

**Febr.
2010**



**NEBRASKA
SCHOOL
COUNSELOR
ASSOCIATION**

Inside This Issue

- Message from the President pg. 1
- Academy Highlights pgs.2-4
- Calendar pg. 5
- Transition for Middle School Students pg. 6
- Book Review pg. 7
- Counselor of the year pg. 7
- P-16 Initiative pg. 8
- Red Cross Training registration pg. 9

Celebrating National School Counseling Week

Many of our members celebrated the 2010 National School Counseling Week, the week of February 1-5. The theme this year was, Celebrate School Counseling. The celebration offered school counselors the ideal opportunity to tout the importance of the work we do. Please keep this list of ideas for future use in celebrating the school counseling profession.

Public relations activities

- ✓ Had a proclamation signed by the district superintendent, mayor or other dignitary proclaiming Feb. 1-5, 2010, as National School Counseling Week.
- ✓ Presented Certificates of Appreciation to someone who had been especially beneficial to the school's counseling program.
- ✓ Made morning announcements to help start each day of the week off with a special message from the school's counseling department.
- ✓ Distributed the ASCA press release.
- ✓ Identified and contacted local Community Access Television Station and discussed how they could help publicize NSCW as well as how they might be able to become a supporter for your Comprehensive School Counseling Program throughout the year.
- ✓ Called local newspaper or television station and had a story run about the school's counseling program sometime during the week.
- ✓ Advertised to parents and teachers what counselors do for and with students relative to the academic, social/personal, and/or career/workplace domain.
- ✓ Created a school counselor publication/brochure and mail/email to parents that they could, in turn use with their students
- ✓ Hosted an open house with food to inform and educate students, staff and parents about what school counselors do.

School Counseling Activities Continued

Professional activities

- ✓ Hosted a study circle with colleagues to review/discuss the MA Model for Comprehensive School Counseling Programs
- ✓ Focused on a school counseling issue each day of the week through announcements, closed circuit television, games/contests, handouts or classroom lessons.
- ✓ Focused on the middle/average students that never seem to get a chance to meet with the school counselor.
- ✓ Scheduled a meeting with the principal/administrative supervisor and talked about how counselors connect their work with your school's mission and vision.
- ✓ Had lunch with your colleagues (either in the building or across levels/buildings).
- ✓ Shared professional journal article relating to school counseling with your building colleagues and encourage conversation and discussion, perhaps at the next staff meeting.
- ✓ Created a MARC of Excellence and distribute to students, parents, administrators, staff and community members.

Celebrating School Counseling at the Academy

Tracy Post-NSCA President

We “Celebrated School Counseling” at the 2nd annual Nebraska School Counselor Academy held last October at Union College in Lincoln, NE. The NSCA board was excited with the turnout and the positive responses from those in attendance. I would like to thank Union College for their hospitality and support of NSCA. I would also like to thank Partnerships for Innovation for their monetary support to help offset some of the costs. Here are other examples of the success of the academy:

- 56 breakout sessions
- 300 school counselors in attendance
- 15 out of state speakers
- 48 exhibitors from many states
- Evaluations overwhelmingly positive
- 2 nationally known keynote speakers
- Expansion of NSCA membership
- Growth in NSCA assets

NSCA Board Members

Tracy Post, President
tpost@bpsne.org

Rynette Friesen
 President Elect
rfriesen@mpsomaha.org

Nancy Bond, President
 Elect -Elect
Nancy.bond@ops.org

Doug Hauserman,
 Past President and
 Government Relations
DouglasJ66@gmail.com
dhauserman@westside66.org

Amy Randel,, Secretary
arandel@bpsne.org

Phyllis Trumble, Treasurer
Phyllis.trumble@ops.org

Deb Ponec, Post-
 Secondary VP
dlponec@creighton.edu

Vicky Munoz, Secondary
 VP
mvmunoz@mpsomaha.org

Angie Kruse,
 Middle School VP
angela.kruse@ops-ne.org

Clarke, Kristy
 Elementary VP
kclarke@esu7.org

Committee Members

Belva Licht, Membership
blight@westside66.org

Jan Carper, Program
jcarper@esu9.org

Diane Fisher, Publication
dfisher@esu6.org

Vicky Petersen
 Prof. Standards & Ethics
vpetersen@esu6.org

Bonnie Korkow
 Professional Recognition
Kc661900@yahoo.com

Technology and Bylaws
 Open

The NSCA board is committed to meeting the needs of Nebraska school counselors and will continue to offer professional development opportunities in the future. We are in the early planning stages for next year's academy and other professional development and are always looking for ways to improve. Please contact any NSCA governing board member with your ideas and suggestions in the area of professional development



Members enjoy the banquet.



