

This is a comprehensive list for school counselors to identify their virtual/distance learning program in academic, social/emotional and career development.

COVID-19: The following list of resources was prepared by COCC to support educators who may have virtual students who may have virtual learning with schools are closed due to COVID-19. Member of COCC/SC or your local office does not endorse any of the listed resources, and recommends districts/schools to use resources to ensure they meet alignment of content standards. Determine if they are appropriate and meet COCC's guidelines.

Item	HS	MS	Domain	Special Program	Title & Link of Resource	Description	Fee or FREE
X	X	X	Academic	X	Study Academics	Free instructional videos on many topics	FREE
X	X	X	Academic		Study Skills	Downloadable tools (to check that at home access, students and their families) by invitation	Free by invitation
X	X	X	Academic	LD	Special Education Resources	Articles: Top 12 websites for students with learning disabilities	Free by site
X	X	X	Academic		Can Do This!	Resource for students with learning disabilities online activities for kids to try	FREE
X	X	X	Academic	LD	AdaptiveWorkbooks.com	AdaptiveWorkbooks.com allows parents and teachers to create their own	Some are FREE
X	X	X	Academic	LD	Virtual Support for students in Special Education	Virtual Support for students in Special Education	Free
X	X	X	Academic	X	Study Skills Resources	Study Skills Resources	Free during COVID-19
X	X	X	Academic		Notes Street	Resource for parents/TEs for online learning structure	FREE
X	X	X	Academic		UCCS/MCCJ	Extensive list of resource interventions	FREE
X	X	X	Academic		Test Prep AP SAT ACT Core Subject	Test Prep AP SAT ACT Core Subject	Free during COVID-19
X	X	X	Academic	X	The Independent Public Library	Free Read alouds to 500+ recordings	FREE
X	X	X	Academic	X	Study Skills Toolkit	Resources to create lessons	FREE
X	X	X	Academic	X	Credit Course Study Skills	You tube videos on study skills	FREE
X	X	X	Academic	X	Study Skills Presentation	Resources from school counselor	FREE
X	X	X	Academic	X	Marshall Center for Career Education	Archive of lesson plans in all 3 domains	FREE
X	X	X	Academic	X	Marshall Center for Career Education & Soc. Ed.	Archive of lesson plans	FREE
X	X	X	Career		College Career Videos	College and career videos	FREE
X	X	X	Career	X	Soft Skills Day and Night	Skills ready to go lesson plans	FREE
X	X	X	Career	X	Career Profiles	Career Dictionary	FREE
X	X	X	Career	X	ASCJ	How to get into the Academy/Military	FREE
X	X	X	Career	X	Career Navigation	Help student refine their college search	FREE
X	X	X	Career	X	Career Lessons	Ready to use worksheets and activities	FREE
X	X	X	Career	X	Soft Skills Toolkit	Ready to use worksheets and activities	FREE
X	X	X	Career	X	First Year Grad delivers a unique approach to learning and navigating the	First Year Grad delivers a unique approach to learning and navigating the	FREE
X	X	X	Career	X	MCCJ	Updates on college related matters	FREE
X	X	X	Career	X	Admission Updates (parent)	Admission Updates (parent)	FREE
X	X	X	Career	X	University of California	Virtual campus visits	FREE
X	X	X	Career	X	CA Education	LEI/EOI Scholarships	FREE
X	X	X	Career	X	CA Career Jobs	Career, Apprenticeship, Learning Incentives	FREE
X	X	X	Career	Fourier	Foster Youth Scholarships	Foster Youth Scholarships	FREE
X	X	X	Career	X	FSCJ	International Scholarships	FREE
X	X	X	Career	X	MCCJ	Find scholarships	FREE
X	X	X	Career	X	CA Scholarship Aid Commission	Information for Dreamers	FREE
X	X	X	Career	X	Study Skills	First scholarship seeker	FREE
X	X	X	Career	X	FSCJ	Financial Aid information	FREE
X	X	X	Career	X	Occupational Outlook Handbook	Learn more about occupations	FREE
X	X	X	Career	X	Connecticut State Department of Education	Connecting HS students to Community Colleges	FREE
X	X	X	Career	X	Employment Projections	Employment Projections - How the changes in industry and occupational	FREE
X	X	X	Career	X	Illinois Career	Projected future occupations	FREE
X	X	X	Career	X	NY Career & Transition	Archive of NJ lesson plans	Free during COVID-19
X	X	X	Career	X	NCSJ	Chat with industry professionals	FREE
X	X	X	Career	X	California College ed.	College and career planning resources	FREE
X	X	X	Career	X	Comprehensive V.C. Career Educational/Exploration	Comprehensive V.C. Career Educational/Exploration	FREE
X	X	X	Career	X	South Dakota Joblinks	online career exploration and academic program	FREE
X	X	X	Career	X	New York's Work	Employability Skills lessons and videos	FREE
X	X	X	Career	X	NY Career Services	AD/AB information	FREE
X	X	X	Career	X	NY Career & Transition	Career exploration and planning tool	FREE
X	X	X	Career	X	NY Career & Transition	Student and teacher guides to exploring industries	FREE
X	X	X	Career	X	NY Career & Transition	Resource to help HS in College students on career exploration and soft skills	FREE
X	X	X	Career	X	NY Career & Transition	no cost resources for students and educators	FREE
X	X	X	Career	X	ACTE Association for Career & Technical Education	ACTE Association for Career & Technical Education has a web page with	FREE
X	X	X	Career	X	NY Career & Transition	Virtual tour campus	FREE
X	X	X	Career	X	NY Career & Transition	Career lessons and activities	FREE
X	X	X	Career	X	Marshall Center for Career Education & Soc. Ed.	Archive of lesson plans	FREE
X	X	X	Career	X	NY Career & Transition	Free career exploration and academic planning tool for all SD 6-12 grade	FREE
X	X	X	Career	X	NY Career & Transition	Career development lessons	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Fun activities for children	Free during COVID-19
X	X	X	Social/Emotional	X	NY Career & Transition	Ready to use worksheets and activities	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Library of resources for educators, parents and community	Very by site
X	X	X	Social/Emotional	X	NY Career & Transition	SEL/OCIE Resource compiled by Dr. Victoria Guided mindfulness practices	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	OCIE Resource compiled by Stephanie Lucko	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Growth mindset activities / videos	FREE
X	X	X	Social/Emotional	Fourier	NY Career & Transition	OCIE Resource compiled by Ryan Lee	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Online resource for Health and SEL	Free during COVID-19
X	X	X	Social/Emotional	X	NY Career & Transition	student created mindfulness coloring book	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	National Awareness Campaign & Resources: Ideas for conversation	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Daily SEL lessons	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	TalkHealth for Mental Health Professionals: 2-Day Distance Therapy Training	Free during COVID-19
X	X	X	Social/Emotional	X	NY Career & Transition	Free Lessons	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Mindfulness app	Free during COVID-19
X	X	X	Social/Emotional	X	NY Career & Transition	Resource from counselor	FREE
X	X	X	Social/Emotional	X	Marshall Center for Career Education & Soc. Ed.	Archive of lesson plans	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Created by counselor	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	resources for educators and parents	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Educational articles SC can share with parents	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Activities for the Elementary Classroom	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Change in Heart Times: Fast Sheet for Health	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Free tools to support social and emotional well-being for families	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	handbook for parents available in Spanish	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Social Emotional & Character Development Lab	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Free K-5 resources - lessons, activities and printables - in the following skill	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Resource is a financial education program that helps students learn the value	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Dr. Ross Daniels, professor of counseling at Florida Gulf Coast University	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	This resource list was shared by a school counselor in Georgia as she has	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Training alertness gives students greater influence over their thoughts and	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Mental Health Resource Bank	FREE LIST
X	X	X	Social/Emotional	X	NY Career & Transition	Parent resource from COCC/OCJ	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Archive: Great variety of resources on various topics related to PBIS	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	List of lessons and links	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Resources from a school counselor	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	OCIE Resource: Stress management recorded session by Dr. Vezouzo	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Health & Wellness: Prevention First Health Curriculum for Tier 1	Free during COVID-19
X	X	X	Social/Emotional	X	NY Career & Transition	Tool for educators to check in on students: COPPA compliant	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Socially Prescriptive: Mindful, Best Practices	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Teach kids to express their feelings with paper and pencil activities	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Therapist Aid: ready to go worksheets	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Dr. John Neff: reflection	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Classroom examples of breathing, grounding, etc.	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	A comprehensive menu of activities, videos and lessons for kids	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Free Student/Parent access due to COVID-19	Free during COVID-19
X	X	X	Social/Emotional	X	NY Career & Transition	curated by educators: resources by grade level and topic	FREE
X	X	X	Social/Emotional	X	NY Career & Transition	Help students explore their strengths	FREE
X	X	X	ALL	X	NY Career & Transition	Sample of a Comprehensive School Counseling Program Following the ASCA Model	FREE
X	X	X	ALL	X	NY Career & Transition	Sample of a Comprehensive School Counseling Program Following the ASCA Model	FREE
X	X	X	ALL	X	NY Career & Transition	Sample of a Comprehensive School Counseling Program Following the ASCA Model	FREE

