Downingtown East School Counselor Support

Information to help you during this time away from school
WE ARE CONNECTED. WE ARE HERE. ONLY AN EMAIL AWAY.

School Counselors

Last Names A–Cot: Kristina Cole (Pantano) krcole@dasd.org
Last Names Cr–Go: Stephanie Chupela schupela@dasd.org
Last Names Gr–Lam: Heather Gallo hgallo@dasd.org
Last Names Lan–Ng: Angela Hanna ahanna@dasd.org
Last Names Ni–Re, TCHS Michael Matta mmatta@dasd.org
Last Names Ri–Shi: Catherine Bond (Carol Warren) cbond@dasd.org
Last Names Skr–Z Stacey Hewitt shewitt@dasd.org
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Prevention Specialists

Grades 9, 11  Emily Jubeck  ejubeck@dasd.org
Grades 10, 12  Beth O ‘Rourke  borourke@dasd.org

Counseling Dept. Support Staff

Transcript Inquiries  Stacy Yost  syost@dasd.org
Registrar  Sherie Gazzerro  sgazzerro@dasd.org
College/Career Advisor  Christine Wick  cwick@dasd.org
YES! YOU CAN CHECK IN WITH US!

Email with any questions or to request a “remote” appointment.
MAKE SURE TO STAY INFORMED OF ALL THE LATEST NEWS AND ANNOUNCEMENTS:

Downingtown Area School District

DASD website

EAST website

@dasd_dehs

@DASD_Schools

Schoology
EMERGENCY

If you have a mental health emergency, please contact 911 or proceed to your nearest ER.

ADDITIONAL 24/7 RESOURCES:

- Pennsylvania Mental Health Crisis Line: Text “PA” to 741-741
- Valley Creek Crisis Center – 610-280-3270
- Suicide Prevention Hotline – 1-800-273-8255
- Safe2Say Something Crisis Tip Line – 1-844-SAF2SAY
5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

INFORM
LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM, SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.

CONNECT
REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH.

SOOTHE
DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING.

CONTROL
FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES.

HONOR + DISTRACT
ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.
GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

- Set boundaries with what + how much media you consume
- You're allowed to opt out of overwhelming discussions
- Try to respond to the fears of others with understanding + respect
- Focus on the many things you can control
- Be mindful of when it's becoming more than just 'being informed'
- Breathe, connect + take gentle care of yourself + others
ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste
THINGS TO DO WHILE AWAY FROM SCHOOL

Work on your Career Portfolio
Schoology Access Code: ZNDW7-N97BD

Try a FREE college course!
How to Apply to College
Understanding College & College Life
The Science of Well-Being

Get Active!
Go for a Walk or Run
Practice Yoga or Mindfulness
Try a YouTube workout video

Virtually tour a museum or National Park
THINGS TO DO WHILE AWAY FROM SCHOOL

• Journal
• Write a Letter to a Friend or Family Member
• Make a List of Things You’re Grateful For
• Read a Book or Magazine
• Disconnect from Social Media...even if it’s just for 30 minutes!

Practice for the SAT

Get on Naviance!
Search for Scholarships and use the College and Career resources
TAKE A VIRTUAL COLLEGE TOUR!
(FOR ALL GRADE LEVELS)

• While many colleges are cancelling their campus tours, open houses, and preview days, you can take a virtual tour on their website or YouVisit.

• Research each school’s majors and programs...do they have what you are interested in? What are the costs? Are there any scholarship opportunities?
Find Scholarships!

- Start or continue your scholarship search on Naviance.
  - Seniors: Check the "Scholarship List" for Local Awards.
  - All students can use the "National Scholarship Search".

** If any scholarship deadlines change, we will notify you via email and on Schoology. **
**UPDATE YOUR RÉSUMÉ**

Work on your activity résumé! Think about what you’ve done in your high school career and put it into the Resume Writer in Naviance so you can edit year after year.

