

**Could your K-12 student use some extra support and an opportunity to connect? Let us help you while you provide needed experience for some of our graduating master's degree students in Professional School Counseling.**

**Who We Are:**

We are students enrolled in the Master's Degree program in Professional School Counseling at Appalachian State University who will be graduating this summer. We will be supervised by faculty in the Department of Human Development and Psychological Counseling.

**What We Are Offering:**

We are offering a variety of virtual (via Zoom) psychoeducational groups. These groups are meant to be educational while also providing opportunities for students to ask questions and share their experiences – all while connecting with others.

Groups will meet one hour per day for 5-6 days...sessions will be scheduled by coordinating availability among group members.

Elementary Groups (capped at 6):

- coping with change (general)
- adjusting to a new routine at home
- missing being at school
- transitioning to 6th grade
- career exploration

Middle School Groups (capped at 8):

- coping with change (general)
- navigating classes online (organization, motivation)
- transitioning to high school
- career exploration
- mindfulness

High School Groups (capped at 10):

- coping with a disrupted senior year
- navigating classes online (organization, motivation)
- transitioning to college
- career exploration
- mindfulness

**What We Are NOT Offering:**

These groups are NOT meant to serve as formal counseling sessions. If your student is demonstrating behaviors or expressing thoughts that are very concerning to you - please contact a licensed mental health practitioner or your family doctor.

**How to get Started:**

Please complete this brief survey and we will be in touch with more information:

[https://docs.google.com/forms/d/e/1FAIpQLSe6X\\_3jcGy3Oj8o9JziB0JD2b4p0RrJC2tCtt0TwDEUI9162A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe6X_3jcGy3Oj8o9JziB0JD2b4p0RrJC2tCtt0TwDEUI9162A/viewform?usp=sf_link)