Fall 2011 Issue

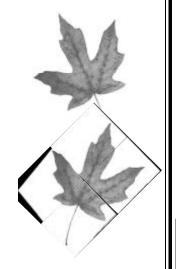
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The mission of the Illinois School Counselor Association (ISCA) is to provide leadership, advocacy, and collaboration for Illinois school counselors, which results in systemic change to enhance the success of all students in their academic, career, and social/emotional development.





### **Newsletter Highlights**

President	page 2	CICO Report	page 7
<b>ASCA Resources</b>	page 2	Web Resources	page 7
Calendar	page 3	<b>Freshmen Orientation</b>	page 8-9
<b>President Elect</b>	page 4	RAMP	page 8
<b>ISCA Conference</b>	page 4	ISCA Awards	page 10-11
<b>President Elect-Elect</b>	page 5		
<b>Graduate Student</b>	page 6		

page 6

a division of

**ASCA Scholarships** 



Page 2 Fall 2011 Issue

### **National School Counselor Week**

# from Laurie Siegel President

#### A message from the President...



My name is Laurie Siegel, and I am pleased to serve as your 2011/2012 ISCA president.

Just some information about me... I have an Associate degree in Early Childhood and worked in a Child Care Center as a daycare director. I have a Bachelor's degree in Elementary Education and taught elementary school. I have a

master's degree in Community Counseling and also am a licensed Clinical Professional Counselor (LCPC), worked at a social service agency, proving counseling and other services to families. I have a master's degree in school counseling with a type 73 certificate, and I am currently working in the Chicago Public Schools (Mt. Greenwood Elementary school). In addition, I have a master's degree in School administration and hold a type 75 certificate. Lastly, I am a certified addictions counselor (CADC), and have worked with adolescents who had addiction issues. I am also currently employed, part time, as an adjunct professor at National Louis University, teaching Masters level students in both the school and community counseling programs.

I am married and have two children and live in the Chicagoland area. When not working as a counselor, my favorite things to do include; painting, sewing, gardening and running. Running has grown to be one of my favorite hobbies. It is a hobby that I have included in both my personal as well as professional life. At Mt. Greenwood School, I have started a running club for student's 5<sup>th</sup>-8<sup>th</sup> grade. This has proved to be an effective way to work with students. I am using data to measure and demonstrate the correlation between students who run and a higher rate of self esteem, attendance and academic achievement. I will be sharing more of this information at a later date. On an additional note: I will be running in the October 9th 2011 Chicago Marathon, please come out and support me. I will be running for the Leukemia & Lymphoma Society (Team in Training) to support one of my students who was diagnosed this year with Leukemia.

#### ASCA Updates FREE RESOURCES

Free Career Information in Spanish: Looking to help your Spanish-speaking students prepare for their future? This fall the Bureau of Labor Statistics translates career information for more than 100 occupations into Spanish. Help students explore training and education requirements, earnings, working conditions and job outlook. Also includes tips for crafting resumes, applications and cover letters. Learn more. http://www.bls.gov/es/ooh/

Free Curriculum on Teen Dating Violence: ASCA has joined forces with Liz Claiborne Inc. to raise awareness of the Love Is Not Abuse curriculum, which addresses teen dating violence and abuse. This recently updated curriculum now includes a lesson on digital dating abuse, in addition to other types of dating abuse. Request this free curriculum. http://www.loveisnotabuse.com/web/guest/curriculum

#### **Guest Posts Wanted for the ISCA Blog!**

This year ISCA is seeking to make greater use of its blog, <a href="mailto:myisca.blogspot.com">myisca.blogspot.com</a> to connect school counselors across the state and to highlight ISCA members. Blog writing is short and informational or reflective, just a paragraph or two will do. ISCA would like to hear about your successful interventions and events, insights and a-ha moments, collaborative relationships and meaningful stories. All types of ISCA members are invited to blog including school counselors, graduate students, retired school counselors and counselor educators. If you are interested in being a guest blogger for ISCA, please contact Erin Mason, president-elect at <a href="mailto:ecmm@me.com">ecmm@me.com</a>. Let's get ISCA blogging!

