illinois



school counselor



The official publication of the Illinois School Counselor Association fx 815.787.0505 • PO Box 144 • Dekalb, IL 60115 • myisca@gmail.com



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.

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ISCA President Off and Running



From the President's Pen – Sherri McLaughlin

The 2015-16 school year is upon us. I often think of the metaphor of horse racing and the start of a new school year. The bell rings and the announcer

exclaims "And They're Off"! Excitement fills the air. Anxiety builds as more new students file into the room while former students have schedule change requests. Parents are calling and leaving voicemails and emails. Abruptly, the day ends as quickly as a horserace. A sense of pride fills the air and the winner is announced. That winner is the school counselor. We juggle many hats and make great strides to not only meet deadlines but also assist in the overall achievement of each and every one of our students. Every day brings a new challenge and, yet we skillfully maneuver throughout the year only to discover that our profession is a powerhouse that deserves the Triple Crown!

As your President of ISCA, I want to assure you that the ISCA Board and I in conjunction with Dan Stasi, Executive Director, are here to serve, lead and guide you. The craziness and busyness of the year will continue to keep us all racing, but we want to "run for the roses" with the best interest of ISCA in mind.

Barbara Karpouzian, President-Elect, Dan Stasi, and myself attended the ASCA Conference and

Leadership training in Phoenix, Arizona in June. We are saddled with lot of new information and exciting ideas for the future of ISCA. With that said, the rest of my article consist of information and future planning. At our August board meeting, we voted and approved our newest board members. Congratulations and welcome to Michelle Madden, V-P of Middle Schools and Sarah Patterson-Mills, V-P Counselor Educator.

If you are interested in next year's ASCA 2016 Conference, it will be hosted in New Orleans! ASCA is now accepting proposals for presentations from now until the September 8th deadline.

The Illinois Counseling Association annual conference is scheduled for November 12th through November 14th in Schaumburg at the Marriott.

ISCA also has some sponsored events that we are proud and excited to host in the near future. You can register online at the ISCA website. Dr. Trish Hatch will present "The Use of Date in School Counseling" on September 11th at UTI in Lisle, Illinois. Dr. Brett Zyromski will present "Evidence Based Counseling" in Springfield, Illinois on the 4th of December. Marc Brackett will present on December 2nd in Naperville, Illinois. All of these presenters all highly recommended and ISCA is fortunate and excited to host these opportunities for school counselors.

The CTE Curriculum committee hosted a Counselor's Academy on August 4th in Springfield, Illinois. Franciene Sabens, Erin Mason and myself presented at the Academy. There were over twenty area counselors in attendance. The event was successful due to the efforts of our fellow ISCA members. Thank you for your continuous service to ISCA and the school counseling profession.

(continued on page 6)

ISCA Spring Conferences Student-Centered Data-Informed

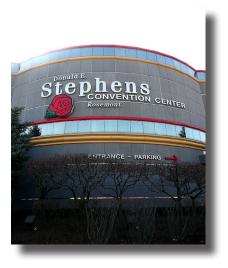
We are excited about the 2016 conferences.

Both at are new locations. The new locations offer larger meeting space, a bigger exhibit area and great parking.

March 11, 2016 Friday Crowne Plaza Hotel Springfield, IL



April 29, 2016 Friday Donald E. Stephens Convention Center Rosemont, IL



Call for proposals:

A link for proposal submissions is on our website.

- Proposals deadline is October 10, 2015
- Session length is one-hour
- Notification of acceptance will be given by October 31, 2015

All workshops are 50 minutes in length. The conference will start at 8:00 am and will end at 3:30 pm. Workshop presentation times start at 9:30 am. The Lead Presenter and up to 1 co-presenter will receive registration at a special rate which includes a continental breakfast and the awards luncheon. No other remuneration for presenters is available. There is no reimbursement for hotel and/or travel.

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ISCA President Off and Running

-Sherri McLaughlin

(continued from page 3)

IACAC will be hosting Articulation Unplugged once again this year. Check out their website for the various articulation locations at www.iacac.org.

