

Unified School District Counseling Asynchronous Professional Development for PARENTS & STUDENTS By School Counselors & College Career Advisors				
Topic	YouTube Link	Short Description	Intended Audience	Other resources (handout, slide deck etc)
Zoom 101 for parents and students	<a href="https://youtu.be/vz3Zk0KafJQ">https://youtu.be/vz3Zk0KafJQ</a>	Zoom 101: For Parents & Students This video is an introduction to Zoom for parents and students. The video begins with a description of Zoom, and proceeds to walk through the process of getting started and joining a Zoom meeting. There are basic tips for managing your windows and settings to have a better understanding of what you can do to create a more user appropriate Zoom experience.	Parents and students	
College and Career Readiness and Exploration	<a href="https://www.youtube.com/watch?v=t-t0v5UwIFQ">https://www.youtube.com/watch?v=t-t0v5UwIFQ</a>	The Many Roads to Success: this video goes over the many different options available to students after high school graduation. We cover Community Colleges, UC/CSU, Private and Out of State colleges, and trade schools.	Staff, Parents, and Students	
Supporting children during distance learning - Coping with stress for families	<a href="#">Video: Supporting children during distance learning - Coping with stress for families</a>	This is a recording of a presentation to an elementary PFC on understanding stress and anxiety. Information, resources and tools for coping are presented with lots of links to more info available on the slide deck. a d anxiety	For families of elementary age students	<a href="http://tinyurl.com/lessstressBobcat">http://tinyurl.com/lessstressBobcat</a>
Wearing Masks: Covid Safety	<a href="https://www.youtube.com/watch?v=J8x-IG8Mmag&amp;feature=emb_logo">https://www.youtube.com/watch?v=J8x-IG8Mmag&amp;feature=emb_logo</a>	Creating Resiliency and Comfort with Wearing Masks During COVID. Understanding where discomfort and fears may be coming from and how to build our capacity for wearing masks.	Staff, Parents, and Students	Powerpoint with additional Resources <a href="https://docs.google.com/presentation/d/1kDyAzf9Shi59TJem5YaO3kqY9ktFFne5Huy85KYSnw/edit?usp=sharing">https://docs.google.com/presentation/d/1kDyAzf9Shi59TJem5YaO3kqY9ktFFne5Huy85KYSnw/edit?usp=sharing</a>
Healthy Bodies	<a href="https://www.youtube.com/watch?v=6FhMgzwz_Kw&amp;feature=youtu.be">https://www.youtube.com/watch?v=6FhMgzwz_Kw&amp;feature=youtu.be</a>	Learn about things you can do to keep your body healthy during these difficult times. Learn about stress and sleep management, proper nutrition and the benefits of exercise and mindfulness in helping you and your children stay active and healthy.	Parents, students, staff	
Healthy Mindset	<a href="https://youtu.be/yjcPEqDUIFs">https://youtu.be/yjcPEqDUIFs</a>	Understand how a child's mindset influences their behaviors, motivation, and achievement. More and more teachers and school administrators are embracing a growth mindset as a strategy to bolster student motivation, and these same strategies can be used at home with great results.	Parents, Students and Educators	Our slides: <a href="https://drive.google.com/file/d/1mN8cYn53uxrlxTY84r2810Xn0EcBdhiM/view?usp=sharing">https://drive.google.com/file/d/1mN8cYn53uxrlxTY84r2810Xn0EcBdhiM/view?usp=sharing</a>

<p><b>Healthy Mindset</b></p>	<p><a href="https://www.youtube.com/watch?v=zJayNX1WVFY">https://www.youtube.com/watch?v=zJayNX1WVFY</a></p>	<p>Parents can play a huge role in teaching their children how to think in a positive way. In this video, I will share with you strategies that you can use to help encourage your child to have a more positive attitude. (Leatha Andrews)</p>	<p>Parents</p>	<p><a href="https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health/tools-resources/mindfulness">https://healthy.kaiserpermanente.org/northern-california/health-wellness/mental-health/tools-resources/mindfulness</a></p>
<p><b>Tobacco Use Prevention Education (TUPE) Alcohol and Drug 101</b></p>	<p><a href="https://youtu.be/aAitOO4m1Go">https://youtu.be/aAitOO4m1Go</a></p>	<p>Introduce current Tobacco, Alcohol and Drugs trends in teens today, (usage, products and brands).</p>	<p>Parents and teachers</p>	
<p><b>Tobacco Use Prevention Education (TUPE) Alcohol and Drug 101</b></p>	<p><a href="#">Tobacco, Drugs, Alcohol 101 for elementary powerpoint</a></p>	<p>Google slide presentation with introductory video. Target audience is elementary families and staff. An overview of the following topics: tobacco, vaping, alcohol, and drugs. It includes fact sheets, videos, articles and resources for families and staff.</p>	<p>Parents and teachers</p>	
<p><b>24 Ways to Comfort Kids Without Physical Contact: Strategies for Teachers and “Pod” Parents During COVID-19</b></p>	<p><a href="#">24 Ways to Comfort Kids Without Physical Contact: Strategies for Teachers and “Pod” Parents During COVID-19</a></p>	<p>Resources and ideas for families to provide comfort without physical contact</p>	<p>Staff, Parents, and Students</p>	