**NCAA**

Student athletes who are planning to continue Div I or II sports in college should create an [NCAA Eligibility Center](#) account.
STICK TO A SCHEDULE

Below are some sample schedules to structure your time away from school.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am - 9am</td>
<td>Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :P</td>
</tr>
<tr>
<td>9am - 9:40am</td>
<td>Khan Academy math practice. Depending on level, one of the following courses are likely appropriate: Algebra II, Geometry, Precalculus/Trigonometry, AP Calculus AB or BC, AP Statistics</td>
</tr>
<tr>
<td>9:40am - 10am</td>
<td>Go for walk/run, Youtube JustDance workouts if weather is bad. Maybe 15 minutes of Yoga with Adriene?</td>
</tr>
<tr>
<td>10am - 10:40am</td>
<td>Official SAT Practice (math, reading and writing)</td>
</tr>
<tr>
<td>10:40 - 11am</td>
<td>Break/walk</td>
</tr>
<tr>
<td>11am - 12pm</td>
<td>Science practice on Khan Academy (high school or A.P. level): Biology (high school, A.P.), Chemistry (high school, A.P.), Physics (high school, A.P.), Economics (micro, macro), AP Cell Principles</td>
</tr>
<tr>
<td>12pm - 1pm</td>
<td>Lunch - Listen to an educational podcast! Try The American Czar if you like storytelling, or Radiolab or Science Friday if you like science!</td>
</tr>
<tr>
<td>1pm - 2pm</td>
<td>Social studies or second science: American history (high school, A.P.), Government and politics (high school, A.P.), World History, Art history, Any of the sciences above</td>
</tr>
<tr>
<td>2pm-2:30pm</td>
<td>Walk/break. Maybe a guided meditation?</td>
</tr>
<tr>
<td>2:30pm-3:30pm</td>
<td>Journaling/Writing. Things to write about/prompts:</td>
</tr>
<tr>
<td></td>
<td>- What do you think will be the short term implications of the pandemic and the school closures?</td>
</tr>
<tr>
<td></td>
<td>- How will society be different post pandemic? Why?</td>
</tr>
<tr>
<td></td>
<td>- How is this virus different from the flu? Why does it spread so easily?</td>
</tr>
<tr>
<td></td>
<td>- What is the social impact on you of school closures? What is positive and what is negative?</td>
</tr>
<tr>
<td></td>
<td>- Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?</td>
</tr>
<tr>
<td>3:30pm-11pm</td>
<td>Relax, go outside, work on passions, time with family.</td>
</tr>
<tr>
<td>11pm</td>
<td>Lights out, time to sleep!</td>
</tr>
</tbody>
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**COVID-19 DAILY SCHEDULE**

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<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:00am</td>
<td>Wake up. Eat breakfast, make your bed, get dressed, put PJs in laundry</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Morning walk. Family walk with the dog. Yoga/PU in laundry</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Academic time. NO ELECTRONICS. Sudoku books, flash cards, study guide, Journal</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Creative time. Legos, magnatiles, drawing, crafting, play music, cook or bake, etc</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch.</td>
</tr>
<tr>
<td>12:30-1:00</td>
<td>Chore time. A - make all kitchen tasks and chores. B - take care of pet needs, tidy bed, and set toys. C - wash both bathrooms, kids and toilets</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Quiet time. Reading, puzzles, nap.</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Academic time. ELECTRONICS OK! Last game, Potpie, Educational show</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Afternoon fresh air. Dishes, Walk the dog, play outside</td>
</tr>
<tr>
<td>5:00-6:00</td>
<td>Dinner.</td>
</tr>
<tr>
<td>6:00-8:00</td>
<td>Free TV time. Kid shows x3</td>
</tr>
<tr>
<td>8:00</td>
<td>Bedtime. All kids</td>
</tr>
<tr>
<td>9:00PM</td>
<td>Bedtime. All kids who follow the daily schedule &amp; don’t fight</td>
</tr>
</tbody>
</table>
Above all else, remember to:

Take care of yourself.
Take care of your family.
Do something kind for someone else.
Reach out for help when you need it.

We are all in this together.

#CougarPride #DASDPRIDE