The Elite Conference hosted by the ISBE Curriculum Revitalization program will be held on Tuesday, November 10th. Remember to save the date. The CTE also offers a number of Professional Development Workshop Topics to bring teachers and counselors into the 21st Century.

The ISCA membership is at a record high and continues to grow. We encourage all of our members to take advantage of all the benefits that ISCA has to offer. Visit our website, download our apps, and join us on Facebook and Twitter.

ISCA is proud to announce the passing of House Bill 3123. The suggested amendments to the previously passed bill went uncontested! A huge thank you to all of the school counselors involved in making this happen and to Dan Stasi for his continued work as our lobbyist. We want to continue to stay in the race

with the movement towards comprehensive school counseling programs in every school. We want to educate school administrators about the skills and training that school counselor's possess and how to best utilize them in the school setting. We would like to see our caseloads meet the national average ratios. We would like to see the counselors in the State of Illinois spending the majority of their school day in counseling activities as opposed to non-counseling duties. Other states reported at the ASCA conference that their states are passing these laws and they are

gaining ground in these areas. We need you to assist us by talking to your administrators and legislators. Please consider being part of our Day on the Hill. These changes will be made when the rumble of the masses are heard.

I have lots of visions for ISCA in my year as President. I have plans to implement webinar presentations for professional develop that will be available

to our members. I have plans to implement an ISCA spirit-wear line that will also generate a small percentage of profit return to ISCA from the company providing and filling the orders. I want to form some committees that will not only serve ISCA but also allow members to get involved and gain from the leadership and/or volunteer experiences. I want to promote National School Counselor



Week to show my appreciation and gratitude to you our members and bring awareness to our profession. Social events for networking and membership drives are on the planning docket. I plan to review our bylaws and mission statement. A membership survey is being created so you can best be served. I plan to continue the RAMP initiative and the Reach Higher initiative. I hope and desire to continue with the great work of the former ISCA Presidents.

The last leg of the race is the one that you want to finish with the strongest. Therefore, I hope this is

ISCA President Off and Running

-Sherri McLaughlin

worthy of my efforts. I am sharing with you the FREE information I was given at the ASCA conference. National Student Clearinghouse is a service that enables you to track your students to any college or university anywhere in the United States and deliver reports that you and your school need for certain State reports. Visit www.studenttracker.org. The National Guard offers the Career Training Concepts at no cost to your schools. This includes career planning, job finding skills, and decision-making skills. Visit www.careertrain.com.

Lauren Gaggioli hosts the "College Checklist Podcast" to assist in calming the college admissions crazies. Join her each week to learn about college admissions, financial aid, scholarships, SAT/ACT, college essays, and career decisions at www.collegechecklistpodcast.com.

The Great Kindness Challenge is a free one week dedication to creating a culture of kindness and respect on school campuses nationwide. This easy to implement no cost program is available to grades K-12. Visit www.greatkindnesschallenge.org. I would like to make this a statewide initiative. Studentdoxcentral.com is a website created by a school counselor that spent countless hours analyzing transcripts. She asks all of us to upload our school course descriptions/catalogues so others can search and access them. Go to www.studentdoxcentral.com.

Next Tier is the resource for managing college applications. Free mobile and web ap available at www. NextTierEducation.com.

Free Career Resource for girls. Thousands of videos, role models, invaluable advise on careers. Visit www.CareerGirls.org.

The Illinois Homeless Education Program Hotline at www.isbe.net/homeless. Help for your children to stay in school, receive transportation, and get free lunches and school fee waivers.

Help your students be tobacco free. This is a free evidence-based educational program with the goal of preventing young people from using tobacco. Visit www.RightDecisionsRighNow.com.

Unlock the power of your alumni with this free software that helps public high schools build vibrant alumni communities. Visit www.futurefirstusa.org for more information.

