

AI in School Counseling: Innovative Strategies and Resources



Five Minute Musical Moments

- Draw an emoji that represents how music makes you feel.
- Pair up with one other person
- In 90 seconds share
 - The emoji they drew
 - One song that represents a significant moment in their life
 - Why that song matters to them



Intro to Ai in School Counseling

80/20 Rule

80% AI 20% Me

Claude

Gemini

School Ai

Magic School

[SciSpace](#)

Research with citations

[Perplexity](#)

Show my research

[How to use Chat GPT like
a pro for educators](#)



AI Literacy Framework

Conscientious

Understand AI, its uses, capabilities, and limits. Be aware of **ethical implications** surrounding AI.



Collaborative

Consider AI as a **learning partner and a tool** for personalized education, providing support, and enhancing the learning process.

Critical

Analyze AI output critically. Examine output for accuracy and clarity. Practice safe and responsible AI interaction.



Creative

Use the unique capabilities of AI to create something new. **Be innovative, patient, and persistent** in creating your desired outcome.

schoolai.com



Interactive Demonstration

Prompts for School Counselors

WAND Model

AI Integration Action Planning Worksheet



Sample from Claude “test anxiety”

6

Create a one-page handout for high school students experiencing test anxiety. Include:

- 5 specific physical relaxation techniques they can use before and during tests
- 3 cognitive strategies to manage negative thoughts
- A simple reminder checklist for test day
- Use accessible language for teenagers and a supportive, encouraging tone
- Format it with bullet points and short paragraphs for easy reading

Beat Test Anxiety: Your Personal Toolkit

Quick Physical Reset Techniques

- **4-7-8 Breathing:** Breathe in for 4 seconds, hold for 7 seconds, exhale for 8 seconds. This slows your heart rate and creates a feeling of calm. Repeat 3-5 times when you feel panic rising.
- **Progressive Muscle Relaxation:** Starting from your toes and moving up, tense each muscle group for 5 seconds, then release. Feel the difference between tension and relaxation. This reduces physical stress before or during tests.
- **Desk Stretches:** Roll your shoulders, stretch your neck side to side, and flex your fingers. Small movements can release built-up tension without disrupting others.
- **Pressure Points:** Gently press the space between your thumb and index finger for 30 seconds. This acupressure point can reduce anxiety quickly and discreetly during a test.
- **Grounding Technique:** Place both feet flat on the floor, feel the chair supporting you, and take three deep breaths. This connects you to the present moment when thoughts are racing.

Mind Management Strategies

- **Thought Challenging:** When you catch yourself thinking "I'm going to fail," ask: "What's the evidence for and against this thought?" and "What would I tell a friend who had this thought?" Replace with: "I've studied and I'm prepared to do my best."
- **Mental Rehearsal:** Before test day, visualize yourself walking into the room calm and confident, working through the test methodically, and handling difficult questions with



Classroom Mindfulness sample from Claude

Positive Affirmations

Choose one that resonates with you or create your own:

- "I am capable of handling whatever challenges come my way today."
- "Mistakes help me learn and grow."
- "I bring unique strengths to this classroom."
- "I am enough exactly as I am."
- "This moment is temporary; I can get through it."

Quick Stress-Busters

- Take three deep breaths before answering a difficult question
- Stretch your arms overhead and reach for the sky
- Gently roll your shoulders backward three times
- Place your hand over your heart and offer yourself kindness
- Visualize a peaceful place for 30 seconds

Remember

- Mindfulness is a practice—it gets easier with time
- There's no "perfect" way to practice mindfulness
- Even a few seconds of mindful awareness can make a difference
- Be patient and kind with yourself

When we care for our minds, we create space for learning and growth.

"I'm looking for ways to promote mindfulness and well-being among my students. Can you provide relaxation techniques, mindfulness exercises, or positive affirmations that I can share with them to foster a positive classroom environment?"



Self Harm sample from school ai

Can you give me some research based strategies for this question: A parent of a 17 year old male who had been cutting himself came into my office. He went through a lot of trauma with health problems with his heart a few years back and was hospitalized for some time. He struggles making friends. They have him in counseling which is great. I am wondering if you have any specific resources for me to develop a plan of action for the family .

Certainly! Here are some research-based strategies and resources to help you develop a plan of action for the family:

1. **Psychoeducation for the Family:** Educate the family about self-harm and its underlying causes. Providing them with information can reduce stigma and foster understanding. The National Institute of Mental Health (NIMH) offers resources on self-harm and mental health.
2. **Enhance Communication:** Encourage the family to create an open and supportive environment where the teenager feels safe to express his feelings. Books such as "Helping Teens Who Cut" by Michael Hollander can offer guidance on communication strategies.
3. **Engage in Family Therapy:** Family therapy can help improve family dynamics and support the teenager's recovery. It encourages family members to work together to solve problems and improve relationships. The American Association for Marriage and Family Therapy (AAMFT) can help locate qualified therapists.
4. **Cognitive Behavioral Therapy (CBT):** Ensure the individual therapy includes CBT, which is effective in addressing self-harm by modifying negative thought patterns and behaviors. Discuss this approach with the current therapist if not already implemented.
5. **Develop a Safety Plan:** Collaborate with the counselor to create a safety plan for the teenager. This plan should include coping strategies, emergency contacts, and a list of supportive individuals.
6. **Foster Social Connections:** Encouraging the teenager to participate in group activities or clubs that align with his interests can help build social skills and friendships. School counselors can facilitate introductions to social groups.
7. **Promote Mindfulness and Stress Reduction:** Mindfulness practices can improve emotional regulation and reduce stress. Encourage the use of mindfulness apps or local classes for the family.



