

INTERNATIONAL ASSOCIATION FOR COLLEGE ADMISSION COUNSELING

WEBINAR THURSDAY

The Reality of Virtuality: How to maximize your "bandwidth" in the throes of the Coronavirus: Successes and challenges from the field

Thursday, March 19, 2020, 7am EST



Today's Panelists

- Michelle Barini michelle.barini@saschina.org College Counselor Shanghai American School-Pudong Campus
- **Toni Jones** tjones@hkis.edu.hk High School Counselor Hong Kong International School
- **Patrick Love** patrick.love@concordiashanghai.org PK-12 Counseling Team Leader Concordia International School Shanghai
- John Yi Liu john.liu@sh.ycef.com Regional Coordinator for University Guidance Yew Chung International School
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- **Frances Nan Zhang** frances.zhang@wlsafoundation.com Dean of College Counseling & Financial Aid WLSA Shanghai Academy



Polls: Understanding who is here







Quick Facts

updated: *a few seconds ago* IOTE: Not all countries update at the same time)

~ 203,995

Total Confirmed Cases

≗8,141

Total Deceased

⊨ 6,083

Total Serious

RECOVERED:	41%				Q	search dat
REGION	\$	CONFIRMED	DECEASED	\$ RECOVERED	\$	SERIOL
TOTAL		203,995	8,141	82,450		6,08
China		80,894	3,237	69,601		3,61
Italy		31,506	2,503	2,941		2,06
Iran		17,361	1,135	5,710		0
Spain		13,784	602	1,081		77
Germany		10,069	26	73		0
South Korea		8,413	84	1,540		C
France		7,730	175	12		30
United States		6,209	107	8		6
Switzerland		2,700	27	4		C
United Kingdom		1,950		65		2
Netherlands		1,705	43	2		4
Belgium		1,486	14	31		10
Norway		1,479	4	0		(
• • •		4 474	^	^		

https://ncov2019.live/data











Stay @ home, you can...

- Stay positive & optimistic
- Stay engaged & busy
- Stay motivated & get inspirations
- Stay foolish & hungry
- Stay relaxed & chilled



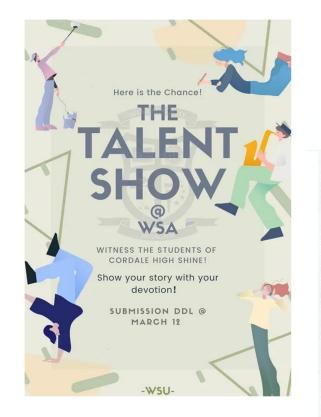


Remote Learning could be...

- Transparent
- Interactive
- Creative
- Caring
- Full of fun









WLSA上海学校 >

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从本期开始,我们正式推出WLSA新竹园"家长云 课堂"栏目,探讨家庭教育的话题,第一期云课 堂,让我们一同关注正面管教的话题。上学期期 中家长会后,学校给家长推荐了《十几岁孩子的 正面管教》一书,很多家长都读完了这本书,也 欢迎各位家长通过班主任积极投稿,开展正面管 教线上读书会活动,把您在正面管教方面的读书 心得或者实战经验,分享给更多的家长。

...

POSITIVE DISCIPLINE FOR TEENAGERS

Revised 3rd Edition



Empowering Your Teens and Yourself Through Kind and Firm Parenting

iane nelsen, ed.d., and lynn lott, m.a., m.f 📯 WLSA上海学校







SHANGHAI AMERICAN SCHOOL

SAS DISTANCE LEARNING PLAN

(Last Revised: March 4, 2020)

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Online learning, teaching and education continuity planning for schools



The guidance here is intended for staff supporting schools that are facing closures and qu due to the Covid-19 (Coronavirus) outbreak. It is contains suggestions and guidelines for c blended learning, with further suggestions for free apps and solutions for schools that ma online or mobile solutions in place at the time of closing.

Guidelines for online and blended learning
Setting up
Developing an online learning plan or a continuity of learning plan
Finding communities to share with
Specific information to supplement the IB's FAQ on Covid-19
How to manage online learning and teaching
Which are the easiest activities to set up and find resources for?
Free interactive material and learning tools
Setting up online learning management
Learning experiences that involve physical activities, resources, or spaces
Mobile learning strategies
How online learning supports exhibitions and wider community activities
Use of social media for learning and teaching
Guidelines to ensure the privacy and data protection of the school community
How to ensure students are not disadvantaged by online teaching
Managing screen time
How can teachers authenticate work that is being completed remotely?
Transitioning from online back to face-to-face learning

https://www.ibo.org/globalassets/newsassets/coronavirus/online-learningcontinuity-planning-en.pdf



AP Updates for Schools Impacted by Coronavirus

Supporting AP instruction and testing.

