



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 throughout the week is on the things you need to be successful in life. The first is a sense of direction. As baseball player Yogi Berra once said, "If you don't know where you're going, you might not get there."

While you might not know who Yogi is, here's a quote from someone you will know – Dr. Seuss. "Think left and think right and think low and think high. Oh, the things you can think up if only you try!"

Deciding where you want to go in life is very important. Let your school counselor help you make the right decision. As the folks at Home Depot say: "You can do it. We can help."

Tuesday

Good morning. This is [insert name], your school counselor, and today is the second day of "National School Counseling Week." Today's focus is about perseverance – sticking with something even though you are not sure how things are going to turn out.

Thomas Edison knew something about sticking with an idea. It took him two years of trying and failing before he finally invented the light bulb. He could have easily given up after six months of failure or a year, but he stuck to his goal and his vision and invented the incandescent light bulb.

Think about how different our world would be if Edison had given up. We are all fortunate that he didn't. Later in life Edison identified the three things that are most essential to achievement: common sense, hard work and stick-to-it-iv-ness. Edison said "I have far more respect for the person with a single idea who gets there than for the person with a thousand ideas who does nothing."

Humorist Will Rogers said it differently: "Even if you are on the right track, you'll get run over if you just sit there."

You are closer to success than you think. There is a light at the end of the tunnel. Keep going. Don't give up.

Wednesday

Good morning. This is [insert name], and today is the third day of "National School Counseling Week." Today's focus is about talents and dreams.

What are your talents? Can you sing? Dance? Act? Do you enjoy science experiments? Is writing your strength? Or is it in math?

A very wise man, Henry Van Dyke, said you should "use what talents you possess. The woods would be very silent if no birds sang there except those that sang the best."

Just because you may not be the top student in your class or the best athlete, it doesn't mean you should stop trying. You don't have to be a star to be successful in life. Or, think about how Ben Sweetland described it: Success is a journey, not a destination.

Many years ago, the poet Carl Sandburg reminded us of something very important: Dreams put us on the path to success, because for anything to be accomplished, it must first be imagined.

Are you on a journey to success? What is your destination in life? These are things to think about, but remember that answers may take a while. I hope you enjoy your journey.

Thursday

Good morning. This is [insert name], your school counselor, and today is the fourth day of "National School Counseling Week."

Have you ever heard the saying "When life gives you lemons, make lemonade"? What do you think that means?

We have all had lemon experiences – getting a poor grade on a test, having a disagreement with a parent or friend, losing something that has meaning to us. It is easy to get sad and angry and mad when these things happen. Sometimes, though, it's important to look at the opportunities and the learning that come from these experiences and to view them differently.

Getting a poor grade on a test may remind us to manage our time and study. Sometimes disagreements with our parents and friends help us to better understand and appreciate those relationships. And when we lose or misplace things sometimes it is a powerful reminder that we need to be organized and mindful.

Throughout your struggles, remember that kindness should always prevail. Aviator Amelia Earhart said: "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."

So, when you are handed lemons think about how you can turn them into sweet opportunities and learning experiences.

Make it a great day!

Friday

Good morning. This is [insert name], your school counselor, and today is the last day of "National School Counseling Week."

Have you watched Sesame Street? Do you remember Kermit the Frog? One of his favorite sayings is, "It isn't easy being green..." Poor Kermit.

But did you know that it is easy for you to be green? Environmentally green, that is. We can all do our part to take care of the planet. Turn off the lights when you leave the room. Pick up trash when you see it on the street. Recycle plastic and paper.

Are you doing these things at home? Are you doing them in your school? If you're not, will you start? Just think of all the things we could accomplish if we all did our part as individuals to make a difference.

And that doesn't apply just to the planet, but to all aspects of our life. Take a moment to think about how you can make a difference — for our planet, for your country, and for your family and friends. Remember what the wise philosopher Dr. Seuss said, "A person's a person, no matter how small."

Make it a great day!