

Quickstart guide: Counselors / interventionists



How to use this guide

- Set up reflections before and/or after students meet with a counselor or interventionist
- Set up reflections to create a “reflection space” for students to self-regulate
- Create reflection assignments in MirrorTalk using sample objectives (use the prescribed format)
- Use the personalized option to create individualized reflections before meeting with the counselor
- Use the problem-solver focus to support students with conflict resolution



Why add MirrorTalk for SEL?

- Fosters emotional awareness for both students and counselors
- Boosts confidence and motivation
- Conflict resolution
- Coping strategy evaluation
- Career and college readiness



Sample objectives

TOPIC	OBJECTIVE
	Copy this into mirrortalk.ai in the learning objective space
1 Emotions and behavior	Focus: Depth of Knowledge Students will analyze how their emotions influence their behavior and apply strategies like mindfulness, journaling, or physical activity to regulate emotions in challenging situations.
2 Stress	Focus: Core or Retrieval Students will critically evaluate how different stressors (e.g., academic pressure, social challenges, family issues) impact their well-being
3 Career exploration	Focus: Depth of Knowledge Students will explore various career fields (e.g., STEM, arts, healthcare, business), reflect on the skills and qualifications required for those careers, and relate them to their current strengths, interests, and academic subjects.
4 Conflict resolution	Focus: Collaboration Students will explore different conflict scenarios and practice using communication skills (e.g., “I feel” statements, active listening) to resolve conflicts without aggression or negative behavior.