AP Central / About AP / News & Changes / AP Updates for Schools Impacted by Coronavirus

About AP	March 16, 2020
Overview	The AP Program is developing resources to help schools support student learning during extended
AP at a Glance	closures, as well as a solution that would allow students to test at home, depending on the situation in May. Additional information will be posted by March 20.
Discover the Benefits of AP	We will announce portfolio submission deadline extensions for AP 2-D Art and Design, 3-D Art and Design,
Start & Grow AP	Computer Science Principles, Drawing, Research, and Seminar courses by March 20. Schools do not need to call AP Services for Educators to request these extensions.



THE CHRONICLE OF HIGHER EDUCATION

Noving Online Nov

How to keep teaching during coronavirus

man

A new REALM: IFSEL's Tips for Distance Learning

Institute for Social and Emotional Learning

About Us

Us **∨** What We Offer **∨**

Testimonials

Blog

Contact Us 🎽 🖬 in

Resources March 16, 2020 Janice Toben

A new REALM: IFSEL's TIPS FOR DISTANCE LEARNING

With many schools moving to Distance Learning during this pandemic, IFSEL is pulling from our collective and creative forces to support teachers to help students have virtual experiences full of human connection and joy in learning.

We know that when it comes to Distance Learning there is an inequitable distribution of resources and tools. For our most vulnerable and disadvantaged, school closures pose many critical risks to the physical, social, and emotional health of our whole community.

The team at The Institute for Social and Emotional Learning has created and curated ideas that, we hope, will address some of the social and emotional needs that students and educators are experiencing.

R - R ituals			
E - E nergize			
A - A ppreciation			
L - L ighten			

M - Mindful



Teaching Schedules

- Synchronous/Asynchronous Sessions
- Rethinking Assessments
- Live sessions
- Office Hours
- Timezone awareness
- Screencasts
- Balancing types of learning

- 'Certainty' about the school day when lessons are following the timetable
- Making adjustments when needed is important - eg introduction of 2 'shortened days' to give offline time and time for homework
- Regular check-ins with students to see if they are ok
- Being aware of the 'excess' of email and e-communications



Child Protection









Social-Emotional Counseling Successes

PROACTIVE SUPPORTS

Strategic communication Credible re/sources

Sustained normalcy

Physical Education (PE) videos and/ or live sessions

REACTIVE SUPPORTS

Attendance data

Survey Data: Circumstantial & Routine



WELLBEING DATA BEFORE AND DURING CAMPUS CLOSURE

Wellbeing Domain	Jan 19	March 3
Happiness	6.9	6.3
Stress	6.1	6.0
Relationships	7.3	6.5
Motivation	6.1	5.8
Hours of Exercise	1.05	0.84
Spiritual Practice	24%	36%
Hours of Sleep	7.0	7.5

WELLBEING CHECK-IN









Range of emotions

Disappointment & grief

Opportunity & Silver Lining

Early post-secondary transition skill-building Innovative, technologically-savvy student leadership



What Challenges Do Students Face During Virtual School?





Challenges

Executive Functioning

- Schedule sleep, work, staying active
- Decreased levels of accountability

Managing Content

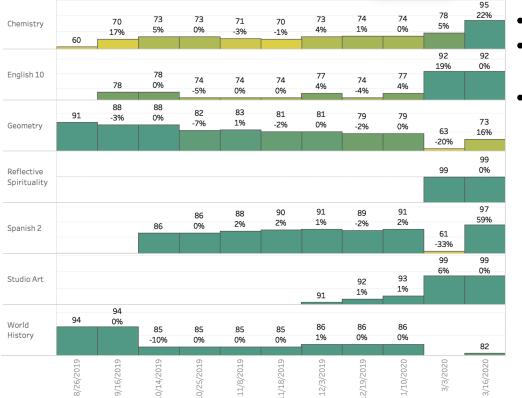
- Dawn-till-dusk workload
- Teachers have had to adjust, but it has taken time

Lack of Connection

- Personal isolation
- Less T2S instruction, S2S learning, C2S support



Supporting Students - Grades



- Beyond D's and F's
- Look for drops that might be early warning signs
- Engage teachers, students, and parents
 - Set a daily schedule
 - Organize what needs to get done for day and week
 - Prioritize for that day
 - Pomodoro Technique
 - Accountability and real consequences at home
 - Regular communication with teachers



Supporting Students -Executive Functioning

Online Learning Habits

(In Four Animals)

Be active.