College Point offers free college advising to top students from lower income families. To sign up, text "advise" to 646-362-6900 or go to www.collegepoint. info.

YouScience program is revolutionizing the way students pursue their dream. YouScience free demo is available at www.youscience.com/educators. SixSeconds is the emotional intelligence network. Free poster, free online course and virtual courses. For more information contact Susan Stillman at susan.stillman@6seconds.org.

Wells Fargo offers the Tuition Funding Sources. Sign up today at www.tuitionfundingsources.com. Wells Fargo also offers the College Steps program students. Visit www.wellsfargo.com/collegeguidance. Best wishes for a great school year!



CICO Day on the Hill

Wednesday, March 23, 2016. Look for more details soon. Join with other school counselors and advocate for your profession.

Springfield Legislation

As usual, thousands of pieces of legislation were attempted in Springfield. We were active in following, supporting or monitoring the progress of several bills. 330 bills passed through the Senate.

HB 217 Conversion Therapy Prohibition for those under 18.

This bill would prohibit counselors from providing conversion therapy, sometimes referred to as sexual orientation change efforts. This is already banned under the ACA/ASCA Code of Ethics. It will be law 1/1/2016. http://bit.ly/1LOHc0A

HB 3123 School Counselor definition changes.

This made technical changes to clarify terms in the school counseling definition in the school code. Dan Stasi testified in Springfield at both House and Senate Hearings. He worked with the school social workers on a few wording clarifications to make the language more understandable without compromising the intent and meaning. The bill passed the House committee

unanimously and the House 93-0-1. It passed the Senate Education Committee unanimously with no opposition and the full Senate unanimously. This became law 8/5/15.

HB 3527 Student Passwords Privacy

Modifies the Right to Privacy in the School Setting Act to prohibit an elementary or secondary school from requesting or requiring a student to provide a password or other related account information in order to gain access to the student's account or profile on a social networking website. Instead, it requires the school to provide notification to the student and his or her parent or guardian that the

school may conduct an investigation or require a student to cooperate in an investigation if there is specific information about activity on the student's account on a social networking website that violates a school disciplinary rule or policy. Became law 8/25/15. http://bit.ly/1JxFME9

SB 1793

Suicide Awareness Policy

Requires the ISBE to develop a model youth suicide awareness and prevention policy in coordination with groups representing school personnel and includes certain components that school districts are required to adopt in a policy on suicide awareness beginning in the 2015-2016 school year. Became law 8/21/15 http://bit.ly/1X7IHM6

HB 3428 Advanced Placement Exams

Provides that a student who takes a College Board Advanced Placement examination and receives a score of three or higher on the examination is entitled to receive post secondary level course credit at a public institution of higher education. http://bit.ly/1NThlyT Became law 8/13/2015.





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Make Plans to Reach Higher this School Year

by: Franciene Sabens, M.S. Ed., LPC, NCC



On August 4, over 21 school counselors kicked off their school year at the Illinois Career Revitalization Project's School Counselor Academy in Springfield, and picked up some tips on how to support the Reach Higher Initiative for their students and the profession.

If you haven't heard, "the Reach Higher Initiative is the First Lady's effort to inspire every student in America to take charge of their future by completing their education past high school, whether at a professional training program, a community college, or a four-year college or university."

According to WhiteHouse.gov, The Reach Higher Initiative is all about expanding opportunity make sure all students understand what they need to complete their education, including:

- Exposing students to college and career opportunities
- Understanding financial aid eligibility that can make college affordability a reality
- Encouraging academic planning and summer learning opportunities
- Supporting high school counselors who can help more kids get into college

During the Reach Higher session specifics on how to support the initiative through every personal interaction were discussed in addition to program development for the upcoming school year. Here are the top six tips to keep in mind as you strive to reach higher this school year:

