



Northwest Missouri School Counselors Association

Counselors Helping Counselors

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December 2011



Presidential Perspective

Kim Schank
NWMSCA President

Empowering Students to Reach for the Stars

Well I think it is safe to say that winter is upon us! This is the time of year that I often joke about packing up my belongings and moving south for the winter. I would love nothing more than to run away from the cold, snow, and ice – run to seventy degree weather and flip flops. However, I quickly remind myself that everything and everyone I love and cherish is right here – along with the cold, snow, and ice. As counselors we are constantly looking for the positive in every situation, in every person. We also encourage our students to look for the positive things in their lives, even if there appears to be none. We challenge them to look beyond the negative influences and “reach for the stars”.

I hope this holiday season each of you take time for yourselves. No matter how cold, snowy, or icy life may seem there is always a light

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NWMSCA Scholarship Reminder

By: Theresa Tommey

2012 NWMSCA Scholarship opportunity = \$300! Go to our website at www.missouriwestern.edu/admissions/nwmzca, click the “Applications/Forms” link, and proceed to the NWMSCA Scholarship. From here, just key in your application information. It’s that simple of a process to get started on your chance to WIN!

We still need your help in advertising our scholarship’s availability to eligible applicants! If you know of people who are taking graduate classes toward a school guidance and counseling degree, please give them this article to read or tell them about our website!

The application has four parts: a two-page, simple application form; a current transcript which validates a minimum 3.0 GPA in school counseling coursework (with a minimum of twelve cumulative hours being completed); a listing of remaining classes needed to complete school counseling certification; a letter of recommendation from a supervisor who will elaborate upon the candidate’s guidance counseling potential. Additionally, applicants must reside within the geographic boundaries of a school being served by the Northwest Missouri School Counselor Association.

All applications must be postmarked or submitted on or before February 1, 2012. Additional information can be obtained from: Theresa Tommey (tommey@ebs.k12.mo.us)

Speaker at Spring Meeting

Do you have students whose parents are going through a divorce? How about students who have recently lost a family member or loved one? Maybe they have a parent being deployed? Maybe you have students who have just stopped being friends with the person they were friends with since Kindergarten. We all have students that fit into these categories and as the school counselor, they come to us looking for relief and a way to deal with the pain. Have you ever felt like after talking with a student in that situation that all you’ve done is put a band-aid on a gaping wound and then sent them back to the battlefield? These students are dealing with

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Upcoming Events

Missouri Western's Annual High School Counselor Workshop

December 9, 2011
9:00 a.m. – 1:30
Blum Union 218-219

MSCA Spring Conference

Friday, March 2, 2012
Truman Hotel & Convention
Center
Jefferson City, MO

ASCA 2012 Annual Conference

Be Brilliant: Celebrating
ASCA's Diamond
Anniversary
June 23–26, 2012
Minneapolis

**CONGRATULATIONS
TO KATE LAGE
FOR WINNING THE
NEWSLETTER SURVEY
RAFFLE FOR A FREE
MEMBERSHIP NEXT YEAR!**

Presenting at the Fall Conference – A Rewarding Experience

Submitted by: Corrine Allee

I have attended the MSCA Fall Conference for five years. For the first four years, I attended all of the break-out session presentations I could and got a lot of useful information that I have been able to bring back to my school. So, in year five, I decided it was time to try my hand at presenting. I really enjoyed my presenting experience and feel it was successful. I can tell you that it is not nearly as scary or intimidating as I thought it would be. If you go in talking about what you love doing, the rest is easy. Plus, your audience is made up of counselors, providing the warmest, most open and inviting forum you could hope for! I know that there are some great ideas out there, and I encourage you to present those ideas at the 2012 MSCA Fall Conference. It is a rewarding experience that I recommend to each of you.

As educators, we are good at sharing our wealth of knowledge with others. So, I want to share the handouts from my presentation, "College-Bound: Oh the Places You'll Go!" with anyone who would like them. Feel free to email me at: alleec@wprii.k12.mo.us and I will be happy to send you the following handouts:

- The GPA Game (cards and instructions)
- JH/HS Crew (Group) Naming Activities
- Pen Pal Lesson
- JH Introduction to College Vocabulary
- HS Developing Questions for College Fair
- Student Activity Questionnaire
- Transcript Review
- Student-Led Family Conference Outline
- College-Planning Team Meeting
- College Tracker
- PowerPoint Presentation

Professional Development Opportunities

Did you know that DESE hosts webinars on a variety of topics every couple of months? They also store previously recorded webinars for our viewing. Visit <http://dese.mo.gov/webinar/> for upcoming and recorded webinars.

