

Counseling in the time of COVID-19 - Grade 11 & 12

My dear students,

Hope you are doing well and are safe and healthy. As the world still is grappling with the dreadful corona and its aftereffects, the social distancing as a result has caused a disruption in our daily lives.

You may feel overwhelming emotions that can't be shared with family and you miss your friends and routine. That's where I would like to help you. As the KHDA rightly quotes "#InThisTogetherDubai", I would like to connect with all of you through webinars, sessions and chats.

Here's how we can do it:

1. Webinar/Group sessions

Attending an interactive webinar/session aptly termed "conversations with your counselor" will help you feel connected to your peers. Group discussions about emotions and feelings one is going through will help in catharsis. Topics can be suggested to me about what you wish to discuss. Sharing your story can not only help you but may benefit a fellow being. The session will be held once in a month for each grade.

2. Individual session

I love to hear from you and having private sessions can help share your feelings discreetly. Remember these sessions are strictly confidential and will not be shared unless there is a need. Let me know if you would like to have a chat, and I will get back to you at the earliest.

3. Small group sessions

Self-care, time-management, social- emotional learning and online -safety can be discussed in smaller group sessions. Parent permission maybe required for these sessions.

4. Classroom lessons

Sometimes you can see me popping in to check on classroom lessons. If you feel I should visit your classroom for any reason, drop an email to me.

CONVERSATIONS WITH YOUR COUNSELOR SCHEDULE

Date	Grade	Time	Link
25.04.2020	11 (GIRLS)	3.00pm-4.00pm	https://meet.google.com/zys-ifrx-xrx
25.04.2020	11 (BOYS)	4.30pm-5.30pm	https://meet.google.com/ori-tmbp-vav
02.05.2020	12 (GIRLS)	3.00pm-4.00pm	https://meet.google.com/xax-mvth-gta
02.05.2020	12 (BOYS)	4.30pm-5.30pm	https://meet.google.com/drs-eaoi-zrk

To reach me for individual or group sessions please mail me at
inclusionchampion@gmsdubai.ae

So, remember we are in this together. We are here to hear. I am listening if you want to share.

Stay healthy and stay safe!!!!Looking forward to your whole hearted participation for these session...

Regards,

Princiya Abdul Karim

Inclusion Champion