- 1. Think about the language you use when you talk to students. By changing your language you can help them change their mindset. For instance, instead of saying "you're smart, you can do this," school counselors might say, "look at the effort you put into the course you are doing well in, do the same for this course and the outcome will be more positive." "Praise should deal, not with the child's personality attributes, but with his efforts and achievements." Carol S. Dweck, Mindset: The New Psychology of Success.
- 2. Assessing where you are in terms of moving from a traditional school counselor to a transformed school counselor. Are you being more reactive or proactive in your daily activities? Do you set SMART goals each year based on data? Do you execute an annual agreement with your principal? Moving towards being more proactive and data driven will push you further into the transformed school counseling role. Executing an annual agreement with your principal will help others recognize the importance of the work you do and insure that the goals of the school counseling program are aligned with school goals. To help with this process check out House Bill 3123, which is now law (105 ILCS 5/10-22.24b) and share the details with your administration
- 3. Remember you are a leader and by channeling the college and career efforts of every person in the building you will also be contributing to the increased success of the students.

 According to NOSCA, "Every person in every school community can help students in elementary, middle

and high school — develop the skills and aspirations that are critical to preparing for college and career. As a school counselor, your leadership is central to this work."

While the Reach Higher Initiative focuses on "supporting high school counselors who can help more kids get into college," school counselors realize that college starts in kindergarten. The tips and tools available through the National Office for School Counselor Advocacy (NOSCA) will help school counselors at every level from experienced to newbies identify not only what to do to support the initiative, but what data points matter. According to NOSCA:

- Elementary school counselors create early awareness, knowledge and skills that lay the foundation for the academic rigor and social development necessary for college and career readiness
- Middle school counselors create opportunities to explore and deepen college and career knowledge and skills necessary for academic planning and goal setting
- High school counselors create access to college and career pathways that promote full implementation
 of personal goals that ensure the widest range of future life options

Find more information, including a guide for every level at: http://nosca.collegeboard.org/

4. As you begin to look at data and formulate your SMART goals check out your school's report card at IllinoisReportCard.com. You can print your school's "At a Glance Report" for a snapshot of the data or use the interactive views to make comparisons and identify achievement gaps.

Data points that matter by level

Elementary Proficiency on state testing, Attendance Rate, Reading at Grade level, Achievement Gap
Middle Academic Success, Achievement Gap, Attendance Rate
High Freshman On-track, Graduation rate, College & Career Readiness (Ready for College
Coursework), Post-secondary enrollment, Attendance Rate

High school counselors, keep in mind, the reports do not show WorkKeys scores (ready for workforce), % of students enlisting in the military or students attendance apprentice programs. It also does not show data regarding the % of students completing college coursework while enrolled in high school...remember to highlight these endeavors when you share your program results with your administration and school board.

- 5. Implement a College & Career Readiness Curriculum. While this effort may reduce 1 on 1 time, it will increase outcomes with marginalized students. Think about what students need when, using the student competencies in the Illinois Model, specifically the Academic Competencies for setting goals and learning effectively and the career competencies; the ASCA Mindsets and Behaviors and the tools available through NOSCA.
- 6. Commit to continuing education and make sure your professional development plans are outlined in your annual agreement. There are many opportunities through ISCA and ASCA to assist school counselors with becoming more proficient in guiding students through the college and career development process. Be sure to check out the ISCA website for upcoming events and consider completing the ASCA College Admissions Specialist designation this year, it's available completely online, \$99 for members (\$249 for nonmembers).

College Application Boot Camp by Erinn Murphy



In May of 2015, I completed steps to fulfill my Reach Higher Pledge which stated that I would meet with every junior to discuss and solidify post-secondary plans. I also mailed an informational letter home letting parents know my intent of the meetings, asking for topics and best times to meet with parents during the 15-16 year and sharing tips with them to avoid summer melt between junior and senior year.

The meetings gave me wonderful insight to my students' interests, highlighted areas of needed support, displayed communication styles and gave students access to me in a safe setting which allowed them to ask

questions freely, share thoughts about their future and build a comfort level with the support that they would be receiving from me as they transitioned from junior to senior year.

