



National School Counseling Week 2019 Sample Morning Announcements

Monday

Good morning. This is [insert name], your school counselor, and today is the first day of National School Counseling Week. Our focus for the week is "Providing Lessons for Life."

Author Deepak Chopra once said "The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years."

As your school counselor, I'm here to help you think through how you want your life's journey to be for 50 or more years. Come by and talk to me soon.

Be great!

Tuesday

Good morning. This is [insert name], and today is a part of National School Counseling Week. The message today is about reflecting on lessons learned.

Have you ever taken a moment to be still and think about past experiences that lead you to where you are? Maybe attending a field trip to an art museum encouraged you to hone in on your passion for drawing and painting. Perhaps reading about characters in your favorite book inspired you to research ancient civilizations. Maybe not getting enough rest the night before a big test lead you to perform less than your best. Bottom line – many experiences and choices we make can help us learn wise lessons that can help or hinder our future.

If you ever want to chat about the lessons you have learned, feel free to stop by and talk to me.

Make good decisions today!

Wednesday

Good morning. This is [insert name], and today is a part of National School Counseling Week. Today's message is about lessons shared.

A wise woman once said, "Sharing is a wonderful thing, especially to those you've shared with."

When we have gained lessons through experiences and situations, many times we hold them close to us. Don't get me wrong; sometimes these lessons are private and should remain confidential. However there are times when a lesson you learned, if shared, can help a fellow student. Here are some examples: when you learn about a more effective way to take notes to prepare for an upcoming exam - share it. When you discover a better way to tackle time management challenges - share it. When you find ways to be a better friend - share it.

As your school counselor, I take pride in sharing my life lessons with the students of [insert school name]. If you ever want to chat, stop by!

Sharing is caring!

Thursday

Good morning. This is [insert name], and today is a part of National School Counseling Week. Today's message is about #goals (hashtag goals).

The definition of goal is "the object of a person's ambition or effort; an aim or desired result." You can establish goals for every area of your life: as a student, friend, daughter or son, sibling and member of society. Goals can be short term (like dedicating 20 minutes each day to physical exercise to maintain your health and wellness) or long term (like studying and working hard to become an architect).

In the words of famed boxer, Muhammad Ali, "What keeps me going is goals." Have you given thought about your life goals? I would love to hear about them. Come by and let's talk!

Make today count!

Friday

Good morning. This is [insert name], your school counselor, and today is the final day of National School Counseling Week. The school counseling staff, like everyone in our school, is here to make a difference in your life. We want to help you learn wise lessons, achieve your goals and become

better human beings.

As Dr. Seuss says,

Be sure when you step, step with care and great tact. And remember that life's A Great Balancing Act. And will you succeed? Yes! You will, indeed!

Our door is always open and we are ready to help you. Nothing is too big or small for us. Thank you for celebrating National School Counseling Week with us. Have a terrific and safe weekend!