# Calendar of Events

10/01/2011 10/07/2011	OCTOBER 2011  Month of the Young Adolescent ISCA Award Nomination	1/16/2012	JANUARY 2012 Martin Luther King Day
10/10/2011 10/10/2011 10/15/2011 10/21/2011	Deadline Advocate and Legislator of the Year Chicago College Fair Columbus Day ASCA RAMP Applications Due Principal Appreciation Day	2/6-10/2012 2/8/2011 2/12/2012 2/20/2012	FEBRUARY 2012 National School Counseling Week ISAT dates Lincoln's Birthday President's Day
11/10/2011 11/11/2011	NOVEMBER 2011 ICA Conference - Skokie Veteran's Day	3/5/2012 3/17/2012	MARCH 2012 Casimir Pulaski Day St. Patrick's Day
11/11/2011	ISCA General Membership Meeting -4pm -Skokie Presenter Proposal Deadline	4/18/2012	APRIL 2012 Easter
11/19/2011 11/24/2011	ISCA Conferences Thanksgiving	4/13/2012	ISCA Annual Conference Springfield
11/21/2011	DECEMBER 2011	4/20/2012	ISCA Annual Conference Skokie  MAY 2012
12/21/2011	Hanukkah	5/2-4/2012 5/13/2012 5/28/2012	IACAC Annual Conference-Itasca Mother's Day Memorial Day
		6/17/2012 6/23/2011 6/25/2011	JUNE 2012 Father's Day ASCA Delegate Assembly-Minn. ASCA Conference

Illinois Counseling Association Annual Conference Keynote Speaker Brene Brown, PhD, LMSW

Nov 10-12, 2011 - Skokie, IL

Earn up to --17 CEs/CPDUs

Over 70 different presentations

more info: www.ilcounseling.org

online registration

Dr. Brown is a research professor at the University of Houston, Graduate College of Social Work.





Page 4 Fall 2011 Issue

# Sweating for Leadership: ASCA's Leadership Development Institute

By: Erin Mason, President-Elect

From July 20th to July 24th I participated in 4 days of training as part of the American School Counselor Association's Leadership Development Institute (aka, ASCA LDI). Attending LDI is one of the responsibilities of current and incoming state association leaders. Current ISCA president, Laurie Siegel and I attended



together to represent Illinois. This was my first time at LDI. Last year it was held in Honolulu, Hawaii, this year it was in <u>Savannah</u>, Georgia. Hmm. Now I'm a Georgia girl and appreciate the excuse to get to the south but really, Hawaii then Georgia?! Clearly I was a year too late.

Savannah was hot (or spelled "hawt" by some). Really hot. And humid, which makes it feel even hotter. The heat index was well over 100 degrees while we were there. But beating the heat was an easy task when you are chillin' with school counselors from across the nation and exploring a pretty cool city like Savannah. Here are the top 10 highlights and lessons learned from ASCA LDI (in no particular order):

- 1. Of the 50 states in the nation, 48 states were represented.
- 2. Several states brought goodies to represent, e.g. Hershey bars from <u>Pennsylvania</u>, maple syrup from <u>Vermont</u> and honey taffy from <u>Utah</u>, the beehive state.
- 3. ASCA's membership in 2000 totalled 900. Today it totals 28,900.
- 4. We learned a lot about <u>policy governance and the work of association boards</u>.
- 5. We also learned about the "Level 5" leader.
- 6. SCAD, the <u>Savannah College of Art and Design</u>, has transformed the city and 86% of grads finds jobs within 6 months!
- 7. Most states are struggling with the legitimacy of their school counseling positions and job cutbacks. Some states are facing very tough challenges.
- 8. ASCA partners with a variety of organizations including <u>The Red Cross</u>, <u>Sally Ride Science</u> and <u>The Liz Claiborne</u> Foundation.
- 9. ASCA has 1,854 followers on Twitter and 6, 631 "likes" on Facebook.
- 10. School counselor leaders, like the ones I was with in Savannah, are a committed and fun group who make me proud to be a member of our profession!

# ISCA Chicago and Springfield Conference Proposals Sought

Theme: Creating Change Through Collaboration

After you've marked your calendar for the ISCA conferences, consider submitting a conference proposal! This year's theme, *Creating Change Through Collaboration*, aims to focus on the collaborative work that school counselors do with other school staff, counseling colleagues, parents and guardians, and community partners. ISCA also hopes that through this theme, we will bring some valuable stakeholders to our conferences so that they can be exposed to the important work of school counselors in Illinois. Examples of potential proposals might include such ideas as:

- elementary and high school counselors partnering on transition activities
- school counselors and teachers co-teaching classroom guidance
- small groups co-led by school counselors and community partners
- mentoring programs facilitated by school counselors and businesses or colleges
- school counselors and parents providing parent education activities
- administrators and school counselors providing staff development

The window for proposal submission will begin on September 16, 2011 and end on November 18, 2011. Announcements and details about the submission process will be sent out to all ISCA members via email blast.