Along with a one page questionnaire that will be a reference for me during the college application season and for letters of recommendation, each student received updated class rank, cumulative GPA, confirmed course requests for senior year and directions to sign up for my Remind group which allows me to text students alerts and reminders from my computer or phone at the meeting.

Over the summer, I sorted the responses that I received from parents and planned dates and times for parent meetings based on parent availability and requests. One resource that I keep on my desk and refer to daily is the College Board's College Counseling Sourcebook. One tip that I decided to use in an effort to reach parents that I read in the Sourcebook over the summer was that often letters from school get buried in the daily mail, but postcards get read. So, in mid-July, I was able to quickly, and fairly inexpensively, have invitation postcards printed and mailed by early August inviting parents to one of two parent meetings during the second week of school. Objectives of the meeting include: face time with parents, senior year expectations, graduation requirement reminders, college and financial aid assistance, and how to work with their student and me to help ensure a successful senior year.

Another resource that I use daily for professional growth and development is Twitter, which led to another start of the school year event that was very productive. This summer I noticed a large urban district discussing via Twitter a College Application Bootcamp, and I wondered how I might do something similar for my 250 seniors. After brainstorming for a bit and reviewing details I could find online, I planned our school's first event. I emailed a flier to my caseload, used Remind to text my entire group, shared details on our school website, tweeted details to followers and emailed parents the information to get the word out, and I was very pleased to work with 60 seniors for four hours on a workday before school was even in session. It was inspiring to see such a positive turnout from dedicated students on their own time. One of those, 'I love my job' moments!

College Application Boot Camp

by Erinn Murphy

Sixty seniors came in on their own time to complete applications, submit transcript request forms, work on application essays and to complete portions of the Common Application.

They brought productive intentions to the session, asked concise and applicable questions and provided positive feedback about enjoying the opportunity to 'get something done'.



Luckily, an additional lab was available during the event because one lab wasn't enough for student demand from 10:00-1:00!

Reflecting on the event, I realized how precious time is to our students, and I know that my seniors will appreciate any opportunity to work on applications and essays in a lightly supervised but scheduled and supported time throughout the school year. Tuesdays this year are our designated college application completion days each week, where students can sign up to use the Counseling Lab and meet with me or our ISAC representative to complete applications.

Before school even started, I feel very thankful to have connected with parents via email and a simple postcard invitation, and I feel confident that my class is well informed and prepared for the application season that is already underway. These two activities, inspired by fellow counselors via Twitter and the College Counseling Sourcebook, have given me and my class a jumpstart to the year, and I look forward to a year ahead of continued efficient and energizing work with the Class of 2016!

Erinn Murphy Class of 2016 Counselor Counseling Department Chair Carbondale Community High School

Find me on Twitter: @2016Terriers

Erinn is starting her tenth year as a counselor and fourth as department chair at CCHS. She can be reached at erinn.murphy@cchs165.com or 618-457-3371 x228

December 2, 2015

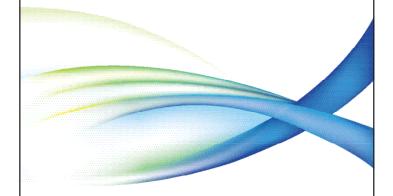
NIU Naperville



Dr. Marc Brackett

EVIDENCE BASED

School Counseling





Presented by

Brett Zyromski

Provide school counselors with a visual representation to apply to create an evidence-based data-driven comprehensive school counseling program that also achieves RAMP status.

Date/Time

Friday, December 4, 2015 8:00 a.m. - 3:00 p.m.

