

# ADHUS/FAUHS COUNSELOR CORNER

Conversations with your school counselors



## Routines, scheduling, & time management!

Consistency and routines help children to stay on track and to maintain a sense of stability. Juggling working from home and school can be tough. We hope some of these tips can help!

K-8

### Elementary & Middle

[Sample Schedules for Kids Home From School During CoronaVirus Outbreak](#)

9-12

[High Supporting Teenagers and Young Adults](#)

Parents click link below for examples and resources on how to homeschool your K-12 children during this time: [CLICK HERE](#)

**“It’s not the load that breaks you down...it’s the way you carry it.”**

Lena Horne



## Emergency Hotlines

Dial 211 directly and they can link you to your area Mobile Crisis and provide information regarding other area resources (food, housing, etc.).

Dial 911 for any immediate emergencies.

Dial 1-800-962-2873 for the Department of Children and Families

Suicide Prevention Hotlines:  
1-800-SUICIDE

Dial 561-297-3540 for FAU Counseling and Psychological Services (CAPS). Offered to students in 9-12th grade.

# School Counseling Weekly Lessons and Tips

How to build a routine, manage your time wisely, and schedule all things that are necessary for your success!

## *Elementary (K-5)*

Kindergarten-2nd Grade: Log into SeeSaw. Kindergarten will click on shared link and 1st-2nd grade will click on our guidance class. Attached there, students will find written and voice instructions for completing their "My Day at a Glance" activity!

3rd-5th Grade: Log into SeeSaw and click on our guidance class. Attached there, students will find written and voice instructions for completing their "My Daily Schedule" activity!



## *Middle (6-8)*

Students can log into their School Counseling Google Classroom. If not yet registered, please register with the class code (sck56re). Then, complete this weeks SEL lesson on *Getting organized and Setting Routines* by:

- Completing the NearPod lesson on "Mastering Organization."
- Finding the "Daily Schedule" template to use and help manage school days.
- Emailing [Ms. Abreu](#) or [Dr. Renee](#) if you need a check-in or have any questions!



## *High (9-12)*

Watch Ted Talk: [Inside the Mind of a Master Procrastinator](#) by Tim Urban.  
Read this article: [Time Management Tips for New College Students](#).

- How are you managing your time while virtual learning from home?
- Share your top tips for staying organized and avoiding procrastination with your friends!