Please note that the submission form requires the following information:

- · your name and contact information
- the name, title, credentials, degree and contact information of the workshop's lead presenter
- the titles, credentials and degrees of any additional presenters participating in the workshop
- · the workshop's title
- · a 50 word (maximum) description of the workshop
- the target audience
- the ultimate goal of the workshop
- the proposed participant outcomes
- the workshop length (as stated, all workshops are to be about 45-50 minutes in length)
- audio-visual equipment needed for the workshop
- your membership information and prior presentation experience with ISCA, if applicable

Submit your proposal electronically through the link at our website http://www.ilschoolcounselor.org.

# Steve Murray President Elect-Elect

This past summer, I participated in an intensive five day tour of ten Midwestern universities. I was able to learn firsthand from faculty, students and administrators about the curricular and extra-curricular programs, as well as, the historical and cultural characteristics that make each campus unique. The payoff for spending hours on a bus, sleeping in five different cities and eating cafeteria food was the hope of returning to school with rich information that could improve our college guidance program.

The experience did not disappoint, I returned with a suitcase of information, great stories about each college and a connection with forty area counselors who share a commitment to the counseling profession. I, now have an inside view of ten outstanding higher education institutions, I can describe the campuses in vivid detail, and yet I am

not certain that I am better equipped to advise students on their selection of a major field of study.

At one of the universities, an academic dean explained that universities are preparing students for jobs that currently do not exist. He sug-

At one of the universities, an academic dean explained that universities are preparing students for jobs that currently do not exist.

gested that we live in a time of creative obsolescence where new technologies are being developed and brought to the market in a nanosecond. The Dean lamented that both high schools and universities are slow to adapt their curriculums to prepare students for the 21st century economy. He encouraged us to ask the question, "How can we better prepare students for the rapidly changing world."

As counselors, we face this dilemma on a daily basis. Do we build better traditional programs, or do we teach skills that will result in a more resilient student? Should we focus our efforts on reviewing college course catalogs or teaching solution focused strategies and change management skills that our students can universally apply to any decision or situation? The pace of change says that as counselors we must adopt and implement frameworks that can make change easier on our students.

Chip and Dan Heath, the authors of the bestselling book "Switch," provide just such a framework, which has application for anyone facing change. The Heath brothers suggest that managing change requires three components; clear, specific direction from your rational side, motivation or passion from your feeling or emotional side, and lastly, a clear path. The authors' provide a framework that is based on decades of scientific research, which is simple enough to be practical, and flexible enough to be used in many different situations. The author's change model offers powerful techniques for making decisions and for addressing change, such as solution-focused problem solving (over problemseeking), shrinking the change (over global thinking) and the power of "bright spots" or the evaluation of what is going right (over deficit review tactics).

To illustrate these techniques the authors provide the example of Jerry Sternin, Officer of Save the Children, who was charged with eliminating malnutrition in Vietnamese children in the 1990s. Numerous Save the Children officials had tried and failed to solve this problem and the

Vietnam government was growing impatient. Sternin was given six months and no resources to solve this problem. Like his predecessors, Sternin discovered that there were many problems facing Vietnamese children, such as poor sanitation, poverty, and illiteracy. Sternin knew that he could not become side tracked by the depth and history of these problems; rather he needed to remain focused

on solving the problem of malnutrition. He started by searching for "bright spots." He found a village where children of normal weight were thriving. He discovered that these children were eating the same amount of food as the malnourished children, but they were fed 4-small rice meals rather than 2-larger rice meals. Additionally, the mothers of the normal weight children added sweet potato greens that grew on the road side to the rice providing much needed vitamins to the child's diet. Sternin created five rules for fighting malnutrition and his efforts were replicated throughout the country reaching 2.2 million Vietnamese people. Sternin employed a solution based approach. He shrunk the change, realizing that too much analysis would doom the effort and he demonstrated the power of bright spots. Similarly, if students can master these practical skills they can benefit now and when they enter the workforce. Additionally, the Heath brothers' message, that complex change does not require a complex solution, provides counselors with a strategic focus. We must continue to help our students create a vision of their future, what the authors call their ("destination postcard,") guide and support them in achieving their curricular and extracurricular goals ("their clear path." ) We cannot obsess about what the end of their journey is going to look like as it will likely change. We can only teach them the skills to manage change when change is hard.