Data Project SMART goal from school ai

Generate a smart goal (School counselor(s) write a SMART (Specific, Measurable, Attainable, Relevant, Time-bound) goal in order to address a gap identified through the needs assessment. The smart goal includes an identified group of students, how the goal will effect students (increase or decrease), the data elements, expected percentage outcome and the completion date.) For my school counseling program data project aimed at increasing student self management strategies of our ML students

Here's a SMART goal tailored for your school counseling program to improve self-management strategies among multilingual (ML) students:

Specific: Increase the use of self-management strategies among identified multilingual students in grades 6-8 who have shown a need for improvement in organizational skills, as identified through the needs assessment.

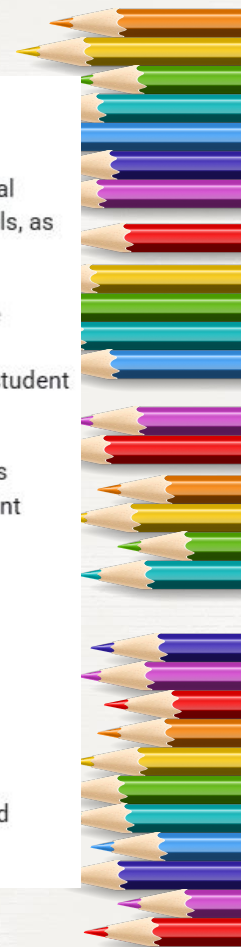
Measurable: By the end of the academic year, 80% of these students will demonstrate improved self-management strategies, as evidenced by a 20% reduction in missed assignment submissions and a 15% improvement in time management skills on the student self-assessment survey.

Attainable: The goal is achievable by implementing a structured program that includes bi-weekly workshops, one-on-one counseling sessions, and parent-teacher engagement activities to support these students.

Relevant: Enhancing self-management strategies is crucial for improving academic performance and personal growth in multilingual students, aligning with the school's mission to support diverse learners.

Time-bound: This goal will be achieved by the end of the current academic year, with progress monitored quarterly to ensure on-target development.

This plan emphasizes targeted support and regular monitoring to ensure progress and address the specific needs of multilingual students in your program.



Research on the effects of Trauma on learning

create a document containing Research on the effects of Trauma on learning and how connection can reduce the effects of trauma on learning.



Answer

Sources 5

frontiersin
Leading Trauma-Informed
Education Practice as an...

ies.ed
Is there research on trauma
factors for students and the...

edutopia
Connections Go a Long Way for
Students With Trauma -...

+2 sources

Research on the Effects of Trauma on Learning and How Connection Can Reduce the Effects of Trauma on Learning

Trauma has a significant impact on learning, affecting both students and teachers. Understanding trauma's negative effects on child development is crucial as it compromises an individual's sense of safety, hindering self-regulatory and relational capacities necessary for successful learning ¹. Research indicates that trauma-informed instructional practices can help students and teachers prepare to learn by addressing the impacts of trauma and implementing proactive strategies ¹.

Effects of Trauma on Students and Teachers

- **Students:** After experiencing trauma, children may exhibit fear, stress, and heightened alertness, impacting their ability to learn effectively ¹.
- **Teachers:** Trauma factors for teachers can also affect student learning. Research suggests that teacher traumatic experiences can correlate with student learning outcomes ².

Implementing Trauma-Informed Practices

- **Trauma-Informed Education:** Schools implementing trauma-informed practices have

Created with
perplexity



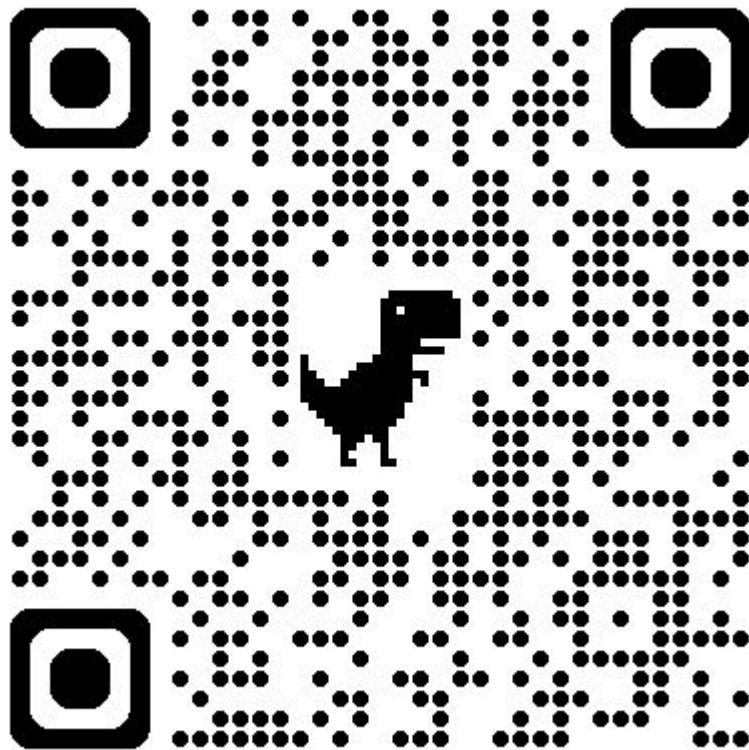
Hands-on Exploration

Goblin Tools

goblin.tools is a collection of small, simple, single-task tools, mostly designed to help neurodivergent people with tasks they find overwhelming or difficult.

Most tools will use AI technologies in the back-end to achieve their goals. This includes models from different providers, both open and closed source. We're committed to using Ethical models where possible.

The AI models used are general purpose models, and so the accuracy of their output can vary. Nothing returned by any of the tools should be taken as a statement of truth, only guesswork. Please use your own knowledge and experience to judge whether the result you get is valid.





Q&A

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