



Northwest Missouri School Counselors Association

Counselors Helping Counselors

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Spring 2021



Presidential Perspective

Rebecca Arway
NWMSCA President

Throughout our lives history impacts the way we view things. For example, when 9/11 occurred I can tell you I was a senior in high school and that morning my boyfriend came to my house to ask me to be his date for Homecoming. Little did we know that morning when we arrived at school our lives would forever be changed by the events that happened. I remember lots of conversations about how things were "before 9/11" and "after 9/11." I can't help but to think the same as we begin reflecting on this past year. A year ago this week, many of our "normal" lives changed when we had to transition from being in-person every day at school to being virtual. I can remember thinking... How is a school counselor supposed to do their job when their job has to do with working with students everyday? How am I supposed to check in on my at-risk students? Will my students have enough food at home? Will my students be okay?

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Advocate of the Year

The Advocate of the year award recognizes an individual or organization whose advocacy of counseling services in a school setting has a positive impact for counselors on a local, state, and/or national level.

This year's Northwest Missouri School Counselor Association's Counselor Advocate of the Year is **Mrs. Monica Palmer**, the Elementary Principal at Polo R-VII in Polo, MO. Mrs. Palmer has contributed in supporting the school counseling program in many ways. Her staff have described a great collaborative working relationship between Mrs. Palmer, the School Counselor, and the teachers which allows them to implement a well rounded social/emotional focus with their students. She was described by her School Counselor as "my counseling program's biggest advocate." Thank you for all you do to support the role of School Counselors and congratulations!

Mrs. Palmer was presented the award and recognized during our Administrators appreciation breakfast via Zoom in February.

If you are reading this newsletter, drop Jeremy Waldeier an email (jeremyw@nwmissouri.edu) to let him know you read the newsletter and get a special surprise at the spring meeting at NWMSU!



Monica Palmer with NWMSCA President Rebecca Arway.

Save the Date

Spring NWMSCA Meeting Friday, April 9, 2021

**J.W. Jones Student Union, 3rd Floor
Northwest Missouri State University, Maryville**

Registration starts at 8 am, Breakfast & Lunch Provided by Northwest

Please be sure to RSVP at

www.nwmsca.org/rsvp-for-spring-meeting.html

Perspective . . .

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At the time, I did not even think about the impact it would have on my own family. Watching my daughter transition from in-person school to virtual learning was just as difficult. I realized her teacher is amazing (as all teachers are) and I was never meant to be my daughter's sole educator! As I think about all of the things that were lost, missed, changed, etc., I can not help but think about the things that were gained, learned, and positively impacted as a result of new experiences and opportunities. Even though living through a pandemic is an event which will forever change our perspective, I believe there were some positives that emerged.

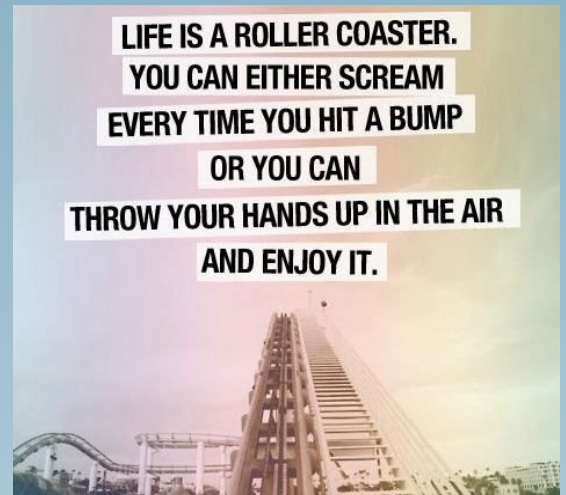
Some of the things that come to the forefront of my mind when reflecting on the positives from the past year... as school counselors we are RESILIENT. We strive every day to help our students be resilient or to challenge them to become resilient. We forget to give ourselves the credit for being resilient. We were thrown curve balls which made our everyday work challenging. We had to dig deep into our toolboxes in order to come up with creative solutions on ways to meet our students where they were and to provide opportunities to support them even when they were not with us every day.

Another positive I took away from the past year is we, as school counselors and educators, are better together! We are important pieces to our schools. We not only provide support to our students, but our teachers and administrators. We get to be a part of an amazing school community to help each of our students experience success.

On a personal note, I realized life really does happen in a blink of an eye. During the shutdown, I was able to enjoy moments home with my children, making memories, trying new things, making crafts (I am not a crafty person), and much more. Through this, I realized that in life I need to slow down! I feel like most days I am running here and there and everywhere and I need to take a minute, slow down, and enjoy these moments.

