



Northwest Missouri School Counselors Association

Counselors Helping Counselors

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September 2014



Presidential Perspective

Glenda Fine
NWMSCA President

HOPE for the New School Year

Welcome to a new school year and thank you for exploring NWMSCA through our newsletter! I am so excited about this school year! There are many new things coming your way – a new MSCA logo, a new website, and of course, a new theme for the year. This year's theme for the Missouri School Counselor Association is School Counselors – Breaking Barriers – Instilling Hope. Don't you just love that!! As professional school counselors we have so many different aspects to our job description and I think this theme encompasses them all!

I would like to focus on the "Hope" part of our theme. As I have pondered what I would say in this column to help motivate, inspire and encourage you (give you hope) – so many thoughts raced through my mind. One thought that kept coming back to me was how important hope is to each of us. Regardless of our age, our personal or professional

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“Wisconsin Johnson and the Kingdom of Educated Souls”

by Laura Shelton, NWMSCA President-Elect

Just the title is intriguing, you have to agree! We are excited to have Darryl Johnson speak at our NWMSCA Fall Meeting this year, and this is the title of his presentation. Darryl is a Wisconsin native, which explains some of the title. He is a graduate from Northwest Missouri State University and an accomplished educator. He has earned the title of “Teacher of the Year” eight consecutive times! He also earned the title of “Missouri Teacher of the Year” in 2007 and was inducted into the “National Teacher’s Hall of Fame” in 2013. Hence the second half of the title! Darryl also authored a book titled, *The Last Call* after the loss of his brother in 2002 and his mother just four short months later. Darryl is currently an English teacher at Smithville. I have no doubt his message will be inspiring and informative! Please join me at the NWMSCA Fall meeting to participate in this wonderful opportunity to hear Mr. Johnson speak. I look forward to seeing you all there.

MSCA Fall Conference: Be an Early Bird!

by Corrine Allee, Newsletter Editor

By now, you should have received information about the 2014 MSCA Fall Conference. If not, there's still time to register for this invaluable professional development and networking opportunity. Visit the MSCA website at www.moschoolcounselor.org for more information. The Conference is November 2-4 at the Tan-Tar-A Resort in Osage Beach. We all know it is difficult to be away from our schools for two days. Take it from someone who has attended the Conference every year – it is more than worth it. Every year, I return to my school refreshed, invigorated, and full of new ideas to implement to be a more effective counselor to my students. If you register by FRIDAY, OCTOBER 3, you can take advantage of the Early Bird pricing (a savings of \$35.00). **Please note that this is the same day as the NWMSCA Fall Meeting.

You may also consider attending the Saturday Institute, where you will experience two breakout sessions. Dr. Brad Mears will present

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Perspective . . .

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experience, or our background, we all need hope. We seek it out. When we've had a rough day, we go to our family, our friends, our colleagues and share with them, hoping they can help us. All of us hope for different things. We hope for nice weather, good health, and a win for our team. I would imagine that if I asked you to stop right now and complete the sentence, "I hope that..." you could finish it without much struggle.



Whether we're hoping for good things to happen or bad things to stay away, we all need hope. The connotation of hope is vast: comfort, understanding, support, optimism, believing, encouraging. The list goes on and on. And hope comes in many forms: smiles, kind words, information, rest, and – at least in my office – chocolate! If we as educated adults in the helping field benefit from, and in fact need, all this hope, how much more do our students need hope?

That's where you come in. You are the giver of hope – to your students, your staff, and to so many others. What an awesome responsibility – awesome meaning great (fantastic) as well as large (overwhelming)! As you consider the various ways you offer hope to so many people, remember to reach out to your fellow counselors. Whether you have hope to share or are in need of a bit of it yourself, Northwest counselors are excellent at offering support, encouragement, ideas – hope – to each other.

Helping others and offering hope at every turn. That's you - a professional school counselor. It's who you are. It's what you do. I'm glad you're part of the Northwest Team!! Because of you, our students' futures are full of hope!

