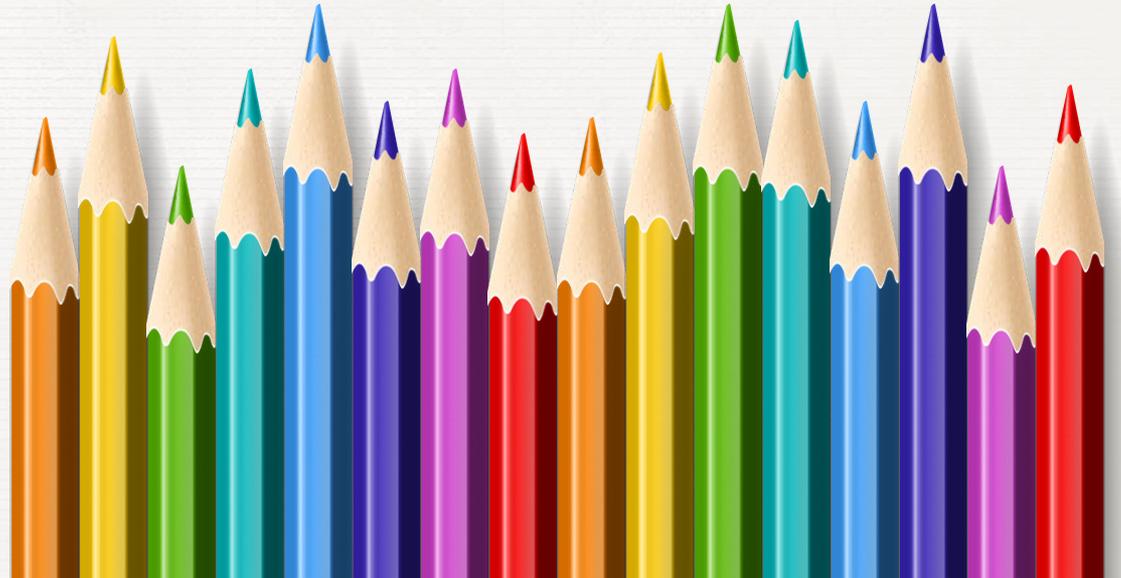


AI for School Counselors: From Curiosity to Application





Danny Lundell

Professional School Counselor

Well-being/School Counseling Specialist

Nebo School District

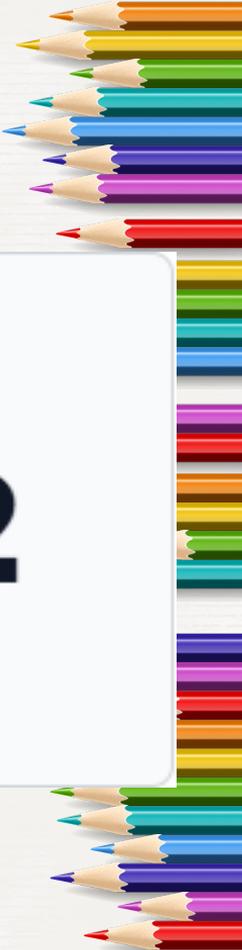
Adjunct Faculty UVU and USU

danny.lundell@nebo.edu

Opening Activity with a SchoolAI space



AWSM-30W2



80/20 Rule

Claude

Gemini

School Ai

[SciSpace](#)

Research with citations

[Perplexity](#)

Show my research

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.



Additional Resources

[Google arts and culture blog post](#)

[Learn Everything](#)

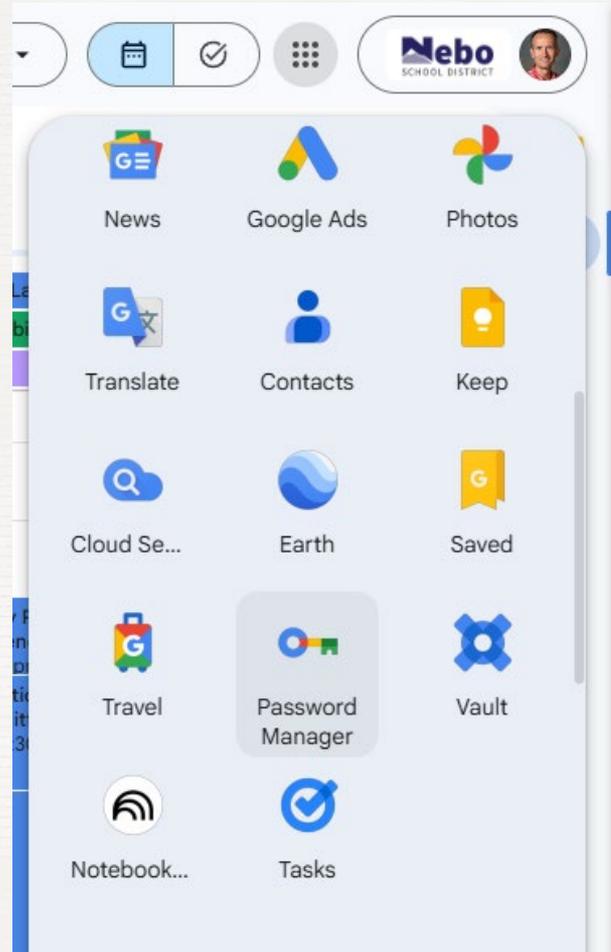
[Graphic novels](#)