ASCA has webinars about a variety of school counseling topics. Members have free access and nonmembers may participate for \$25. Members also have access to over 20 archived webinars with titles varying from "Making Data Work" to "Advisory Council Made Easy".

Check out <http://www.schoolcounselor.org/content.asp?contentid=615> for more information.

This site has a variety of short podcasts designed for educators on different topics we see in our schools:

<http://www.youthchg.com/video.html#nogo>

The American Counseling Association (ACA) offers resources online for \$30 for nonmembers and \$20 to members. Search by category and you'll find school counseling.

Check out <http://www.counseling.org/Resources/OnlineLearning.aspx> for more information.

RPDC Events -

see <https://www.mylearningplan.com/WebReg/Catalog.asp?D=11005&P=66728>

Perspective . . .

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at the end of the tunnel. There is always something to look forward to – even something as simple as seventy degrees and flip flops! Happy Holidays to you and your family from NWMSCA!!

Spring Speaker

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grief and it's difficult to address this need in a timely manner and still feel like you're sending them back into the classroom with the expectation that they will learn. Our speaker for the Spring meeting is a Licensed Clinical Professional Counselor from the Overland Park area. She will be speaking about grief and how to work with students that are dealing with grief so that we can address their needs and put them back on track to success.

Professional Recognition Reminder

Nominations for Counselor of the Year and Guidance Director/Supervisor are due February 2, 2012. Please take the time to nominate someone from your school district who has done an outstanding job...we have amazing counselors in our district!!

This newsletter sponsored by:
**NORTHWEST MISSOURI
STATE UNIVERSITY**
Maryville, Missouri

Save the Date

WHAT: Administrator's Breakfast
WHEN: February 2, 2012 at 8:00 a.m.
Alternative snow date: February 9, 2012
WHERE: Missouri Western State University
Blum Union, Room 218
KEYNOTE: Tom Schlimpert
Supervisor – Guidance and Counseling Services
Missouri Dept. of Elementary and Secondary Education

Love and Logic – Another tool for the Counselor's Tool Belt

Submitted by: Laura Shelton,
Elementary VP

I had the opportunity to attend the MSCA fall conference this November and I attended a wonderful session on love and logic. Love and logic was created by Dr. Jim Faye. The presenter was Malinda Reagan and she was a very engaging and fun speaker. As some of you may be aware, love and logic is a way to give shared control and to provide the child with a way to do most of the thinking while showing empathy and the absence of anger. Right away, this sounds good to me as a counselor. After all, we are not the disciplinarian in the school so it is easier for us to show empathy and not anger in many situations. As Malinda pointed out, love and logic works for counselors because:

- It encourages us to use eye contact, smile and touch
- It respects the STUDENTS ability to problem solve
- It promotes good character and self-concept
- It gives us the words to be more effective without anger, lectures, threats, warnings and reminders. (After all, don't we think our students get enough of this from other staff who deal with them!)

Love and logic encourages us to give children two choices (either of which are fine with you). They have 10 seconds to choose, and if they do not choose you choose for them. If they want to choose after the fact, you lead with empathy and let them know next time they can choose. I had an opportunity to try this technique when I was teaching a guidance lesson. A student did not want to work on the paper that I had handed out to the class to complete following our discussion. So, I informed him he could choose to do the paper now or he could do it later with me. He put it in his folder. I told him I could see he made his choice and I would see him later. My "later" was during an assembly. He, surprisingly, wanted to do the paper in class later. I said, "Oh, I bet you do and what a bummer you did not choose that earlier. However, you chose to do your paper with me so if you work really hard maybe you will catch the end of the assembly." Well, he worked and I am hoping next time he will choose more wisely!

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Free resources you can use in your program!

Our survey results overwhelmingly showed that we want as much free material as we can get our hands on. For this reason I think this column will continue in our upcoming newsletters so that we can all build a library of resources. If you have a site or contact you would like to share, send it to me at bewhitmer133@gmail.com and I'll include the information.

Most of our schools have Smart Boards or Promethean Boards in our classrooms. Promethean offers free lessons that are already set up and most are interactive. I found lessons on internet safety for elementary at <http://www.prometheanplanet.com/en/resources/>

Great **free** resource for all educators at <http://www.internet4classrooms.com/index.htm>. Has a specific site for ACT/SAT Prep and links to subject and grade specific material.

