



School Counselor Tips

Your awesome, amazing, resilient brain is learning to adjust to new challenges both at home and through distance learning

1



Write down goals !

Set Goals: write them down

2



Review Student Expectations and Core Values

CNG CORE VALUES
RESPECT, INTEGRITY, RESPONSIBILITY and
CARING

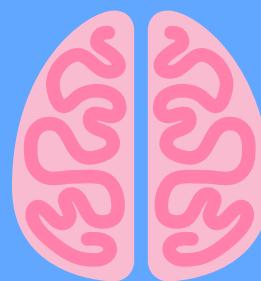
3



Practice Healthy Coping Skills

Take time to do what you like!

4



Remember to take breaks

Stop, Breathe, Disconnect

5



Stay Connected!

Share, Reach Out and Support