educators & School Staff

Do you or your family members need **FREE** emotional support from being on the COVID-19 frontlines?

Feeling stressed?
Want to talk?

NORTH CAROLINA HELPLINE
FREE & CONFIDENTIAL
HOPE 4 HEALERS
(919) 226-2002

In partnership with the NC Department of Health and Human Services and the North Carolina Psychological Foundation

NC Department of Health and Human Services • 10010100 • NC 2020 • An equal opportunity employer and provider • 10/2020

55th Annual Poetry & Art Contest in celebration of National Career Development Month



Every adult and student enrolled in public, private, and parochial schools, and colleges, plus adults not enrolled, are eligible to participate in the Career Development Annual Poetry and Art Contest. Local winning entries in poetry, original art, and mixed media art are sent to the State Contest, hosted by the [North Carolina Career Development Association](#). State winners move on to the National Contest. This year's theme is **"My Future Career - Imagine the Possibilities."** Click on the image for more information. **State Submission Deadline is January 25, 2021**

For questions, contact Kelsey Hines at khines1123@gmail.com or Morgan Ray at mbray@waketech.edu.

National Award for School Counselor Leadership in College and Career Readiness

The [National Postsecondary Strategy Institute](#) (NPSI), in partnership with Reach Higher, has launched the [Power of Hope Awards](#) to recognize school districts that engage school counselors in leadership roles to effectively improve student college and career success outcomes. Districts and their counselors will be recognized at the Annual NPSI National Conference (Virtual) March 1–5, 2021.

Applications deadline is December 15, 2020

Potential applicants can [click here](#) to register to participate in an informational webinar at 1:00 PM (12:00 CST) on November 19 or view a previously recorded informational webinar [here](#). FAQs can be found [here](#). If you have questions, contact Amanda Mitchell, NPSI Operations Manager, at amandam@npsi.org or (224) 288-9934.

Wish you had some short videos to promote FAFSA completion in our virtual world!

You do! Check out the [CFNC FAFSA Assistance page](#) for everything from FAFSA Overview and How to Fill Out the FAFSA videos to FAFSA and FSA ID Tips for Parents and more. Many include Spanish captions. There are also interactive tools to help seek personal assistance with completing the FAFSA.

The FAFSA is the gateway to financial aid for all students, regardless of whether they are attending a 2-year community college or a 4-year university. High school seniors who complete the FAFSA are 84% more likely to immediately enroll in postsecondary education. So, regardless of whether a student wants to attend community college briefly for a credential, certification or associate's degree or they want to go on to four-year college and beyond, completing the FAFSA helps make it possible.

Professional Development Opportunities

Note that questions should be directed to the contacts at the links provided as many of these professional development activities listed below are not organized by the NCDPI school counseling consultant.



Did you think you missed the 2020 NC School Counselor Association Conference?

It's not too late to participate in the 2020 NCSCA Conference. Because the conference was virtual/online this year, sessions are recorded and available through December 31. You can still register to 'attend' the conference. Visit www.ncschoolcounselor.org for more information.

ASCA Popup Webinar: Legal/Ethical Implications of the Hatch Amendment—November 17, 2020, 11:00 AM

The Protection of Pupil Rights Amendment (PPRA), aka Hatch Amendment, governs the administration of surveys, assessments and evaluations given by a state or local education agency (LEA) that receives federal funding and specifically addresses eight protected areas. In this session, school counselors can learn about how this potentially impacts needs assessment and survey questions that fall into protected areas and when active consent is needed.

NCCC "Raising the Awareness of Career Pathways" Monthly Webinar -November 18, 9:00 AM

This month's webinar will explore careers in North Carolina through an introduction to the new NCcareers.org website. Speakers from the NC Department of Commerce who led the effort to create this website will share the site features that school personnel can use for guidance and exploration. (Future Career Pathways sessions can be found [here](#).)

Building a Countywide School Counseling Collaborative —November 18, 2020, 1:00–2:00pm EST

Join Dr. Trish Hatch and Whitney Triplett of Hatching Results as they share the strategies they used in partnering with Elkhart County, Indiana, to develop systems and structures for aligning comprehensive school counseling programs across districts to benefit students and school outcomes.

December NCDPI-Hosted Webinars for School Counselors—Links in titles below are now active to register

⇒ **Tools to Support FAFSA Completion —December 1, 2020, 3:00—4:00**

FAFSA completion is a critical step in the college-going process for North Carolina's students. Webinar attendees will learn effective practices to using two new FAFSA resources, myFutureNC's First in FAFSA Tracker and Challenge, along with CFNC's Finish the FAFSA tool to support FAFSA completion in your school and community. The Tracker will allow visitors to see at the school, district, and county levels progress on senior FAFSA completion and the Challenge, which will run January through June 2021, will recognize and celebrate local FAFSA growth monthly. This webinar will also include interactive opportunities for attendees to share and learn effective practices to support students and families through FAFSA completion in remote and social distanced environments.