Left: Tracy Post, NSCA president gives the welcome. Above: Participants had access to many vendors between sessions.

Right: The presentation of the exhibit award.



Counselor Academy Highlights



Left: Pat Nailor addresses comprehensive developmental school counseling programs.

Below: Carolyn Stone, keynote speaker, encourages participants to be instrumental in helping to define and address achievement gaps.



Above: Christa Mussi presented a session on guidance curriculums and lesson planning for K-8 counselors.

Right: Participants practice one of five solutions focused group activities that utilize duct tape instead of expensive retail kits.



Remaining Calendar Items



March 2010

NSCA	March 1	NSCA Newsletter Article Due
ASCA	March 1	LDI Grant Applications Due
ASCA	March 1	Deadline for Candidates to submit Nomination packets
ASCA	March 1	Early Bird registration for ASCA Conference
ASCA	March 7-9	ASCA APPI
NSCA	March 20	Committee Reports and Agenda Items Due to Tracy
NSCA	March 27	NSCA Board Meeting

April 2010

ASCA	April 1	State Delegate Lists due to ASCA
ASCA	April 15	State Reports Due for Delegate Assembly to ASCA

May 2010

ASCA	May 1	Advanced registration for ASCA Conference
ASCA	May 14	LDI Registration forms due to ASCA Office
ASCA	May 14	2010-2011 Board Rosters-Conference Info due to ASCA

June 2010

ASCA	July 1-2	ASCA Delegate Assembly
ASCA	July 3-6	ASCA Conference – Boston, MA

July 2010

ASCA	July TBA	LDI
ASCA	July TBA	National School Counselor of the Year Nominations Due

FOOD FOR THOUGHT: Transitioning students from elementary to middle school

Angie Kruse, Middle School Counselor

Columbus Middle School

Adapted from www.kidsource.com

As the second semester of the 2009-10 school year begins, it is time to put the transition process in high gear. Crazy isn't it? It seems like this year just begun. Actually the transition process never ends; it is a continuous process from year to year. One particular item with the transition process includes registering 6th grade to 7th grade, 7th grade to 8th grade, and 8th grade to 9th grade. The transition that I want to spend a little time on is the movement of 5th grade (from feeder elementary schools) to a middle school for their 6th grade year. While I was spending a little time searching the web on various transition ideas and programs, I came across several concerns that incoming 6th grade students share, ideas of effective and comprehensive transition programs, and transition activities that I wanted to share.

When our middle school counselors visit the 5th grade classrooms in the spring, three common questions and concerns are always talked about. These concerns are: How much time do I have to get to my next class, What if I can't get my locker open? What if I get lost? With the movement to the new school we know that there will be some anxieties with the students. A transition plan from elementary to middle school need to include activities before, during, and after the move so that social, psychological, and academic well-being is intact.

In every transition program we need to build a sense of community and find out the needs and concerns of the students. Some possible guidelines for planning a positive transition include:

- Provide several activities that will involve students, parents, teachers, and staff from both schools in the transition process.
- Establish a transition protocol that can be easily replicated and update annually with little effort.
- Establish a timeline for the transition process.
- Schedule meetings between teachers, counselors, and administrators from sending and receiving schools and discussions for adults and students about any issues.
- Ask students, teachers, guidance counselors, parents, and others to evaluate the transition program.

Some example of transition activities include:

Teachers from receiving schools can visit the sending schools to initiate personal contacts.

- Letters can be sent home welcoming students and families, and inviting them to school activities.
- Parent/Teacher Organizations can call each new family welcoming them to school.
- School counselors and special education teachers from each school can meet to share information.
- Current students can be "ambassadors". Student-to-student contact can help establish personal links.
- Letters between students in the sending and receiving schools can be exchanged.
- An unstructured open house can be held prior to the opening day of school; a structured even open house can be held during the second week of school.

Book Review- a Parent's Perspective

How to Raise a Drug Free Kid, by Joseph Califano, Jr.

I read this book in an effort to become more educated in the scope of the drug activity and hopefully get help in knowing how to help my kids stay drug free and how to best do that.

It turned out to be an interesting read. A lot of it is common sense parenting, but we all know being a responsible parent is not always as easy as it should be. The book informs you with all the statistics about the start of drug and alcohol use, the affect of family activities and attending religious services, the drugs kids start with and on and on.

There are inserts in each chapter that tells of an actual story of a parent's experience with their kid's drug involvement – these put the chapter topic in real terms.