Page 6 Fall 2011 Issue

# Through the Eyes of an Intern: My Experience at Hinsdale Central High School

By: Sarah Martin, Graduate Student

Overwhelmed. Excited. Nervous. Intimidated. All emotions I was experiencing as I took my first steps into Hinsdale Central High School. I was fortunate. I was able to start a semester ahead of everyone else because I was invited to volunteer at HCHS in spring of 2011 and then complete my official internship August 2011 – June of 2012. I felt honored to have my foot in the door and relieved that I had an internship secured so early on.



I also felt slightly unprepared. Was I getting in over my head? My classes at National Louis had done a great job of preparing me thus far, but I hadn't yet taken several classes that I would need for my internship experience including "Theories, Practices and Issues of School Counseling." Kind of a big one. Regardless, I couldn't pass up an opportunity like this so I jumped in and didn't look back.

The first few days of my volunteer experience were a blur. I was introduced to a huge team of impressive professionals including 13 counselors and given a tour of the enormous school. Everyone I met was very nice and extremely busy. Fortunately the current intern Kasey Cavoto did a fantastic job acclimating me to the environment, teaching me the various computer systems and answering my millions of questions. Her patience and positive attitude proved to be a wonderful example for me.

As I became more familiar with the school, I learned just how high achieving the students and faculty are at HCHS. Almost every student is involved in multiple sports and activities, enrolled in several AP classes and the school boasts a 98% college bound student rate (2 and 4 year colleges and universities). It became apparent that I needed to get involved as well.

Inquiring about various clubs and organizations was the best thing I could have done my first semester at the new school. I joined and helped co-chair the Student Ambassador's Club that my supervisor Lisa Hikes was in charge of along with Counselors Cindy Rodkin and Jim McGuire. I helped Activities Director Pam Kalafut with multiple fundraising activities as well as Read to Lead that benefits inner city kids. I also got involved with the school's Gay Straight Alliance and the J. Kyle Braid Leadership Foundation. These experiences were irreplaceable. I not only got to meet and work with a much larger number of people, but I really got a chance to know the students on a more personal level. I found myself walking through the hallways and greeting people that I otherwise may not have

met. I would recommend getting involved in multiple activities or sports to any intern as it increases your network of support.

I had many different responsibilities while at HCHS. I helped with almost anything the counselors needed including scheduling, student surveys, college planning and I shadowed the counselors every time I got the opportunity. I attended networking events, college nights and informational workshops. I was able to assist with planning and coordinating the Student Scholarship Program and Awards

Night and I got to know many students who impressed me with their drive and creativity. I took advantage of every opportunity given to me and intend to continue this trend during the upcoming year. My goal during internship is to get as much experience in a variety of areas as possible.

The best thing to do during your internship is to make yourself noticed. Get to know the principal, the administrative assistants, the directors, the department chairs and the teachers. Be a vocal advocate for yourself and our profession as counselors. As an intern, you have the opportunity to bring fresh life and ideas into your schools. Don't be afraid to make suggestions. You have valid things to say. Join your professional associations and volunteer, volunteer, volunteer! The more connections you make the more likely you will be to find a job after graduation. Prove to your schools that you are needed and can make a positive change. Good luck interns!

# ASCA Foundation Scholarships

Applications Due Oct. 14, 2011
Each year the
ASCA Foundation
awards \$1,000 scholarships
to up to 10 deserving
master's-level students.
Learn more at http://
asca2.timberlakepublishing.com//files/
scholarship.pdf

### **CICO** Report

### Illinois Licensure Law Ends in 2012

Most important will be our work in this next year as the existing law that creates and allows for licensure of counselors in Illinois will cease to exist after 12/31/2012. All licensure laws in Illinois have a sunset or conclusion date every 10 years. The Counselor Licensure Act will expire in 2012. CICO has already started the process of representing the interests of all Illinois counselors in getting a new law enacted to keep



Daniel Stasi, CICO Executive Director and lobbyist.

licensure in existence for counselors. Every licensed counselor needs to be involved in this process. If a new law is not passed by the General Assembly and signed by the Governor there will no longer be a license for counselors in Illinois. I urge every licensed counselor to get involved with ICA and keep informed about how they can help keep licensure for counselors in Illinois.