Helping **O**ther **P**eople **E**xcel

New Counselor Mentoring Meeting - Friday, October 3 MWSU

For 1st & 2nd Year Counselors and Mentors

Immediately following the Fall Meeting Luncheon

For questions contact: Michele Veasey (mveasey@nwmissouri.edu)
or Rachel Peek (rpeek@savannah3.com)

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NWMSCA Fall Meeting Friday, October 3, 2014

Missouri Western State University

Registration, Breakfast, and
Resource Tables: 8:00 a.m.

Business Meeting: 9:00 a.m.

Keynote Speaker: 10:15 a.m.

Fall Meeting...

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"Understanding and Supporting Brain-Based Differences" in a fun and interactive session to help you understand the development of the human brain, increase your understanding of behavior, individual differences, and how we learn. Roxanne Renee Pendleton will present two practical, upbeat, interactive sessions on self-care for those in caring professions. Her session "7 Secrets for Resilient Living" will focus on the impact of modern life on the human brain and describe basic, daily lifestyle choices that have been proven to protect against and heal clinical depression, anxiety, and compassion fatigue. Her session "How to Stay Sane (When the World Around You Isn't)" will provide you with proven tips and practices for maintaining your own peace of mind while successfully dealing with difficult people and difficult situations. For those of you who attended NWMSCA's 2013 Fall Meeting, you will recall what a dynamic and effective speaker Roxanne is – she's a must see!

This newsletter sponsored by:

**NORTHWEST MISSOURI
STATE UNIVERSITY**

Maryville, Missouri

Welcome to the New Counselors and Thank You to their Mentors!

Casey Arney, Osborn R-0; Mentor: Becky Whitmer
 Valerie Neal, South Harrison; Mentor: Melissa Vandusseldorp
 Kelsi Franklin, Central HS; Mentor: Ashley Howren
 Joseph Davis, North Andrew; Mentor: Nick Wray
 Stephen Kibler, Benton HS; Mentor: Maddie Tritton
 Megan Beck, Amazonia/Minnie Cline; Mentor: Laura Shelton
 Kelli Flannery, Southwest Elementary; Mentor: Robert Fischer
 Rebecca Whitsell, Rushville Elementary; Mentor: Heidi Tipton
 Samantha Coronado, Cameron HS; Mentor: Lisa Pruitt

**If you are a new counselor but haven't been contact by Rachel Peek or know someone that is not listed above, please contact Rachel at rpeek@savannah3.com*

“Breaking Barriers Instilling Hope” 2014 Conference Challenge

by Becky Whitmer, Multi-level VP

Hello Northwest Region! **This year the MSCA Program Committee decided to spice things up with a Conference Challenge.** This is our way of rewarding regions that help make the conference a success and get involved in the fun activities. Regions will receive points for doing things they are already doing and be able to earn prizes to give away at the Regional level, plus much deserved recognition. Here are some of the categories and points: Highest % of pre-registered attendees by Region (50 points), Turn in a basket(s) for Silent Auction (20 points), Top basket fundraiser (50 points), Provide a volunteer for the conference (10 points each), etc. As you can see every Region can earn points and our hope is that this will encourage participation in events (and a little friendly competition). Here are the prize levels –

Grand Prize: Bragging rights and 1 conference fee for 2015

Gold Level: MSCA Membership to give away at Regional level

Silver Level: MSCA Garment to give away at Regional level

Bronze Level: MSCA Accessories (squishy ball, bendy stick, etc.) to give away at Regional level

Let The Games Begin!

Conference Project News: We are also going back to bidding on a sheet of paper for the baskets. Baskets will be on display in the exhibit hall and available for bidding at those times. Final bidding will take place at 8:30 am on Tuesday. Basket winners and 50/50 drawing will be done at closing session. Tickets for 50/50 raffle will be available for purchase during lunch on Monday and before closing session on Tuesday morning.

Critical Incident Update

by Becky Arway, Critical Incident Co-chair

Becky Arway and Leanna Wilcox are your Critical Incident chairpeople this year. The current Critical Incident Response Teams list will be posted to the NWMSCA website. Make sure you print off this list and keep a copy at school and your home so it is easily accessible in the event of a critical incident. We will be recruiting new members at the Fall Meeting and will post any additions to the website after that meeting.

