



***Welcome back
Middle School Counselors!***

Meet NYSSCA's VP for Middle Level, Marjorie Miller.

If you have questions or comments, please contact Marjorie at vpmiddle@nyssca.org.

Dear Middle School Counselors,

As the saying goes, "These are the times that try our souls". To say that this has been a difficult year doesn't quite express it. Now more than ever, our students need our resilience and support to help them overcome their anxiety, trauma, and stress.

It seems as though we have been planning for September since June. Whether it be Zooms with our administration, students, and all stakeholders, we have been planning.

The information from districts and the state seem to change daily, and our plans with them.

My role as V.P. Middle Level, has always been to support you, and provide resources that are relevant to the population we serve.

I have listed some links, as well as PDF's that I have found to be very helpful in a time with such few answers. I have also included some books that I found contained guidance classroom lessons that worked very well remotely.

- [ASCA School Counseling During COVID 19](#)
- [Lesson Planet](#) - school counselor lessons
- ["The Stress Reduction Workbook for Teens"](#) by Gina M. Biegel, MA., LMFT
- ["The Path to Humanity Teen Workbook"](#) by Ester R.A. Leutenberg, John J. Liptak, Ed.D.
- ["STRONG KIDS"](#) by Kenneth W. Merrell
- ["Everyday SEL in Middle School"](#) by Carla Tantillo Philibert
- [Create a Culture of Kindness in Middle School](#) by Naomi Drew and Christa Tinari

I hope you find these resources helpful as we move towards a very different school opening this September. Please feel free to reach out to me with any questions, comments, or suggestions

And most important, please take care of yourselves, something we as counselors tend to forget. If we don't practice self care, how can we be there for our students?

Stay safe,

Marjorie Miller
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