[UEN eMedia AI hub](#)



Notebook LM

Notebook LM
blog post





Utah Youth Trends: The 2025 SHARP Parent Summary

4 sources

The 2025 **SHARP survey report** provides a detailed analysis of the health and well-being of students in Utah's **Nebo School District**. This comprehensive study evaluates critical metrics including **substance use**, **mental health**, and **antisocial behavior** among youth in grades 6 through 12. Recent data indicate encouraging improvements, such as a marked **reduction in depression** and lower rates of alcohol and marijuana consumption compared to national averages. The document also highlights the importance of **family connections**, noting that regular meals and enforced rules significantly bolster student success. By identifying specific **risk and protective factors**, the report serves as a strategic tool for parents and community leaders to foster safer environments. Ultimately, the survey translates direct **student feedback** into actionable insights for local prevention and educational initiatives.

 Save to note



Audio Overview 



Reports



BETA

Infographic 



Why today's teens

4 sources · 3m ago



2025 Student S

3 sources · 10d ago

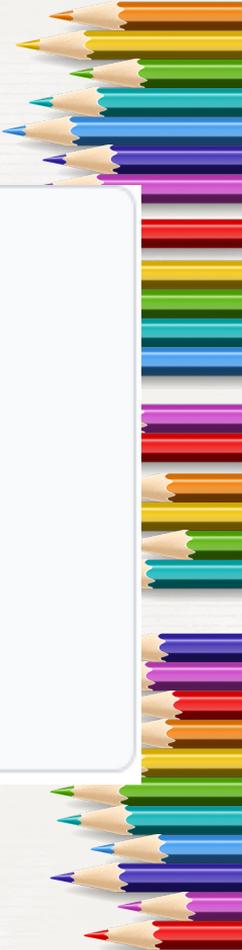


School Counselor and Attendance



AWSM-C7FM

[My conversation history](#)



New Prompts from Panorama [article](#)

College Exploration & Recommendation Letters

1. Tell me about [Student], their strengths and weaknesses and what types of postsecondary programs might be a good fit for him based on his academic data.
2. Help recommend a few college programs within driving distance of [Insert Location] that might be a good fit for [Student].
3. Draft a college recommendation letter from the teacher's perspective for [Student's Name] applying to [Specific Program].
4. Suggest strategies for identifying scholarships or grants based on [Student's Name]'s academic data, highlighting key areas they excel in that might be relevant.



Sample from Claude “test anxiety”

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?"



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





Q&A

Danny Lundell

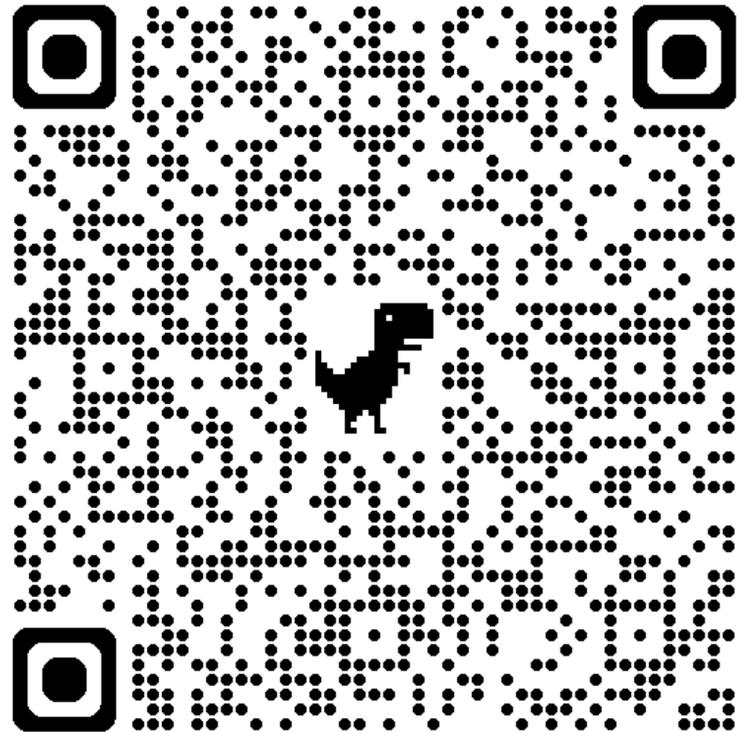
Professional School Counselor

Well-being Specialist

Nebo School District

Adjunct Faculty UVU and USU

danny.lundell@nebo.edu



School Counseling and AI Resources

Prompts for School Counselors

W AND Model

AI Integration Action Planning Worksheet

