Hello, Friends! Thanks to those of you who made it to the For Counselors Only Conference. Links to presentations are here. Links to the recorded sessions are here. Remember, if you have something great going on at your school, grab a partner and present it next year at the conference!

As you will recall in the Career Advisor in March, I shared with you the new process for collecting A-F postsecondary opportunities points for your students attending the technology centers. THIS PROCESS CHANGE BEGINS IN THE 2019-20 SCHOOL YEAR! Please do not change the instructional level for courses in the 2018-19 school year. Since I’m sure you or your staff are working in both school years in your student information system, please make sure the changes are for 2019-20. A copy of these instructions is located here. Thank you. As always, if you have questions, please contact me. Tommi

CARL PERKINS GRANT APPLICATIONS ARE NOW OPEN! Both Perkins Basic Grants and Perkins Supplemental Grants are currently accepting applications. Please contact your local Perkins Administrator for grant information and deadlines! More Info

2019 OEIP Ultimate Educator/Industry Connection - The Oklahoma Educators and Industry Partnership offers an outstanding professional development opportunity for Oklahoma teachers and counselors. It is open to fifth-through 12th-grade teachers and counselors. The mission is to create a pipeline for partnerships among educators, counselors, administrators, parents, students, industry leaders, government policymakers and members of the economic development community. There are four sessions this year: Kiamichi Technology Center - McAlester Campus, Metro Technology Center - Springlake Campus, Mid-America Industrial Park/Northeast Technology Center and Northwest Technology Center - Alva Campus. Registration opens April 2. Expenses are paid and a stipend is available.

1.7 Million Students Attend Schools With Police But No Counselors, New Data Show – from EdWeek
An emphasis on hiring school police sometimes takes resources that could be used for other critical positions, like nurses and school counselors, an ACLU analysis says. As a result, "schools are under-resourced and students are overcriminalized."

- 2019 ASCA School Counselor Professional Standards & Competencies
- OPINION: Shocked by the college admissions scandal? School counselors aren't – from The Hechinger Report
- Kids aren't growing up: Shocking new poll says parents are killing kids' life skills – from USA Today
- 5 Characteristics of a Principal Who Supports School Counselors – from Counselor Clique
- Study: Perfect Attendance Certificates Backfire – from Education Week

School Counselors Matter - School counselors are just one part — but an important part — of a system that ensures students have excellent educational experiences – from the Education Trust

- 40+ Games, Mixers, & Ice Breakers That Your Students Will Love – from Counselor Clique
An Experiment in Arts Education That Paid Off – from Education Week

Despite accessibility to arts education steadily declining nationwide since the 1980s, arts-learning experiences can reduce disciplinary infractions, increase students’ compassion for others and engagement, and improve writing skills and college aspirations, according to a new study.

Remember, there has been a change for the graduates of 2023 in the OKArts Graduation Guidance from OSDE. Be sure your administration knows about this. https://sde.ok.gov/sites/default/files/fine-arts-guidance%20%281%29.pdf

- How to Use a Mindfulness Bulletin Board in Your School – from Counselor Clique
- How to Teach Self-Regulation – from Edutopia
- 16 Podcast Recs School Counselors Should Not Miss – from Counselor Clique
- Cyber Bullying continues to be a problem with teens – Here are some statistics – from Link for Counselors
- How Kids Are Using Google Docs to Bully Each Other – from Offspring
- Teaching Students Skills to Reduce Victimization – Tips for School Counselors – from For High School Counselors

Students suffering from anxiety – two resources – from eSchool News
  - 5 Things to Avoid Saying to Students Suffering From Anxiety
  - 5 Things to Say to Students Suffering from Anxiety

Good to share with parents: How to raise successful kids – without over-parenting – from TED

One of our technology centers tried something like this several years ago with great success! Talk with your administration and teachers about… The Power of Being Seen – from Edutopia

- New apps your students are using – from Link for Counselors
- How Colleges Use Kids’ Social Media Feeds – from Common Sense Media and Counselor.com

Helicopter parents don’t stay at home when the kids go to college — they keep hovering - from the Washington Post  It shouldn't have come as a surprise. It has been well-documented that the generation of schoolchildren who went to college in the last decade were raised by “helicopter parents” (who helped their children do everything) and “snowplow parents” (who removed all barriers in front of their children). The question was what would happen when they left their childhood home and went to college.

- Helping Children Challenge Negative Thinking (adaptable for all ages) – from Social Emotional Workshop
- Student Voice Group – from Counselor Up  The group/team includes staff and students who will have conversations about inclusion and acceptance, especially in your building.

And just for you… Dove Patches… Beauty is a state of mind - from schoolcounselor.com

If you have questions or comments, please contact me:

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