There are chapters on recognizing use of drugs, giving kids strategies to avoid using drugs and alcohol, drugs/alcohol and dating and sex, signs of use and what to do if you see them. Finally, a glossary of terms that outlines specific drugs and what they are named, their effects on the user, what the signs of use are and what the long-term effects will be.

This book is a well-written resource for parents who are concerned about keeping their kids away from drugs and alcohol and its related problems.

The underlying message is get involved with your kids, know their friends, be their parent not their friend and keep the lines of communication open.

Review by Jack Struyk, Millard West parent
Submitted by Vicky Munoz, NSCA Secondary Vice-President

School Counselor of the Year Award Presented to Kelly Verkamp



Congratulations to Kelly Verkamp, counselor at Waverly. Kelly has been employed with the Waverly School District for nine years. Her duties in addition to counseling include serving as the sponsor for the National Honor Society, coordinating the school's Backpack Program and leading the school's SCIP team.

Nebraska's P-16 Initiative*

Nancy Bond, NSCA President Elect-Elect

The Nebraska P-16 Initiative (also known as "Nebraska P-16") is one of some 40 state programs nationwide that aim to improve success for students from preschool through college. Twenty-seven Nebraska organizations in business, government and education have formed a coalition to accomplish this goal, recognizing that an improved educational level for Nebraska's citizens will increase the state's economic competitiveness. In addition, the students themselves will realize many benefits, including better standards of living and quality of life. Leadership for the Nebraska P-16 Initiative is provided by Governor Dave Heineman as chair and co-chairs: Senator Greg Adams, Chair of the Nebraska Legislature's Education Committee; Roger Breed, Commissioner of Education; Liz Koop, President and CEO of the EducationQuest Foundation; and J.B. Milliken, President of the University of Nebraska.

The goals of the initiative are as follows:

Goal 1:

Adopt a college and career preparation core curriculum that requires four years of English and three years each of math, science, and social studies in Nebraska school district by the 2014-2015 school year.

Goal 2:

Eliminate the academic achievement gap between Nebraska's K-12 Caucasian students and its African-American, Hispanic, and Native American students.

Goal 3:

Develop an effective longitudinal data system, which provides information on the Nebraska educational system from preschool through post-graduate degree attainment and entry into the workforce to help align resources with strategic goals.

Goal 4:

Improve Nebraska's high school graduation rate to 90 percent.

Goal 5:

Improve Nebraska's college-going rank to the top-10 tier nationally.

Goal 6:

Provide affordable access for Nebraska students to attend Nebraska's postsecondary institutions.

Goal 7:

Improve time to degree completion and increase the graduation rates of Nebraska's postsecondary institutions.

Goal 8:

Increase by five percent the number of teacher education graduates in the areas of science, technology, engineering, and mathematics (STEM) within Nebraska postsecondary institutions.

*This information taken from the P-16 website (www.p16.nebraska.edu). For more information on Nebraska's P-16 initiative, please refer to this site or contact Dr. Marty Mahler, Nebraska P-16 Coordinator at mmahler@nebraska.edu



Nebraska School Counselor Association Scholarship Application

Scholarship competition for any high school senior in support of their post-secondary education.

ELIGIBILITY

- ✓ Must be a high school senior attending a public or private-secondary school in Nebraska.
- ✓ Must attend a post-secondary institution during the 2010-2011 school year.
- ✓ The scholarship will be paid directly to the institution.

APPLICATION PROCEDURE

- ✓ Write an essay that describes how a school counselor or school counseling program has assisted you to plan/decide/resolve/grow in an area of your life. Topics may come from any related k-12 experience and are not limited to only the college or career planning process. One award of \$500 will be given to a competitively selected recipient.
- ✓ (one award to each). Essays are limited to 500 words and will be reviewed for content and grammar.
- ✓ Essays should be typed and double-spaced. Do not put your name, your counselors name or the name of your school on the essay. Failure to follow these guidelines will disqualify the applicant from consideration.
- ✓ Send three (3) copies of the essay, the completed application form, and one stamped and self-addressed envelope to:

NSCA Scholarship, Attn: Dr. Laura Gaudet,
 Chadron State College, Dept. of Counseling, Psychology, and Social Work
 1000 Main Street
 Chadron, NE. 69337

Provide only materials stated above. Applicants not providing the required documents or providing additional documents not requested will be disqualified from the award process.

