

# Myrtle Beach High School Counseling Department Virtual Resources

Social / Emotional Resources		
Source	Website	Description
Calm App	<a href="https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&amp;utm_source=lifecycle&amp;utm_campaign=newreleases_03222020">https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&amp;utm_source=lifecycle&amp;utm_campaign=newreleases_03222020</a>	Free resources for meditations, master classes, music and movement
Whole Child Counseling	<a href="https://www.wholechildcounseling.com/post/coronavirus-resources-for-kids-parents-counselors-and-educators?fbclid=IwAR0EYqYhn2ITy34daOqQIOqDpV7-AbqKJzLbfUtjTqAYHljtuhTAm4phUR4">https://www.wholechildcounseling.com/post/coronavirus-resources-for-kids-parents-counselors-and-educators?fbclid=IwAR0EYqYhn2ITy34daOqQIOqDpV7-AbqKJzLbfUtjTqAYHljtuhTAm4phUR4</a>	Numerous resources for families for coping during the pandemic.
Slap Dash Mom	<a href="https://slapdashmom.com/anxiety-apps-teens/">https://slapdashmom.com/anxiety-apps-teens/</a>	List of free relaxation mobile apps
Therapist Aid	<a href="https://drive.google.com/file/d/1_jHJkyyZxlprGRnHqYv6ze5sRhQp0Wc7/view?usp=sharing">https://drive.google.com/file/d/1_jHJkyyZxlprGRnHqYv6ze5sRhQp0Wc7/view?usp=sharing</a>	Coping skills worksheet
Mindfulness for Teens	<a href="http://mindfulnessforteens.com/guided-meditations/">http://mindfulnessforteens.com/guided-meditations/</a>	Guided meditations and other mindfulness resources for teens

## CoronaVirus Resources

Source	Website	Description
Child Mind Institute	<a href="https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/">https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/</a>	Supporting Teens and Young adults during the coronavirus crisis
Conscious Discipline	<a href="https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/?mc_cid=89fc7c1740&amp;mc_eid=a11879e7ac">https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/?mc_cid=89fc7c1740&amp;mc_eid=a11879e7ac</a>	Covid 19 resources for families
Harvard Medical	<a href="https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111">https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111</a>	How to talk to children about the Coronavirus
National Association of School Psychologists	<a href="https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource">https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource</a>	Parent Resource for talking to children about the Coronavirus

## Academic Resources

Source	Website	Description
Myrtle Beach High School	<a href="https://www.horrycountyschools.net/domain/4517">https://www.horrycountyschools.net/domain/4517</a>	School Counseling Resources
College Board	<a href="https://apstudents.collegeboard.org/coronavirus-updates#free-ap-classes">https://apstudents.collegeboard.org/coronavirus-updates#free-ap-classes</a>	Free AP Review classes
Go Peer	<a href="https://medium.com/gopeer/students-from-harvard-mit-uc-berkeley-give-free-tutoring-to-k-12-students-229cff0e3464">https://medium.com/gopeer/students-from-harvard-mit-uc-berkeley-give-free-tutoring-to-k-12-students-229cff0e3464</a>	Free Tutoring from students at Harvard, MIT and UC Berkeley
SC Department of Education	<a href="https://ed.sc.gov/districts-schools/shared-services/free-and-lower-cost-internet-in-response-to-covid-9/">https://ed.sc.gov/districts-schools/shared-services/free-and-lower-cost-internet-in-response-to-covid-9/</a>	Low Cost Internet Options
Chapin Public Library	<a href="https://www.chapinlibrary.org/">https://www.chapinlibrary.org/</a>	Free Wi-fi Services
Horry County School District	<a href="https://www.horrycountyschools.net/domain/73">https://www.horrycountyschools.net/domain/73</a>	Horry County Virtual School

SC DISCUS	<a href="https://www.scdiscus.org/discus-resources">https://www.scdiscus.org/discus-resources</a>	Many resources available including access to tutor.com
FAFSA	<a href="https://studentaid.gov/h/apply-for-aid/fafsa">https://studentaid.gov/h/apply-for-aid/fafsa</a>	APPLY For Financial AID
FAFSA	<a href="https://www.youtube.com/watch?v=LK0bbu0y5AM">https://www.youtube.com/watch?v=LK0bbu0y5AM</a>	How to Complete a FAFSA
StudySpanish.com	<a href="https://studyspanish.com/">https://studyspanish.com/</a>	Free and Paid resources for Spanish

College Preparation, SAT/ACT Resources and More...	<a href="https://www.horrycountyschools.net/domain/3176">https://www.horrycountyschools.net/domain/3176</a>	ACT/SAT Registration, College Visits, College Admissions Profiles, etc
Myrtle Beach High School	<a href="https://www.horrycountyschools.net/domain/3184">https://www.horrycountyschools.net/domain/3184</a>	Scholarship Resources