In 2011

6,292
Bills introduced in Illinois

640 bills passed House and Senate

610 bills signed into law



http://schoolcounselor.com - variety of resources

http://www.safekids.com/ online safety resources

http://www.phillycounselor.com/elementary/elementary\_guidance\_plans.html Elementary and Middle School Guidance Lesson Plans

http://www.njsca.org/content.php?sid=7&mID=7
Elementary School Counselor Resources

Sparktop.org -

This fun website for kids 8-12 with learning difficulties or disabilities, features games, activities and creativity tools.

KidsHealth.org-Kid friendly information about what learning disabilities are and how to cope with them.

Page 12 Fall 2011 Issue

# Freshmen Orientation

### by Amy Thompson

#### **Freshman Orientation**

Purpose: The Freshman Orientation Program is designed to ease the transition from middle school to high school. Because students come from three different district schools as well as several parochial schools, the new environment, larger number of students, and new academic demands can be difficult. Through the support of teachers, counselors, and mentors, freshmen have multiple resources to assist in this sometimes challenging process.

#### Structure:

Freshmen attend **from middle school to high school.**Freshman Orientation during ½ of their lunch period, Monday through Thursday for the entire first semester of the school year.

o Understand the implications of

Two of these sessions are dedicated to study time with a teacher who acts as an advisor to the freshmen. Advisors answer student's questions, check their grades, and conference with the students to discuss their progress and help connect them to support resources when needed. Mentors (upper-class peers) also attend study days to support the students in studying, organizing, or simply modeling good study habits.

One of these sessions is the "Guidance" portion of the Freshman Orientation program. Counselors deliver a series of lessons designed to:

o Help freshmen learn more about York including all of ways students can become involved in extra-curricular clubs and sports

oUnderstand the importance of academic success

- o Consider a variety of techniques to improve study habits/skills
- o Begin formulating post-high school plans
- o Learn about all of the elective options available at York
- o Contemplate their role as a friend, classmate, member of the York community

The Freshman Orientation Program

o Understand the implications of cyberbullying, drug/alcohol use, and making good decisions.

is designed to ease the transition

- o Start deciding what courses they will take next year and formulate a fouryear plan
- o Prepare for final exams

The final session is the "Mentor" portion of the Freshman Orientation program. Counselors supervise Mentors (sophomores, juniors, or seniors) who deliver a series of lessons designed to:

- o Help freshmen get to know each other and their mentors
- o Prepare freshmen for becoming involved in "York Spirit"
  - o Teach freshmen about making plans for their future, considering the implications of their decisions, and understanding how to get help when needed as well as understanding how they best learn from the student perspective.
- o Build camaraderie and a sense of "team"

Mentors also serve as a sort of "big brother/big sister" and assist the freshmen on their study days in many ways (helping with specific homework assignments, creating study groups, helping freshmen get organized, etc.)

# 2011 RAMP: Deadline Next Month

Are you applying for Recognized ASCA Model Program (RAMP) status this school year? Please note that the only deadline for this program is Oct. 15 There is no longer a February deadline as in previous years.

Need a little help completing the RAMP application? Check out the RAMP Resources, including sample application materials at the ASCA website www.schoolcounselor.org

Page 13 Illinois School Counselor

# Freshmen Orientation

### by Amy Thompson

#### Freshman Orientation Advisor

Supervision Description

Being assigned as a Freshman Orientation Advisor is a unique opportunity to connect with freshmen outside of a formal classroom setting. The goal of the program is to provide positive support for all freshmen as they transition from middle school to York High School by enriching their personal and academic experience.

#### Freshman Orientation Advisors are:

- $\varnothing$  Committed to helping freshmen successfully acclimate to York High School
- Ø Genuinely interested in developing a positive relationship with a small group of freshmen
- Ø Knowledgeable about the many resources available to students at York

#### Structure:

All freshmen will attend Freshman Orientation 4 days per week (Monday through Thursday) during half of their lunch period. Two of these periods will be supervised by the Freshman Orientation Advisor (with at least one mentor to assist each time) and the other two will be supervised by a counselor and/or Peer Mentor. Supervisors will have two sections (A&B) of 12-15 students during one of the lunch periods.