**Deadline: Entries must be postmarked no later than March 31, 2010.
 Applicants will be notified of the outcome by May 20, 2010.**

Please Print or Type:

Student Name: _____
Last First MI

Address: _____
Street City State Zip

Email Address: _____ Date of Graduation: _____

High School Name: _____ Student Phone: _____

Counselor Signature: _____ Date: _____

I understand that the essay I am hereby submitting becomes property of the Nebraska School Counselor Association (NSCA). I grant permission to NSCA to publicize my name, school, and essay.

Student Signature: _____ Date: _____

Parent Signature (if student is under age 18) _____





**NEBRASKA
SCHOOL
COUNSELOR
ASSOCIATION**

&

The Heartland Chapter of the American Red Cross
Present

Red Cross Disaster Mental Health Training
Friday March 26th 6:30-9:30 p.m. and Saturday March 27th 8:30- 4:30
Westside High School in Omaha, Nebraska
(Registration Limited to the first 20 applicants)

The Red Cross Fulfilling Our Mission Class will be offered Friday evening and is required prior to attending the Saturday class, Disaster Mental Health Training. Attendees that already have the Fulfilling Our Mission Class will only need to attend the Saturday Session.

Name email address

Home Address

Home Phone School Phone

NSCA Member : Yes No

_____ I will only be attending on Saturday. I have already taken the Fulfilling Our Mission Class.

_____ I will be attending both Friday and Saturday.

Lunch is included. With The Registration Fee. Circle your selections below:
Circle one sandwich, one drink and dessert

Sandwich: Turkey Ham Club Roast Beef Vegetarian Delight

Side: Chips Fruit Salad Tossed Salad Large Dill Pickle Veggie Snack Pack

Beverage: Coke Diet Coke Pepsi Diet Pepsi Sprite Water
Lemonade Ice

Dessert: Cookie Pie

Payment: Make Checks Payable to NSCA
Mail Registration to: Doug Hauserman; Westside High School; 8701 Pacific St; Omaha, NE 68114
(Registration fee includes both days of training, books and lunch)

_____ Enclosed is \$35 for the NSCA Member Registration Fee

_____ Enclosed is \$40 for the Non-Member Registration Fee

Refer to story on following page for more details about the training.

Disaster Mental Health Training March 26th and 27th

The Nebraska School Counselor Association in cooperation with the Heartland Chapter of the American Red Cross is offering the Red Cross Disaster Mental Health Training Course for school counselors. This training will enhance school counselors' ability to support students and families as members of the school crisis response team. The course will also give school counselors the training necessary to respond to disasters as a Red Cross Volunteer. Taking the course does not mean that the individual is making a commitment to volunteer for the Red Cross. People who choose to volunteer can stipulate the level they wish to volunteer. The level of volunteering can range from responding to local house fires to being on a team that would respond to significant disaster like a hurricane in another part of the country.

Participants are required to be certified school counselors. The training being offered will consist of two parts. Friday, March 26th from 6:30 – 9:30 p.m. will be part one which is the Fulfilling Our Mission Course. This Red Cross Class is a prerequisite to part two, which is the Disaster Mental Health Training Course. Part two will be offered on Saturday March 27th from 8:30 a.m. to 4:30 p.m. School Counselors who already have the Fulfilling Our Mission Course through the Red Cross do not need to attend the Friday evening session and may attend the Saturday session only. The training will be held at Westside High School in Omaha. The cost of the training is \$35 for NSCA members and \$40 for non-members. The registration fee includes both days of training, books, and lunch on Saturday. A registration form is included in this newsletter and is also available on the NSCA website, www.neschoolcounselor.org. For more information or questions regarding the training contact Doug Hauserman at dhauserman@westside66.org.



Tracy Post
1420 N. 11th
Beatrice, NE 68310

Get On Board!

Belva Licht
Membership Chair

This is such an exciting time for the Nebraska School Counselor Association! I'm hoping YOU are on board the 'bus' and take the ride with your fellow professional school counselors.

Chairing the Membership Committee is a new position on the bus for me. Sitting in the seat of my predecessor is quite a responsibility. I want to thank Corky Forbes for the many years she put into organizing and welcoming members. She has been here through years of activity. THANK YOU, CORKY!!

If you are already a member of NSCA, tell your colleagues about this opportunity to support school counselors throughout Nebraska. If you haven't joined us, or if you've let your membership lapse, take this time to grab the deal of the decade.

You can now join NSCA without having to join other organizations. However, it's beneficial to support the larger professional groups such as the Nebraska Counseling Association (NCA), which works for all counseling groups in NE and the American School Counselor Association (ASCA), which advocates for professional school counselors throughout the United States.

Questions? I'm at blicht@westside66.org; I'll try to help.