So as we continue to live through these new "normals" and the world around us slowly begins to return to "normal," I encourage you to slow down (I know it is a super hard time of year to do that between scheduling, testing, and all of the other crazy things going on around school and in each of our lives), give yourself an opportunity to reflect on the positives surrounding you and the positives which emerged from the last year. Even through all the changes, there is some good which came from a year of change. My hope is that the positives you find will provide you hope as we begin experiencing life "after COVID."

P.S. If you are one of the lucky ones with a week for Spring Break, I encourage you to take the time for YOU! You deserve it! If you are one that is still trucking through with no Spring Break (this is the boat I am in), know that we can make it! Find time for you so that you can rejuvenate and reset for the rest of the school year!



Send newsletter submissions to:



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Q&A

What have been some of your favorite technology resources you have used this year?

My district uses the **Schoology** platform. It is similar to Google classroom but it provides a way to upload lessons, videos, and resources for students. I also use this as a way to communicate with students when they are absent. Since I only have classroom guidance every couple of weeks with each class this provides a way for students to access the material if they are absent or if they would just like to look back at a video I have shared. – *Sarah Pedersen*

Everfi – if you haven't used it you should definitely check it out!

– *Abbie Groomer*

Missouri Connections – *Becky Houtchens*

Our department created an **Instagram** account (counseling_chs) and did some candy giveaways to encourage students to follow us. We post a variety of reminders and also have done a few challenges with students. We are planning to use it to highlight seniors' future plans to coincide with our Decision Day activities in May. – *Megan McCamy*

I had a lot of fun creating my **Virtual Counseling Office** with Google slides and bitmoji. It is forever a work in progress that I am still adding to, but it has been a useful way to push out information to students and parents alike. I embedded my Scholarship List in my "office" using a Google spreadsheet, so it's always up to date. I even figured out how to upload pdf files into my drive and imbed the link on the spreadsheet, so students can access all of the scholarship applications online, even if I only have a print version. I also use the message sender function in **PowerSchool** to blast out emails to our parents. It's a quick and easy way to ensure they all get the same information at the same time. – *Corrine Allee*

I have used the **careeronestop.org** website for several different classes this year. It has several different career assessments that students can take and short video clips of tons of different careers. – *Amy Holtman*

Administrator's Appreciation Breakfast

The NWMSCA celebrated Administrator's Appreciation breakfast a little differently than in the past. NWMSCA's breakfast was held virtually on Friday, Feb. 5. Our guest speaker was Sean Buchanan.

Sean Buchanan is a national keynote speaker, lifelong educator, and author. He was raised in Oklahoma and still resides in the state with his family. Thousands of educators have enjoyed his training, keynotes, and workshops. He currently serves as the elementary principal and assistant superintendent for Geary Public Schools.

The presentation was designed to give solutions to counselors and administrators as they try to reach students (and their families) who may be apathetic in their outlook toward education or struggle with discipline issues. It featured research based strategies that will improve student behavior and make clear the role motivation plays in their education.

A special thank you to all the Northwest Administrators for the support and encouragement you give to our organization, and to your counselors on a daily basis.

We appreciate you!



Be **involved**
Be **successful**
Be a **Bearcat**
NORTHWEST
Missouri State University
nwmissouri.edu



**NORTHWEST MISSOURI SCHOOL
COUNSELORS ASSOCIATION**

SPRING MEETING

We have ridden the 2020 wave and now we get
to celebrate together!!!!

***APRIL 9- FRIDAY-
8AM REGISTRATION***

***NORTHWEST MISSOURI STATE
UNIVERSITY***

***RSVP:
[HTTP://WWW.NWMSCA.ORG/RSVP-FOR-
SPRING-MEETING.HTML](http://www.nwmzca.org/rsvp-for-spring-meeting.html)***



AGENDA

COME JOIN US!

8:00-9:00 Registration and Breakfast

9:00-10:00 Welcome & Business Meeting

10:00-10:15 Break

10:15-11:30 Keynote Speakers:

Mr. Chris Hand and Dr. Jessica Meisenheimer-
Social Emotional Learning

11:30-11:45 Door Prizes

11:45-12:00 Break

12:00 Lunch

- Breakfast and Lunch will both be provided by NWMSU

Please be sure to RSVP!

<http://www.nwmsca.org/rsvp-for-spring-meeting.html>

Can't wait to see everyone on April 9th!!!!