#### Role of Freshman Orientation Advisor:

The role of the Freshman Orientation Advisor is to support students as they transition to York High School by providing an atmosphere where students feel comfortable asking questions or seeking help, if needed. The responsibilities of the Freshman Orientation Advisor are to:

- $\ensuremath{\mathcal{Q}}$  Develop positive relationships with the class and individual students
- Ø Familiarize students with resources available at York
- Ø Proactively identify any students who may be struggling with academic or personal issues by:

#### oRegularly checking each student's grades

- o Regularly conferencing with students
- Contacting the student's counselor if the student seems to be struggling with academic or personal issues

Most of all, the Freshman Orientation Advisor is committed to being a resource for students and is dedicated to student success.

Resources Available To York Students

There are a number of resources available to York Students. Students who take advantage of these resources will:

- Have access to computers
- Work with knowledgeable staff
- Receive help with homework, projects, test preparation. etc.

#### York Resources include:

- School Library
- Math Lab
- Writing Lab (A256)
- College and Career Resource Center (CCRC)
- Creativity Center
- Study Tables

Amy Thompson is a recipient of the ISCA School Counselor Advocate of the Year. She is a College and Career Counselor at York Community High School in Elmhurst, IL. She can be reached at <a href="mailto:miramac4@gmail.com">miramac4@gmail.com</a>



Page 14 Fall 2011 Issue

## Fall 2011 ISCA Awards

### **Attention ISCA Members:**

Do you know someone who deserves to be recognized for their support for school counselors?

### ISCA ADVOCATE OF THE YEAR

### ISCA LEGISLATOR OF THE YEAR

Illinois School Counselor Association DUE: October 15, 2011



School Counselor Legislator of the Year Nomination

# The deadline for nominations is: October 15, 2011.

Nominees for Legislator of the Year have demonstrated outstanding contributions in the following criteria:

- A. Advocacy for school counselors and students.
- B. Sponsored legislation to benefit school counselors, schools, and students.
- C. Supported public policy leadership for school counselors and students.
- D. Demonstrated knowledge and support for school counselors.
- E. Possessed the personal qualities and ethics thought to be desirable in a legislator.

The activities or accomplishments recognized must have taken place within five years prior to the date of presentation.

Page 15 Illinois School Counselor

## Fall 2011 ISCA Awards

# School Counselor Advocate of the Year Nomination

# The deadline for nominations is: October 15, 2011

## The ISCA Advocate of the Year Award is one of the highest honors given by ISCA.

An advocate nominee must have demonstrated extreme support and advocacy for school counseling in the state, over time, and in ways that has made a significant contribution to the school counseling profession. The nominee can be an ISCA member, or someone who is not a member but who has been a strong advocate for school counselors in their professional role in the State of Illinois.

#### Criteria for recognition:

- A. The nominee should possess the personal qualities, ethical standards, and characteristics of an advocate for ISCA and school counselors over time.
- B. The nominee must have been responsible for positively impacting the school counseling profession in Illinois through their advocacy. This would include such outcomes as:
  - · innovative work to promote the profession,
  - leadership in the further development of existing services and programs,
  - strengthening the role of school counselor at the state, regional, or local level,
  - implementation of comprehensive, developmental school counseling,
  - · policy development,
  - life-long contributions to ISCA as an officer and leader.
  - legislative advocacy or support, and/or
  - · outstanding service to ISCA and its mission.

The activities or accomplishments for which the nominee is being recognized must have taken place within five years prior to the date of presentation.

#### Nomination Form

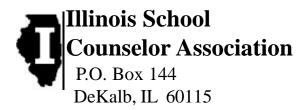
The deadline for nominations is: October 15, 2011

Advocat	e of the Year
Legislat	or of the Year
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Yes	No
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Nomina	tion Form
Nomina	tor's Letter
2 Letter	s of Support
Supplen	nentary Info (optional)

You may submit your nominations by mail or email to:
Professional Recognition Chairperson
Dr. Toni Tollerud

Dept. of Counseling, Adult and Higher Education Northern Illinois University DeKalb, IL 60115

Work phone: (815) 753-9311 Email: Tollerud@niu.edu



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## Save the Dates!!

ISCA Annual Conferences

Springfield U of I April 13, 2012-Friday

Skokie Doubletree April 20, 2012-Friday

