

Introduction to Skodel for Students

How are you feeling today?





Skodel Welcomes All Students

This is a short guide to introduce students to Skodel. In this guide you'll find out what Skodel is, its purpose and how you can use it.

What is Skodel

Skodel gives you an opportunity to privately share what matters to you with your teacher. You will be sent short online check-ins (via email or mobile app) that take 30 seconds to complete. Click the button below to see what a check-in looks like!

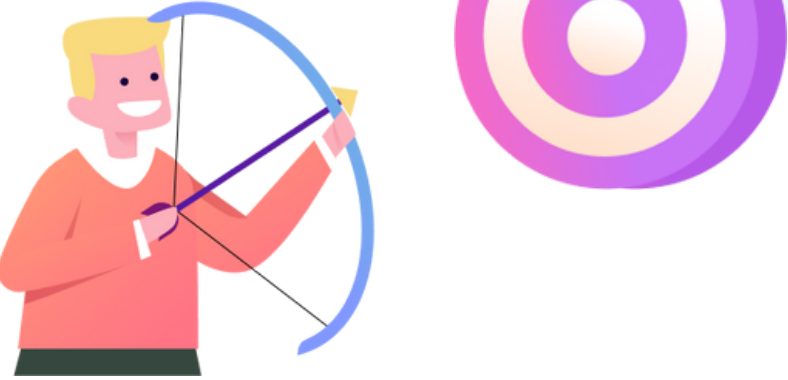
[The Student Experience](#)



I wanted to say
thank you for a
great year!!



I'm being
bullied



I want to be an
actor when I'm
older

Your Voice Matters

It is up to you what you share on Skodel or if you choose to share anything at all. You might choose to share who you want to be, something that is upsetting you, a recent achievement or give thanks to a teacher. Your teachers will read this and may respond to you in person or via Skodel.



I'm not
feeling right



I love playing
sport!

skodel Hi, Skodel S. [Logout](#)

Hello Skodel!
There are no check-ins required at this time, however, you can always check in by clicking the button below.

[Start self check-in](#)

Recent Check-Ins

14 Dec, 2020 (2 days ago)	14 Dec, 2020 (2 days ago)	10 Dec, 2020 (6 days ago)	09 Dec, 2020 (7 days ago)	09 Dec, 2020 (7 days ago)

What makes me feel good

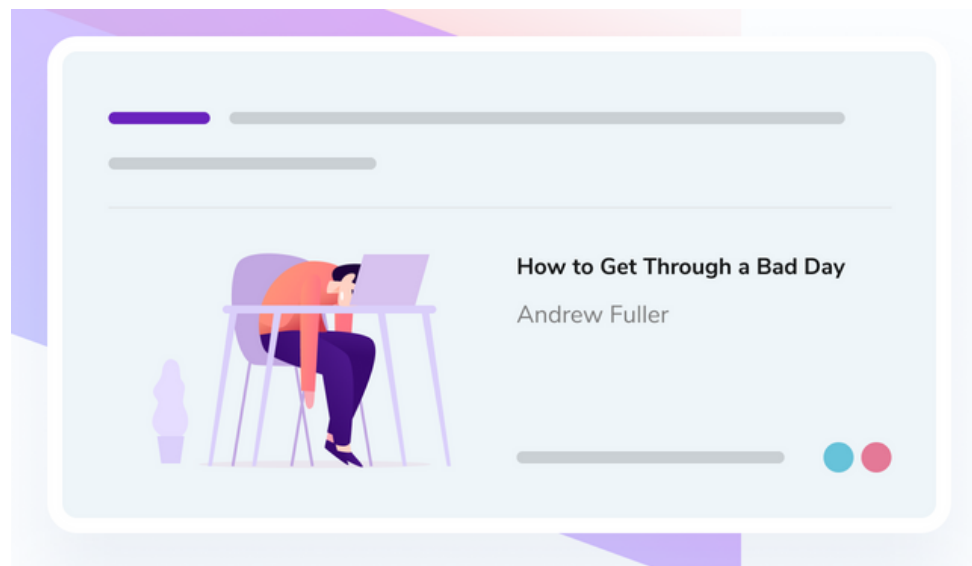
Family		(62)
Teachers		(47)
Friends		(42)

What makes me feel bad

Other		(85)
Exams		(56)
Friends		(39)


Get To Know Yourself

It is a skill to be able to accurately identify how you are feeling, why you feel that way and then communicate this. This skill will help you manage your relationship with others and with yourself. Your student dashboard will keep track of what you record and provide resources to support you in getting to know yourself.



Plan your way to better wellbeing



What is one tiny thing you can do that you believe will improve your life? Skodel helps you answer this question using Skodel's wellbeing planning tool. Set goals and track your progress over time. As you make progress, achievements will build up. You can also access tips to create really great goals or view from a growing list of suggestions developed by Skodel.



Add Goal

What area would you like to improve ▾

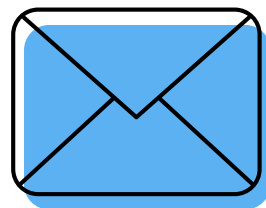
Set a goal, e.g. spend more time with positive people

 Set a reminder ▾  Set a time ▾

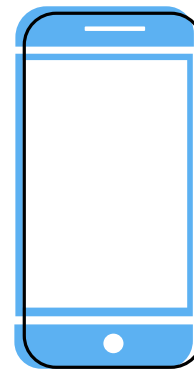
Add goal

How Do I Check In

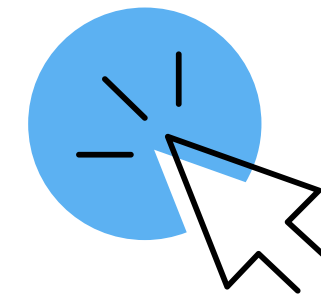
Below are three ways to check in



You will be sent an email with a Skodel check-in link to complete



You can Download Skodel's app on the [App Store](#) or [Google Play](#).



[Click here](#) and follow the prompts to access your dashboard

If you don't have an email, your teacher will give you a username/password



That's it!

We hope you found this guide helpful. If you have any questions or concerns you can always reach out to your teacher.

The Skodel Team