- With Cris Charbonneau, Director of Advocacy and Engagement, and Melissa Caperton, Director of Regional Impact, myFutureNC; Toni Blount, District College Advising and Scholarships Coordinator, Craven County Schools; Kathryn Marker, Ph.D., Director of Grants, Training and Outreach, NC State Education Assistance Authority; and Rebecca Tippet, Ph.D., Director of Carolina Demography, Carolina Population Center, UNC Chapel Hill

⇒ **Supporting the Children of Incarcerated Parents—December 9, 2020, 3:00—4:00**

Did you know that over 21,000 children in North Carolina have an incarcerated parent or caregiver? How do you as a school counselor or other educator support students who are impacted by family incarceration? Join us for this webinar in which the director of Our Children's Place will share vital information about children of incarcerated and returning parents and strategies we can use to create a community where they are acknowledged, supported, and encouraged to share their stories, overcome challenges and thrive. Our Children's Place is a statewide program committed to the children of incarcerated and returning parents that strives to be the leading North Carolina advocate and educational resource focused on fostering statewide response to ensure the wellbeing of these children.

- With Melissa Radcliff, Program Director, Our Children's Place of Coastal Horizons Center, Inc.

If you missed any of the **NCDPI Integrating Social Emotional Learning (SEL) Across the Curriculum** webinars, you can find the recordings and handouts on the NCDPI School Counseling Google Site [Archived Webinars and Trainings web page](#). You can find the NC SEL Standards Mapping Document with links to all content area crosswalks between NC Standard Course of Study and SEL Core competencies at bit.ly/SELinNCSCOS.

If you have an item that you would like to share, please email the information to cynthia.floyd@dpi.nc.gov. Submissions should include the name and brief description of the opportunity with either a link or contact information for interested parties to obtain additional information. We are unable to include flyers, attachments, or for-profit information. The submission should be limited to 100 words or less. Items received after the monthly newsletter has been distributed will not be sent via a separate email on the listserv. NCDPI reserves the right to not include submissions deemed inappropriate for this newsletter.

Resources

NC State Board of Education

<http://stateboard.ncpublicschools.gov/>

NC Department of Public Instruction (NCDPI)

<https://www.dpi.nc.gov/>

NCDPI School Counseling Web Pages

<https://www.dpi.nc.gov/educators/specialized-instructional-support/school-counseling>

NCDPI School Counseling Google Site

<http://bit.ly/NCDPISC>

NCDPI School Counseling Facebook Page

<https://www.facebook.com/ncdpi.schoolcounseling>

NCDPI School Counselor Evaluation Documents

<https://sites.google.com/dpi.nc.gov/ncees-information-and-resource/support-staff/school-counselor?>

NCDPI Guidance Essential Standards (NC SCOS)

<https://www.dpi.nc.gov/districts-schools/classroom-resources/k-12-standards-curriculum-and-instruction/>

NCDPI SEL and Crisis Response Practice Guide

<https://sites.google.com/dpi.nc.gov/ncdpiselremotelearning/>

NC Graduation Requirements

<https://www.dpi.nc.gov/districts-schools/high-school-graduation-requirements>

NC Student Information System (PowerSchool)

<https://www.dpi.nc.gov/educators/home-base/>

NCDPI Online Professional Development

<https://rt3nc.org/>

NC Center for Safer Schools

<https://www.dpi.nc.gov/districts-schools/district-operations/center-safer-schools>

NC Supports Military Children

<https://www.dpi.nc.gov/students-families/student-support/nc-supports-military-children>

College Foundation of NC

<http://www.cfnc.org/>

ACT

<http://www.act.org/>

College Board

<https://www.collegeboard.org/>

See the School Counseling Google Site for COVID-19 Resources

NC School Counselor Association

<http://ncschoolcounselor.org/>

American School Counselor Association

<http://www.schoolcounselor.org/>

NC Counseling Association

<http://nccounselingassociation.org/>

Center for School Counseling Outcome Research and Evaluation

<http://www.umass.edu/schoolcounseling/>

International Society for Policy Research and Evaluation in School-Based Counseling (ISPRES)

<https://qshimuno.wixsite.com/ispresc>

The Journal of School-based Counseling Policy and Evaluation (publication of ISPRES)

<https://scholarworks.wm.edu/jscep/> (articles also available via Google Scholar)

Elementary School Counselor

<http://www.elementaryschoolcounselor.org/>

Middle School Counselor

<http://www.themiddleschoolcounselor.com/>

School Counselor.Com

<http://www.schoolcounselor.com/>

Best in School Counseling: Our Favorite Web Sites

<http://www.ncpublicschools.org/studentsupport/egroup/>

US Department of Education Readiness and Emergency Management for Schools Technical Assistance Center

<https://rem.ed.gov/>

Mental Health Technology Transfer Center Network

<https://mhttcnetwork.org/centers/southeast-mhrtc/>

Aunt Bertha (social services search engine)

<https://www.auntbertha.com/>

Helping Give Away Psychological Science (HGAPS)

https://en.wikiversity.org/wiki/Helping_Give_Away_Psychological_Science

The SHAPE System

<https://www.theshapesystem.com>

NC School Mental Health Initiative

<https://www.livebinders.com/b/2435283#anchor>



Contact Information —

Cynthia J. Floyd, Consultant for School Counseling
NC Department of Public Instruction

6307 Mail Service Center

Raleigh, NC 27699

/e/ Cynthia.Floyd@dpi.nc.gov

Phone 984-236-2820 *New Number as of 6/2020*

Online at —

NCDPI School Counseling Google Site at
<http://bit.ly/NCDPISC>



and



The guiding vision of the North Carolina State Board of Education is Every public school student in North Carolina will be empowered to accept academic challenges, prepared to pursue their chosen path after graduating high school, and encouraged to become lifelong learners with the capacity to engage in a globally-collaborative society.