



We're listening

A safe space for teachers

Whether or not you're going back into the classroom, fear of the unknown is a major concern.

You may be worried about what's expected of you. How do you prepare when you don't know what tomorrow will bring? How do you keep your students safe during in-person learning?

Here are some tips to handle these uncertain times while teaching:

- Follow CDC guidelines and your school's safety protocols to help keep you and your students safe
- Focus on what you can control and plan ahead for what you can't
- Talk to your students about how they're feeling during the pandemic
- Connect with your colleagues to collaborate and support each other

Supporting online students

Online learning creates stress too. You may be worried about students who don't have support at home. Students with multiple siblings and working parents might have to take on parenting roles. This holds students back from focusing on their work. And some students may not have regular meals provided at home. Here are some tips to manage your stress:

- Stay in contact with your students and their parents to show you're thinking about them
- Provide small group or one-on-one virtual tutoring for students who have a need
- Volunteer to pass out lunches to students and families in the community or through your school
- Speak with a counselor to talk through your thoughts and feelings

You're not alone

Our counselors are here to help. You can confidentially talk about how you're feeling. When you feel anxious, worried or afraid — call us. We're here to talk with you 24 hours a day, 7 days a week. We're all in this together. And we're prepared to help you — the very people who teach our future leaders.

We hear you. And we're here for you. Let us help ease your mind. Call us today.



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