

# 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, why you are using it 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. We encourage you to think seriously and share honestly. 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**

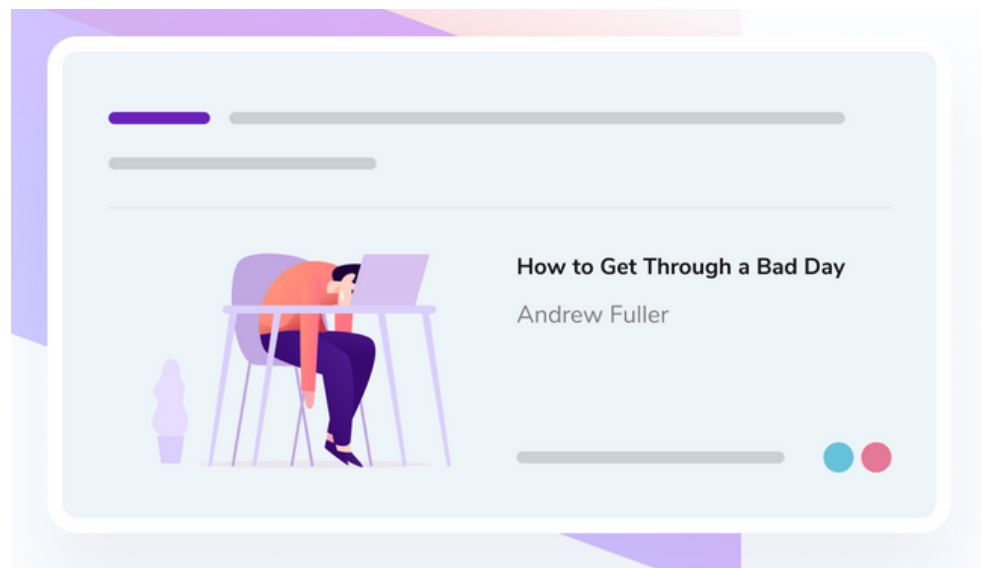
Family		(62)
Teachers		(47)
Friends		(42)

**What makes me feel bad**

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

# Get To Know Yourself

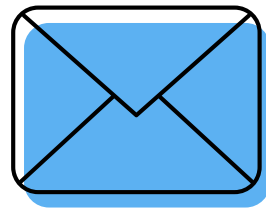
It is a skill to be able to accurately identify how you are feeling, why you feel that way and then communicate this. This skill will help you manage your relationship with others and with yourself. Your student dashboard will keep track of what you record and provide resources to support you in getting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



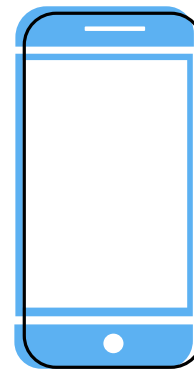
# How Do I Check In

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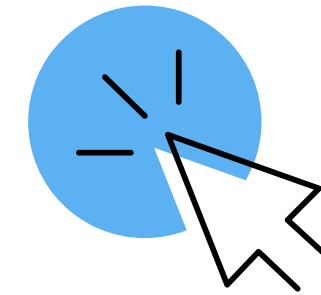
Below are three ways to check in



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

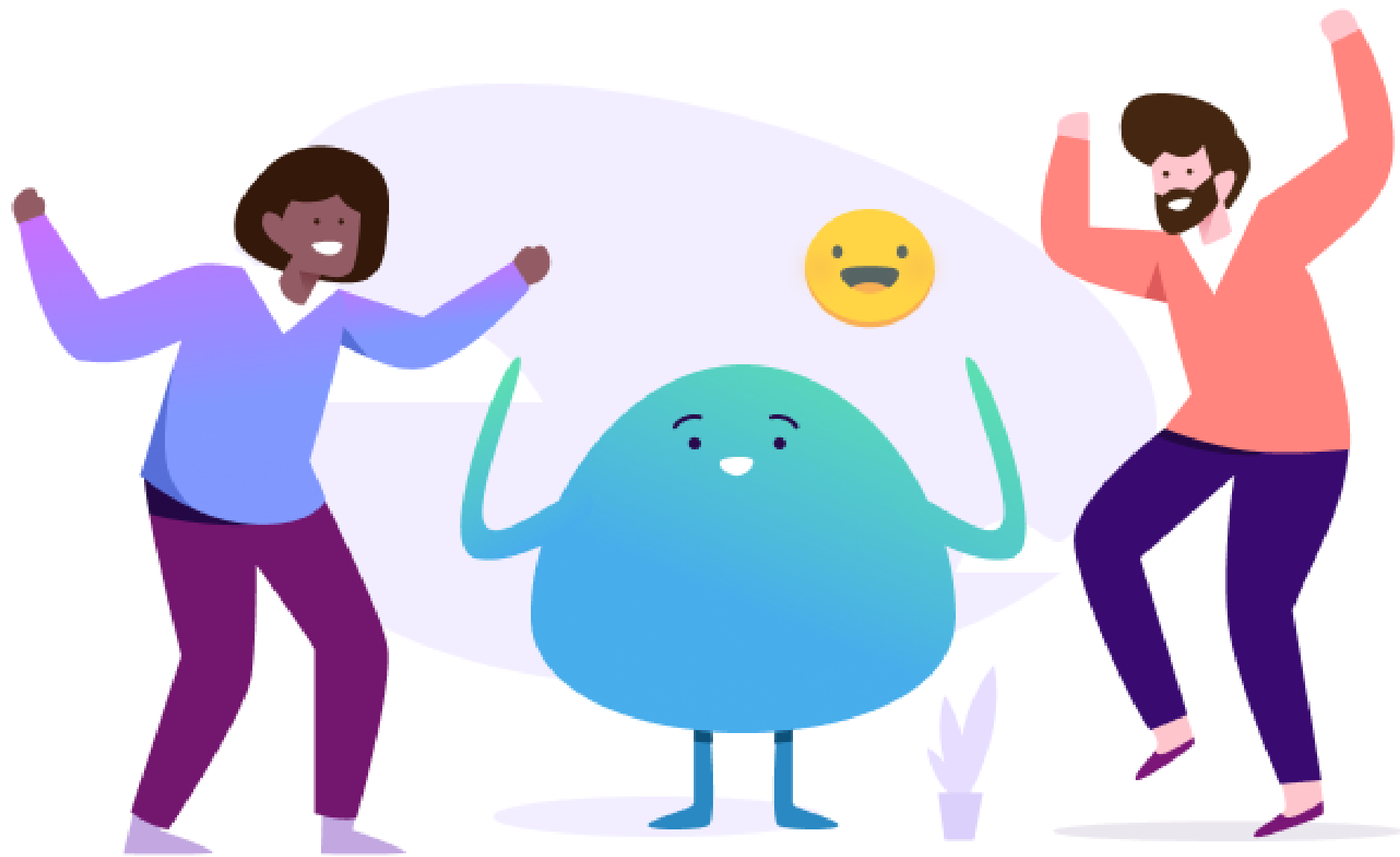


You can Download Skodel's app on the [App Store](#) or [Google Play](#).



[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