There are 5 teams: Team A serves **Atchison, Nodaway,** and **Worth** counties; Team B serves **Holt, Andrew, Gentry,** and **DeKalb** counties; Team C serves **Buchanan, Clinton, Platte,** and **Clay** counties; Team D serves **Harrison, Mercer,** and **Grundy** counties; and Team E serves **Daviess, Livingston, Caldwell,** and **Ray** counties. If you have served in the past on any of these teams, you should have received an e-mail from Becky asking if you will be serving again this year. We do have some schools in our area that have only one counselor, so it is extremely helpful when the need arises to have that additional support and resource available. Please let us know if you are willing to serve on this important team.

If you are interested in serving and have any questions, please feel free to contact:

Becky Arway at (660) 354-2524,
arway@polo.k12.mo.us or
 Leanna Wilcox at (816) 528-7742,
leanna.wilcox@lathropschools.com

NWMSCA Scholarship Available

by Lorraine Bowers, Scholarship Co-chair

The 2015 NWMSCA Scholarship opportunity awaits a lucky graduate student!

The applicant has an opportunity to be awarded a \$300 scholarship just by filling out a simple form!

All you have to do is go to our NWMSCA website at www.NWMSCA.org, 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!

However, 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! Our scholarship is intended to encourage and provide support for qualified educators who are pursuing a degree as an elementary or secondary educational guidance counselor.

The application is 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, 2014**. Additional information can be obtained from:

DeeAnna Kelley
Pickett Elementary
St. Joseph, MO
dee.anna.kelley@sjsd.k12.mo.us

Lorraine Bowers
Spring Garden Middle School
St. Joseph, MO
lorraine.bowers@sjsd.k12.mo.us

Which counselor-in-training will be our 2015 winner? If you have someone in mind right now, don't wait!



Resources 'R' Us

by Kim Mayo, Elementary VP

Being new to this position, I did a quick and informal needs assessment by reviewing previous newsletters and asking my colleagues for ideas. One common factor seemed to be a need for free and user-friendly resources. As an elementary level counselor, I am always on the lookout for resources to use in my guidance curriculum or to help students and families. Our time is limited and there are a wide variety of topics and issues to address. We are very lucky to have such a wonderful state conference through MSCA – a great opportunity for professional development in a beautiful location. What I find most beneficial is the opportunity to hear from other counselors about ideas that work. I always walk away with lessons and strategies I can use when I return to school. LiveBinder and Curriculum Corner are also available.

Of course, DESE is a great source - <http://www.missouricareereducation.org/for/content/guidance/>. The e-Learning Center through MCCE has resources for all aspects of Missouri Comprehensive Guidance. Another site I like is ASCA Scene – www.schoolcounselor.org/SCENE. You must be a member to log on, but there are wonderful ideas and resources to be found. I try to check out the group discussions and blogs for elementary counseling as often as possible. You can search for specific topics and look at the file cabinet to download documents and other items. I have discovered books and lesson plans to use for classroom guidance, as well as ideas to help students who are dealing with anxiety, family changes, loss, etc. If you have a great resource or site to share, please email me at kim.mayo@sjsd.k12.mo.us.

My Success Event

by Alicia Saunders, Career Guidance Co-chair

The My Success Event is right around the corner on October 8th and 9th at Wyatt Park Church. We are looking forward to a fun-filled day with many local businesses offering career information as well as colleges and universities supplying educational information. If your school registered for the event, you should have received your time and date letter by now. There are approximately 50 high schools attending with 2,700 students, so it's very important that you arrive on time. Please check out the website www.themysucsessevent.com for additional information. If you should have any questions regarding your school or arrival time, please contact Alyssa Shifflett at 816-671-4036.

Recently Retired Counselors

by Debbie Fite, Emeritus Co-chair

NWMSCA is attempting to compile a list of all Northwest Missouri School Counselors who have retired in the past few years. We want to include them on our Emeritus roster. Please contact Debbie Fite (debbie.fite@sjsd.k12.mo.us) or Sandy White (slwhite_64429@yahoo.com) with names and contact information. Your help with this task is greatly appreciated.

Governing Board Prepares for Fall Meeting



Be **involved**
Be **successful**
Be a **Bearcat**

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Missouri State University

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Governing Board Holds Summer Planning Meeting

