



2013 National School Counseling Week 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 "Liberty and Learning for All."

You might wonder what that means. Liberty is defined as "the power of choosing, thinking, and acting for oneself." And learning means to gain knowledge through systematic study. So this week we will talk about how you can be responsible for your own learning and behavior here at school and at home with friends, parents and teachers.

It's not always easy to be responsible. Every day there are distractions and roadblocks — tough classes, peer pressure, friendship problems, social media, family concerns and more. My job is to help each of you overcome those obstacles to reach your full potential and learn how to be responsible for your learning and your life. That's what school counselors do: We help. Come by and talk to me soon.

Tuesday

Good morning. This is [insert name], and today is the second day of "National School Counseling Week." The message today is about choosing your attitude and how that attitude can shape your future.

The inventor Thomas Edison once said, "Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. ... There are two types of people: those who fear failure so they never try, and those who fear failure so they never quit.

Abraham Lincoln, our 16th president, faced great struggles with a divided country during the Civil War. But he had great determination and a never give up attitude. "Always bear in mind," said the man responsible for ending slavery, "that your own resolution to succeed is more important than any other."

A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. To use Edison's words, it is a catalyst, a spark that creates extraordinary results. As your school counselor, I'm here to help you find your spark.

Wednesday

Good morning. This is [insert name], and today is the third day of "National School Counseling Week." Today's message is about developing the right habits that point you in the in the right direction.

The great philosopher Aristotle said, "Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."

Think about the choices you make every day. Are you on the right path? Are you doing the things that will help you succeed in school? Are you going to class, doing your homework, listening to your teachers, getting rest and exercise? Are you maintaining a healthy lifestyle?

These things are critical to your future success. Frank Outlaw, a man you probably don't know, once said something very wise: "Watch your thoughts, they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny."

Thursday

Good morning. This is [insert name]. Today is the fourth day of "National School Counseling Week." Our message today is about acting with compassion. As Aesop, the famous ancient storyteller, once said, "No act of kindness, no matter how small, is ever wasted."

We all know people who are selfish, who seem to think only of themselves. We see this in children who pout over candy and toys, in classmates who behave in an ugly or dismissive way when they walk in the school hallways, and in corporate CEOs who value greed.

The author Dean Koontz once said, "Some people think only intellect counts: knowing how to solve problems, knowing how to get by, knowing how to identify an advantage and seize it. But the functions of intellect are insufficient without courage, love, friendship, compassion, and empathy."

Remember: It's the random acts of kindness that often can make the biggest difference in a person's life. As your school counselor, I can help you deal with the challenges you face and help point you in the right direction, and I will do so with kindness.

Friday

Good morning. This is [insert name]. Today is the final day of "National School Counseling Week." Our final message focuses on how we deal with change.

Change is constant in today's world, and it can be difficult to keep up with at times when life seems to be moving so fast. But by making the right choices, by being determined and persistent and motivated, you can do it. You can be the change you wish to see in this world.

As the rock band Journey put it, "Don't stop believing."

Harriet Tubman once said, "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

Your teachers are here to help. Your principal is, too. And when you need someone who will listen that you can trust, remember that your school counselor is always here for you.

Thanks to all the students and staff for helping to make this a great week. Now let's all work together to be the change.