The MDHE offers customized presentations for Missouri high school counselors and other community groups. Let us help you make the most of your college fair or financial aid night for high school students and their families. To arrange for a speaker, complete the MDHE's **online speaking/event request form** at <http://dhe.mo.gov/ppc/hscounselors.php>.

Are you a member of ASCA? If you are you should also join ASCA Scene. On this site you can participate in blog discussions with counselors from across the nation. There are 17,502 members, 5,278 current discussions taking place, and 1,582 shared documents you can download for your own use! Visit www.schoolcounselor.org/SCENE and sign up today.

For free information and webinars on Suicide Prevention go to: <http://www.wellaware.org/webinars.php>. If you sign up as a member, you can get updates on new webinars as they become available. FREE PROFESSIONAL DEVELOPMENT!

Flyers and Digital Citizen ID cards can be obtained free of charge to help students remember to protect their name, identity, and reputation online. Contact missourikidsfirst.org.

Our MSCA site has a link to publications and resources that may help with program advocacy, resources for parents, and MSCA policies. http://www.moschoolcounselor.org/publications_resources/

Guidance curriculum is made a lot easier with MCCE's help. See <http://www.missouricareereducation.org/for/content/guidance/> for resources to help every comprehensive guidance program.

Love and Logic — Continued from Page 3 —

When counseling a child, Malinda went over 6 steps to guide children to solve their own problem:

1. Empathy (that must have been a bummer, this is never good, oh no...)
2. What are you going to do?
3. Would you like to know what some other kids have tried (usually lead with a bad example first so they can reject that one)
4. How would that work for you?
5. When they choose, say good decision (even if you don't think it is!)
6. Let me know how that works for you.

Malinda also talked about delaying consequences. Sometimes you need time to think about what is the most appropriate action. This is a good time to lead with empathy and say, "Oh no, this isn't good. I am going to have to do something about this. I will let you know later, but in the mean time try not to worry." I really thought this was brilliant because they will really stew wondering what you are going to do!

In conclusion, love and logic can be a wonderful tool for the "counselor's tool belt". We can maintain a positive relationship with the child while guiding them to become problem solvers. Of course, like anything, it is not appropriate for all situations and takes practice to become better at utilizing it. If you would like more information, you can go to www.loveandlogic.com. You can also call toll free at 1-800-338-4065.

Sensory Interventions for Traumatized Students

Submitted by: **Cindy Crouse**

My career in education began in 1982, and I fondly remember the excitement and the fear of being a first time teacher. I am happy to say, that excitement (less fear however) still continues to this day although I am no longer an elementary classroom teacher but am now the Coordinator of Counseling in the St. Joseph School District.

After leaving the classroom and becoming a high school counselor, I found the area I struggled the most was with those students who had witnessed and/or experienced some type of trauma in their lives. It did not matter how many years of being a counselor or how many workshops I had attended, every time I knew I was about to hear a tragic experience a teen had endured, my heart sank. I wanted to be able to take the hurt away and "fix" things for that child. I wanted to adopt most of them and many times would go home asking my family if anyone objected to having a new brother or sister! I am sure each of you reading this can relate! (I did end up taking one student home for most of the school year!)

Often times these traumatized students had difficulty in the classroom as well or perhaps, my initial reason for seeing them dealt with behavior, attendance or academic failure. Many had the label of ADD (Attention Deficit Disorder) or OD (Oppositional Defiant) but come to find out, these students who had experienced a firsthand trauma were suffering from PTSD (Post-Traumatic Stress Disorder) and more than likely was misdiagnosed with those conditions mentioned above.

As a school counselor, unfortunately we have had to deal with children who have been traumatized in various ways; i.e. sexual and physical abuse, seeing a parent die, losing a friend to a sudden death, etc. It seems to me that these children have been dealt an unfair card, and I wish I had known then what I have recently learned from the National Institute for Trauma and Loss in Children. (TLC)

There is hope for these children. One way of helping is through a program that is called SIT-CAP (Sensory Interventions for Traumatized Children, Adolescents and Parents). If you want to learn more about this, please visit the TLC website at www.starrtraining.org/trauma-and-children. It is here you can learn how to become a certified Trauma Specialist. For those who love reading, a book that was recommended to me is "The Boy Who Was Raised as a Dog" by Bruce D. Perry and Maia Szalavitz. As the cover of the book describes, it is a book about what traumatized children can teach us in regard to loss, love and healing. I was not able to put it down once I began reading.

