

If I could clone myself for one task, it would be _____
so I could spend more time

The logo for Character Strong is written in a black, elegant cursive script. The word 'Character' is on the top line and 'Strong' is on the bottom line. A small red heart is integrated into the 'S' of 'Strong'. The logo is centered within a light blue oval, which is set against a vibrant green background. To the left of the oval, there are overlapping abstract shapes in purple, blue, and pink. To the right, there are overlapping abstract shapes in orange, yellow, and green.

Character Strong

**Stronger Connections Smarter Tools:
Using AI to Support Student Connections**

@characterstrong



Sarah Perri



School Counselor, Alta Loma
School District, CA
School Counselor for 8+ years

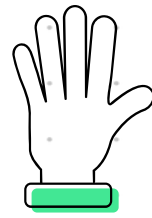


Proof that AI solves it all

Why did the school counselor start using AI?

*Because even Siri said
“that sounds like a you problem”*

**How comfortable are you
using AI?**



Temperature

Check

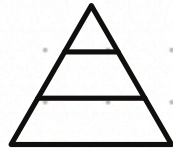
What We Will Cover Today



What AI is (and isn't)



Tools that actually help your workflow



Tier-based real examples



Prompts, practice, and play

Alex's Story



Why this Matters

Relationships
are everything.

AI can give us
more time to
connect
—not less.

Let's use tech
to make room
for the real
work.

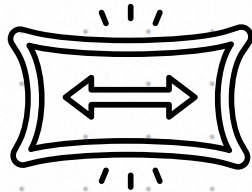
Why this Matters



More students, less time



Students struggling silently



Counselors & teachers stretched thin

AI Tools for Educators



ChatGPT



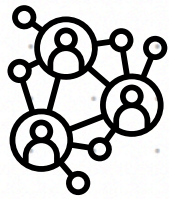
grammarly



Ethical Guardrails



Privacy



Bias



Transparency



Relationship First

Which Movie Is Your Current Support System?



The Avengers

Teamwork is strong,
chaos still wins



The Hunger Games

(May the odds be
ever in your referral
tracking)



Monsters, Inc.

Screams power the
system... literally.



The Notebook

Because the tears
are real and the
tracking is
emotional.

Tier 1: Quick SEL & Staff Support

ChatGPT: 15-min respectful language lesson



Icebreaker + Reflection + Pledge



MagicSchool: Quick scripts for tough topics



For Admin: Use AI tools like MagicSchool or ChatGPT to create a bank of SEL mini-lesson



Quick win: Canva: Type this into Canva's Magic Design:
"Create a kindness poster for 3rd graders with a fun animal theme."



Turn and Talk

What's one Tier 1 classroom need that pops up often for you?

What kind of quick script or mini-lesson would you want AI to build for you in 30 seconds?

Tier 2: Data You Can Use in Real Time



Google Form mood checks



ChatGPT: "Summarize & suggest Tier 2 supports"



MagicSchool: Organize student behavior logs



Admin Win: Standardize referrals & streamline data for support team meetings

Want to try this Monday?

Here's your script:

Make a 3-
question Google
Form for student
check-ins.

At the end of the
week, paste the
spreadsheet into
ChatGPT.

Ask: 'What do
you notice? What
should I do next?'



Turn and Talk

What data do you WISH you had organized like this right now?

What student comes to mind who could benefit from this system?

Tier 3: Crisis Moments

- 💔 Grief Support Scripts
- ✉️ Parent Email Templates
- 🧠 AI-generated coping activities

✨ *These are the moments we never want to rush. AI can prep us emotionally so we're present, not panicked.*

Quick Wins:



Counselors: Save 3 go-to grief prompts in a shared Google Doc.

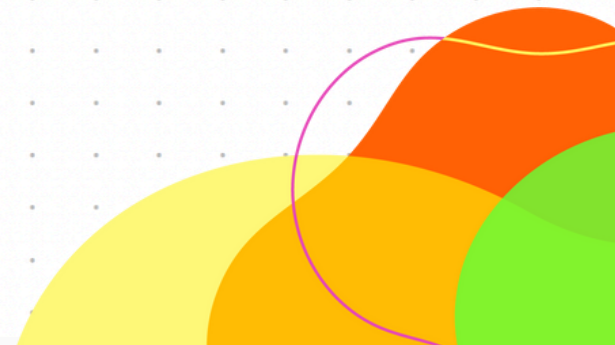


Administrators: Schedule a September planning hour to build Tier 3 toolkits with your team.



Turn and Talk

What's one prompt you could keep saved for Tier 3 emotional moments?



Beyond Behavior - AI in every Domain

College and Career

- Ask ChatGPT
 - Design a worksheet to help students identify their strengths and match them to future careers

Academic Planning:

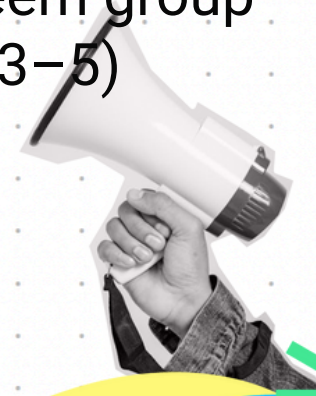
- Ask ChatGPT
- Create a weekly academic planner template for a student who struggles with executive functioning

Group Counseling

- Ask ChatGPT/MagicSchool
- Generate weekly journal prompts for a self-esteem group (grades 3–5)

Restorative Practice

Draft a re-entry plan template for a student returning from suspension



*Character
Strong*

Tools to Try Monday

**MAGIC
SCHOOL**

Canva



ChatGPT

Prompt Power

Be specific

Create a 15-minute SEL lesson for 4th graders on using kind words, with a turn-and-talk activity and a positive closing reflection

Give context

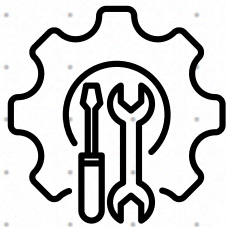
Tell it the **grade level**, the **tone**, the **time**

Test + revise

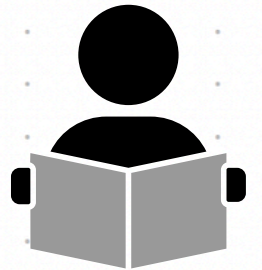
Don't be afraid to tweak.

Think of it like a super smart intern: wildly capable, but *needs really clear directions.*

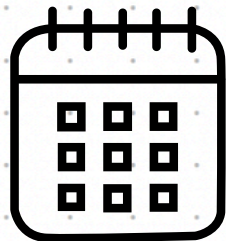
One Tool, One Student, One Week



One Tool



One Student



One Week



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60 Second Feedback