Below are some suggestions and resources to consider as school counselors provide support to students regarding COVID-19, as well as links to other education-related organizations with valuable information to share.

[Click Here for Handout](#)

Below are resources for mental and physical health school counselors can share with their families.

Title	Source	Comments
Coping with COVID-19: Mental Health for Parents and You	OCDE Compiled by Dr Vezzuto	
Be Calm Resources	OCDE Compiled by Dr Vezzuto	
Mental Health Resources	CHOC	
Free CorePower Yoga classes	Core Power Yoga	
Down Dog	Yoga App	Free access until July 1st for all students and teachers (K-12 and college). To access the free school membership, please register your school's domain
Calm App FREE	Calm App	
Center of Healthy Minds	University of Wisconsin Washington	
Headspace	Free source	Claim the offer through 2020
10 Apps to Help you Deal with Stress	Nexstar Media Wire	
KIDZ BOP	ideas to keep physically active: dance videos	
Entertain Kids on a Dime	100 ideas to do @ home	
Social Emotional	Child Mind Institute	Resource for parents and educators
Stay-At-Home Care Package by Big Life Journal	Shared drive	
This document by Big Life Journal shares ideas	Big Life Journal	
Daily Home Schedule	Infographic	This is an example home schedule parents may use when students are learning at home.
Nickelodeon Kidz Together	Nickelodeon	a 44 min video that helps simplify COVID19 for kids and adults!
Virtual Field Trips	ASCA shared resource	good activity for Elemnt and MS students
I've Worked from Home for 5 Years—Here's How I Stay Productive and Curb Anxiety	Shape	article on mental health
Improve Executive Functioning in Kids	Parenting Pod	Activities for kids
Teach Executive Functions to teens and kids	Left Brain Budha	resource for parens
Family Activities (Virtual Tours)	Resource from CASC	
Grounding Techniques- try these exercises!	infographic	
Why Try	A parent guide to resilience	