This program helps the counselor to understand the difference between grief and trauma and it also teaches the techniques used in working with these children. Many of the techniques involve having the child (any age) use drawing as a means to unfold the trauma that he/she may have stored away and

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Go Bearcats!

Be challenged. Be noticed.

Be involved. Be successful.

Be a Bearcat.

www.nwmissouri.edu



NORTHWEST
Missouri State University

Opportunities

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Data Drill Down

Do you need data drill down assistance? This workshop will help with the treasure hunt, assisting educators in understanding what data exists, where to find data, how to read and understand data, how to find patterns or trends, and how to display it to communicate with stakeholders. Excel will be utilized, DESE data – accessed with DESE web applications sign on (administrative permission needed). Questions to be investigated include: What are we doing right? What is working? What does this data tell us? What doesn't this data tell us? **Each person should bring a laptop computer, their web applications login information, and any data that is not accessible on line.**
December 13th

Calming the Chaos and Creating High Academic Achievers

Structure Your Environment for Success:

Dealing with non-compliant students on a daily basis can be one of the most discouraging parts of teaching. Many times adults feel like they have lost all control with their children and may even feel embarrassed about the ways they have tried to get this control back. A mistake that is made by many adults is that this is a quick and simple process. There is no shortcut or straight road that one can travel down quickly to achieve this. The first step is to learn about what you are up against. **January 24th**

Newsletter Survey Results

Here are some of our newsletter survey results. Many of your ideas and suggestions will be used to organize our newsletters for the rest of the year. I hope that we addressed some of your needs in this one. I'm not sure about you, but I think it is nice to see that we all have similar concerns, battles, and needs. Remember that if you would like to share something or have an idea for something new to let me know.

Thanks,
Becky Whitmer, Newsletter Editor
bewhitmer133@gmail.com

1. What information would you like to see in our NWMSCA newsletter?

88.10% Activities that you could bring to your school

- 79.7% Updates on new information that may impact your job
- 78.00% Examples of programs that work
- 35.60% Research from counseling practices

2. What do you believe is the biggest challenge that professional school counselors face in their jobs?

67.80% Time

- 11.90% Resources
- 8.50% Support
- 6.80% Adequate Training
- 5.10% Other
- Professional Development Committee and/or Administrative awareness that our professional development needs can and must be met by our own district and state level school counseling association.
- Lack of mental health professionals in the rural areas—finding help for our troubled students. The agency must be willing to accept Medicaid
- There's so much to do and to focus on, it's difficult sometimes to determine what your top priorities are and to manage your time to get them done.
- P.R. for one's own program.

3. Items they'd like to see:

89.80% Free ideas and resources you can use

- 50.80% Information college admissions would like for school counselors to know
- 37.30% Holiday ideas for your school
- 32.20% Balancing Life and a Career
- 28.80% Retirement information
- 18.60% Getting involved at a higher level
- 16.90% What it's like to be on NWMSCA Governing Board
- 3.40% The rewards of presenting at MSCA

Sensory Interventions

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therefore not dealing with the root of the stress (the traumatic event). The drawing is in stages that help the child realize he/she is not the victim but the survivor. If the child can reach that stage, he/she begins to feel safe once again.

While I agree with the statement, "Professional school counselors are not therapists," I do have to argue that oftentimes we find ourselves at the forefront of traumatic disclosures and how very important it is that we prepare ourselves to be able to listen and respond to a child's social and emotional needs while in school. SIT-CAP offers one-minute interventions that can be used in many situations that a counselor (new or, I prefer to use, inexperienced) finds him/herself in while working with children of any age. While I am not recommending that just a few minutes be spent with these children, the suggestions and the ideas that are encouraged through SIT-CAP are additional tools a counselor can use when that heart-sinking conversation is about to begin.

Whether you are a new or highly seasoned counselor, please take the time to research this fairly new approach (and best practice). Your students and parents will be happy you did.

Through a grant from The Circle of Hope, the SJSJSD has been able to certify twelve counselors, three social workers and one principal. It is my hope that SJSJSD can host the next round of training for area counselors. It begins with a two-day training followed by three on-line courses and a final exam in order to become fully certified. I will promote this training through our NWMSCA network. Stay tuned!

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