Habits: Don't lurk! Leave an artifact every time you check into your course: post an idea, reply to someone else's idea, share a resource, submit an assignment. Small and frequent contributions are more effective than big and sporadic ones.

Tools: Download mobile versions of course technology to communicate on the go. Use browser bookmarks to make your course easily accessible.

Be resilient.

Habits: Identify and use multiple modes of support: online resources, your online classmates, and oncampus support. Make a sincere attempt to solve a problem yourself before asking others.

Tools: Find and bookmark online support resources for technology in your course. Don't be afraid of a Google search. Identify a "course buddy," someone who knows you're in this course and can provide both personal and technical support.

Be steady & reliable.

Habits: Prioritize responsiveness. Check-in daily for a few minutes to keep up with conversations. Designate longer chunks of time for deeper work. It's important that online learning be a visible part of your schedule.

Tools: Set regular "dates" with your course on your calendar. Make sure course notifications go to the device you use most (email, phone, tablet).

Be playful.

Habits: Communicate in many ways (text, video, image, emoji, etc.). Use humor and warmth. Try to do something surprising or creative with routine interactions.

Tools: Learn how to use your smartphone or mobile device to capture and upload video and images that show your life and location. Learn the technology in your course: how many different ways are there to interact? Learn how to add multimedia elements to your posts.

Summary

- 1. Be more intentional about building connections (T2S, S2S, etc)
- 2. Avoid inconsistency, be consistent
- 3. Know your tools. Take charge of your learning
- 4. Get ready to do things differently

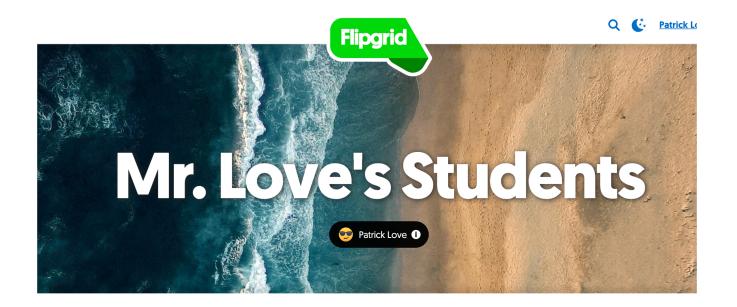


Supporting Students - Delivering Curriculum

Home	uncements	ø	View All Pages	Front Page 🕑 Published 🔌 Edi
Assig Discu	nments	ø	Welcon	ne to Mr. Love's Canvas Page.
Grad	S		Week	Lesson
Peop	е			Title: High Performance Habits
Page				Goal: Increase productivity and intrinsic motivation during virtual school.
Files		Ø		Lesson: Watch the video (8 mins) on YouTube & or Ensemble &
Syllat	us		March 2-6	Record you response following the prompts on Flipgrid.
Outc	omes	Ø		ಜಿ Watch and respond to other students' videos so that you are building a better understanding of how others can also use thi
Quizz	es	Ø		info. Your response should include encouragement for the other student, and specific feedback on how their video was helpful
Modu	les	ø		you.
Confe	rences			Title: Checking In
Colla	orations		March 8-13	Goal: Give students a chance to connect with each other.
Atter	dance			Instructions: Respond to the prompts in the <u>Flipgrid.</u> &
Lock	own Brow	ser		
Class	Notebook			Checking In Cont
			March 16-20	Instructions: Respond to the prompts in the <u>Flipgrid.</u>
New	Analytics			



Supporting Students -Delivering Curriculum





Supporting Students -**Delivering Curriculum**

High Performance Habits

Feb 28, 2020

3 Topics 🔻

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High Performers have to succeed over the long term because they have the guts to expect something great from themselves

- Brendon Burchard

💥 View

The main habits in the video are...

Tension to Intention - Release the burdens that weigh you down and ask yourself, "what is the feeling I want to bring into my next setting to optimize the experience for myself and others?" Necessity through Identity - Create situations where you must perform well. "It's just who I am." Bringing My "A" Game - Asking, "who needs my A game?" and focusing on that one person.

Choose a habit and tell us how you can apply it to your virtual school experience.

Tip: Choose a topic and describe how you would apply it to your life.







