

FOR SCHOOL COUNSELORS

20 chat prompts

Prompts for School Counselors.

Ready-to-use prompts for planning, teaching and reflection.

*The right tool at the right time.
Part of the WISE Framework for Education at
choosewise.education.*



Glossary

A few terms that recur throughout this guide. If you already know them, skip ahead to the framework on the next page.

AI — Artificial Intelligence

An attempt to make machines mimic brain functions — to "think" and learn roughly the way humans do. We don't fully understand how the brain works, but we can try to replicate the parts we do understand.

Prompt

An instruction given to a chatbot to get a desired response or task performed.

Iterate

After receiving a response from a chatbot, you refine and clarify the parts you're not satisfied with — sharpening the answer until it's what you want. The better your starting prompt, the fewer iterations you'll need.

Chatbot

A chatbot has been trained to find patterns in large amounts of text. It uses those patterns to generate a response to your prompt. The answer is produced in real time.

GPT

The underlying model (Generative Pre-trained Transformer) that a chatbot uses. The same GPT can power different chatbots — for example, Copilot and ChatGPT have both used OpenAI's GPT.

Generative AI

AI that creates (generates) text, images, video, or sound in real time when prompted to do so.

Bias

AI responses can be skewed or partial, depending on the data the AI was trained on and the biases present in that data. These biases are harder to spot in chatbots than in image-generating AI.

Hallucination

The text you receive from a chatbot is based on patterns in its training data, but word generation also involves randomness — meaning generated words can sometimes create a meaning that simply isn't true.

A framework for writing your own prompts

Role: Act as an experienced physics teacher.

Task: Create a lesson plan that introduces year 8 students to optics.

Context: I teach at a middle school, have 25 students in my class, and the lesson is 60 minutes long.

Format: Link content and activities to the physics curriculum and give me a plan that describes each part of the lesson and the materials required.

Tone: Use a formal but friendly tone.

A few chatbots to know

AI can also generate images and more, but we focus here on chat capabilities.

ChatGPT — OpenAI's chatbot

Gemini — Google's chatbot

NotebookLM — Google's tool that can, among other things, generate a two-voice podcast

Copilot — Microsoft's chatbot

Claude — Anthropic's chatbot

Perplexity — From San Francisco, was early to include source links

Duck AI — DuckDuckGo's chatbot, lets you pick among several GPTs

Mistral AI — A chatbot from France

Most chatbots have age restrictions.

How to use the prompts

All the prompts are starting points — examples to get you going. Adapt them to fit your context.

After using a chatbot for a while, you'll learn what kinds of prompts work better or worse. Try the same prompt twice — first as-is, then with the prefix "Act as an experienced expert teacher in [subject]" — and see whether the quality of the response improves. A good response means a good prompt. A poor response means the prompt needs more context or adjustment. Some chatbots are better than others at certain tasks, so if you're not satisfied despite multiple tries, consider switching chatbot.

Brackets and privacy

You paste the prompt text into the chatbot's input field. Wherever brackets *[like this]* appear, replace the text inside with whatever fits your context.

Always double-check the responses — chatbot output is not guaranteed to be accurate.

Note: Think carefully before uploading texts or documents. Never upload personal data or sensitive information. Mind GDPR.

School Counselors

- 01 Create a plan for a 30-minute session with a student in *[grade X]* who is experiencing *[specific situation, e.g. stress or bullying]*, with three steps and a follow-up.
- 02 Give me five strategies for supporting a teacher at a *[primary school]* in managing *[specific student situation, e.g. conflicts in the classroom]*, with one idea for each.
- 03 Write a brief guide for introducing a *[grade X]* student to relaxation techniques for managing *[specific problem, e.g. anxiety]*, with three simple exercises.
- 04 Suggest three ways to collaborate with the student health team at a *[primary school]* to prevent *[specific problem, e.g. loneliness]*, with one action for each.
- 05 Create a list of five short phrases for calming a student in *[grade X]* during an acute moment of stress at a *[primary school]*.
- 06 Give me an example of a routine for following up with a *[grade X]* student after a difficult event (e.g. *[specific event]*), with three steps.
- 07 Suggest three ways to facilitate a group session for a *[grade X]* class on *[specific theme, e.g. friendship or self-esteem]*, with one activity for each.
- 08 Write a brief template for documenting a student case for a *[grade X]* student at a *[primary school]*, with three sections (e.g. background, actions, follow-up).
- 09 Give me five ideas for building a *[grade X]* student's self-confidence in *[specific situation, e.g. social contexts]*, with one method for each.
- 10 Create a list of three short questions for opening a conversation with a *[grade X]* student about their experience of *[specific subject, e.g. the school environment]*.

11 Suggest three ways to collaborate with the parents of a *[grade X]* student to support the child with *[specific challenge, e.g. school refusal]*, with one strategy for each.

12 Give me an example of a simple plan for mapping a *[grade X]* student's needs in *[specific area, e.g. social relationships]*, with three observations.

13 Write a list of five resources (e.g. websites or materials) for a school counselor at a *[primary school]* supporting *[specific subject, e.g. stress management]*.

14 Suggest three ways to handle an acute conflict situation between students in *[grade X]* at a *[primary school]*, with one method for each.

15 Create a template for a short workshop for teachers at a *[lower secondary school]* on *[specific theme, e.g. identifying mental health difficulties]*, with three key points.

16 Give me five ideas for promoting a positive school environment for a *[grade X]* class at a *[primary school]*, with a focus on *[specific goal, e.g. a sense of community]*.

17 Suggest three ways to introduce a *[grade X]* student to strategies for managing *[specific problem, e.g. anger]*, with one activity for each.

18 Write a brief guide for supporting a *[grade X]* student who feels excluded, with three steps and one suggested social activity.

19 Give me an example of a routine for following up on the wellbeing of an entire *[grade X]* class after *[specific event, e.g. changing schools]*, with three steps.

20 Create a list of three short ways to collaborate with the principal at a *[primary school]* to strengthen *[specific goal, e.g. a sense of safety]*, with one example for each.

CONTINUE ON THE WEB

The right tool at the right time.

This collection is part of a library of AI prompts for every role in the school — free to use, adapt, and share.

More prompt sets

Find prompts for principals, subject teachers, school leaders, support staff and more at choosewise.education/prompts

The WISE Framework for Education

Four questions that turn any "should we use this AI tool?" conversation into a structured decision — choosewise.education/wise

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