Supporting Students -Building Community

Flipgrid







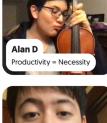


Timothy F



Tension to Intention





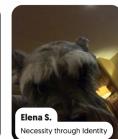


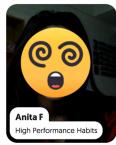






Q C Patrick Love Log out















Lena l



Aliyah H

















Supporting Students -Building Community

	a Vibel -	Feedback	Edit	Share
		Video Feedback This video will only	y be available to And	rew Zhang.
		Grading Rubric Score Andrew's video based o		<u>it the rubric</u> . Prmance
		Comments Add detailed feedback for And	rene	rmance
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		Share Feedback Students can visit my.flipgrid.co		ack. You can also ema
ndrow Zhang		or copy the link directly to stud		
ndrew Zhang splay Name: Andrew Zhang insion to Intention		or copy the link directly to stud		il Feedback



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University Counseling



Lesson delivery:

- Video Conferencing
- Resources:
 - Google Meet & Zoom, platform (Unifrog), Screencastify, Slidesgo
- Exit polls, Google forms,
- Time in the school day & planning ahead

University Counseling meetings:

- Calendly, Google Meet, Zoom or Google Hangouts
- Child protection measures
- Recording check your school's policy

Parent Communications:

- Webinars
- Online meetings





University Counseling Where we were and where we are...

Nothing is perfect...we've learned as we've gone along:

- Student focused
- This is a learning opportunity, encouraged innovation
- It will this inform our practice for next year
- Consider how online provision has facilitated accessibility for parents and guardians







University Counseling



IB/AP:

- Regular communications from coordinators
 - e.g. IB guidelines / deadlines and how students are tracking towards completion

SAT/ACT Testing:

- Cancellations mean more forward planning
- Fairtest options

Webinars and virtual visits:

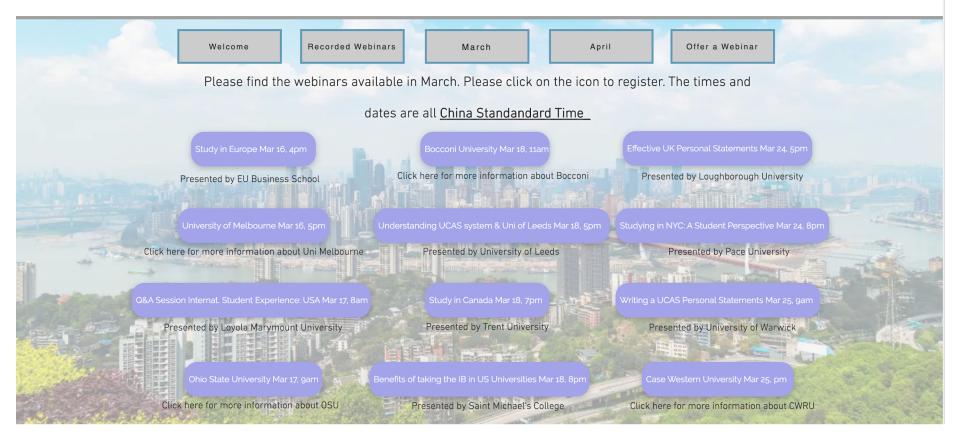
• Universities have been proactive with resources, communication





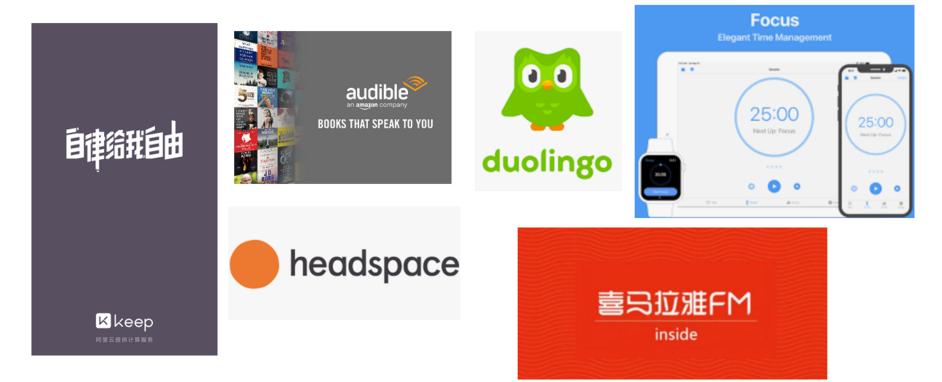
University Webinars https://shanghaiuniversity.wixsite.com/chinawebinarYCIS

University Webinars in Asia





LEAD A HEALTHY ONLINE STUDY LIFE





Resources & online tools Check with your Tech Coaches/Departments for resources too

Online university webinars:

- <u>March | ChinaWebinars</u>
- <u>Cialfo On-Line University Fairs</u>
- <u>Upcoming Virtual College Admission Events</u>

Campus tours:

- <u>https://www.youvisit.com</u>
- <u>https://360campus.cn/en/</u>
- <u>NACAC College Admission Updates</u>

English Test-taking

<u>https://englishtest.duolingo.com/</u>

Learning about international education

- <u>https://www.edx.org/</u>
- <u>https://www.nacacnet.org/news--</u> <u>publications/publications/international-</u> <u>admission/</u>
 - (Also available within Cialfo Resources)
- <u>Bridge-u.com</u>, <u>Unifrog.org</u>

Learning about UK universities and majors:

- <u>UCAS</u>
- <u>https://discoveruni.gov.uk</u>

Find right fit for US universities:

- <u>https://collegescorecard.ed.gov/</u>
- <u>https://www.collegekickstart.com/</u>
- <u>https://bigfuture.collegeboard.org/</u>
- <u>corsava.com</u>
- <u>http://fairtest.org/</u>

Personal statement writing guides:

- <u>CollegeEssayGuy.com</u>
- <u>WowWritingWorkshop.com/</u>

Student personal development resources

- <u>Apps to aid in well-being and ease anxiety</u>
- ISCA resources on role of the school counselor during school closures
- <u>CIS Updates/Blog Posts</u>
- <u>MindHK mental health tips</u>
- <u>Institute for SEL</u>



Resources & online tools (continued)

Design and Creativity

- <u>https://dschool.stanford.edu/</u>
- <u>Slidesgo</u>

Counselor learning resources

- <u>https://www.chronicle.com/</u>
- <u>NACAC E-Learning</u>
- <u>Education Quest.org-Resources</u>
- Webinar Locker-Futureology
- ISCA Resource Doc

School programs

- <u>Zoom--free upgraded accounts</u>
- <u>Schoology</u>
- MSTeams
- Google Meet, Google Classrooms
- Unifrog
- Cialfo
- <u>Calendly</u>
- <u>Slack</u>

Resources for Teachers

- <u>Resources For Teaching Online Due To School</u> <u>Closures</u>
- <u>Teaching is Learning Blog</u>

Useful EdTech

- <u>Screencastify</u>
- Flipgrid
- <u>Edpuzzle.com</u>
- Kanbanchi.com

Child Protection

Make Virtual School Safer

Distance Learning Reference Guides

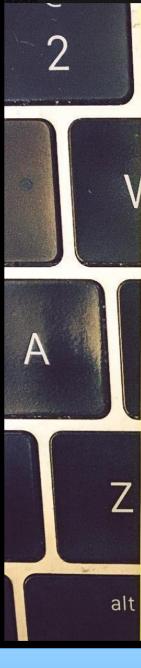
- How to keep teaching during coronavirus
- Institute for SEL
- <u>NYU Shanghai Digital Teaching Tool Kit</u>
- <u>SAS COVID-19 Updates & FAQ's</u>
- <u>SAS China Distance Learning Plan</u>
- IBO online-learning and planning
- <u>Stanford OnLine High School Webinars</u>

Sanity Keepers

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- <u>NPR's list of live virtual concerts</u>
- Live Animal Webcams
- <u>Metropolitan Opera Free Performances</u>
- 12 Museum & Gallery Virtual Tours
- Greater Good Magazine





DAILY QUARANTINE QUESTIONS:

- 1. What am I GRATEFUL for today?
- 2. Who am I CHECKING IN ON OV CONNECTING WITH today?
- 3. What expectations of "normal" am I LETTING GO OF today?
- 4. HOW am I GETTING OUTSIDE today?
- 5. How am I MOVING MY BODY today?
- 6. What BEAUTY am I either Creating, cultivating, or inviting in today?



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Questions and Thank You!

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Quick Links

Renew for 2020

Become a Member

2020 Conference Information

COVID-19 Novel Coronavirus Information

Upcoming Events

Special Webinar

March 19, 2020

The Reality of Virtuality: How to Maximize Your "Bandwidth" in the Throes of the Coronavirus: Successes & Challenges from the Field

Webinar Wednesday

April 1, 2020 Support for International Educators During COVID-19: Updates & Resources from AP, Cambridge International, IBO, and Pearson



As International ACAC continues to monitor the COVID-19 Novel Coronavirus impact globally, we have compiled resources and information for our members as posted on this page. We will continue to keep our members updated, and we thank everyone for their ongoing support for their colleagues and community during this challenging time. Members coming together and sharing resources has been a reminder of how interconnected we are.

COVID-19 Novel Coronavirus Information

Resources

<u>Webinars</u>

What Our Members Are Saying



INTERNATIONAL ASSOCIATION FOR COLLEGE ADMISSION COUNSELING

WEBINAR WEDNESDAY April 1 - 7am and 7pm EDT

Support for International Educators During COVID-19: Updates & Resources from AP, Cambridge International, IBO, and Pearson