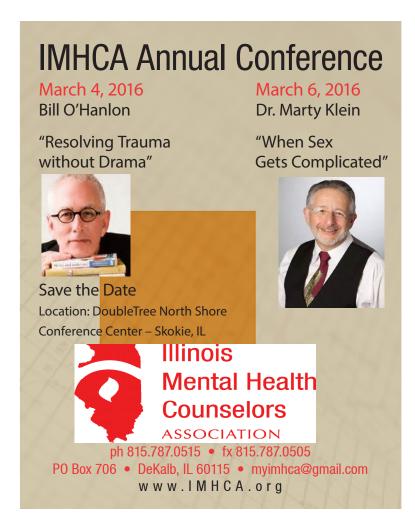
Location

Springfield, IL

EARN 6 CES OR PDS

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2016 GREAT KINDNESS CHALLENGE AMBASSADOR PROGRAM

Who

We are looking for leaders in KINDNESS! If you are over-the-top committed to spreading KINDNESS, please consider becoming a Great Kindness Challenge Ambassador. Our Ambassador Program is open to leaders of all ages!



Criteria

Great Kindness Challenge Ambassadors are asked to actively promote and encourage schools to <u>register</u> for the Great Kindness Challenge in the following ways:

- Social media using #GreatKindnessChallenge
- · Website promotion and blog posts
- Email communications and newsletters
- Public speaking engagements
- General public relations (news, TV, print, etc.)

Tools

Great Kindness Challenge Ambassadors are given support from the Great Kindness Challenge team and their own Toolkit full of ideas and ready-to-use materials to help recruit schools and spread the message of KINDNESS!

Recognition

Great Kindness Challenge Ambassadors are pivotal in helping us reach our 2016 goal of 8 million students and 16,000 schools in the U.S. participating in the challenge! Great Kindness Challenge Ambassadors will receive:

- Electronic 'Great Kindness Challenge Ambassador Seal' to show the world your commitment to KINDNESS!
- Name included in our 2017 Great Kindness Challenge Toolkit
- Name included on the Great Kindness Challenge website
- Name included in one of our Great Kindness Challenge newsletters sent out to all participating schools
- Mention in our social media campaign
- A chance at a dedicated Great Kindness Challenge blog post and interview

If you are intersted in becoming our Great Kindness Challenge Ambassador, please contact Asia Moore at asia@thegreatkindnesschallenge.org.



Kindness Certified School District ~ Presented by The Great Kindness Challenge ~

What?

Kindness Certified School Districts use The Great Kindness Challenge-School Edition as a tool to create a culture of kindness on campuses nationwide. They demonstrate a commitment to fostering positive, caring and respectful school environments where all students thrive.

How?

You can become a Kindness Certified School District in three easy steps:

- **1. Add** The Great Kindness Challenge to your district calendar.
- 2. Post The Great Kindness Challenge on your district's website.
- 3. Promote and encourage all schools in your district to participate and register for The Great Kindness Challenge.

Why?

We honor all school districts for their positive and proactive approach to improving school climate and increasing student engagement.

Kindness Certified School Districts receive (at no cost):

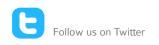
- 1. A Kindness Certified School District seal
- 2. A Kindness Certified School District certificate
- 3. District logo placement on the Great Kindness Challenge website
- 4. Recognition in social and mainstream media
- 5. Tools to promote The Great Kindness Challenge

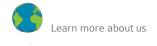


To become a Kindness Certified School District, please contact Asia Moore at asia@thegreatkindnesschallenge.org or 760.730.3320. Thank you.











National School Counseling Week Feb. 1-5, 2016

ASCA has some great resources. Start planning now.

National School Counseling Week 2016, "School Counseling: The Recipe for Success," will be celebrated from Feb. 1-5, 2016, to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

Need ideas for how to celebrate National School Counseling Week? Check out our Pinterest board for National School Counseling Week and share your ideas. Also, follow the discussion on ASCA SCENE. (Note: You'll need to set up an account on the SCENE to access the discussion if you don't already have one.)

To help you promote the week, ASCA has developed many materials and documents, a number of which are free. Order your materials by Jan. 22, 2016, to ensure they arrive in time for National School Counseling Week. Order materials online by clicking on the links below for the items you wish to order, or download an order form to fax in.

- Proclamation Get your superintendent, mayor or other dignitary to sign a proclamation declaring Feb. 1–5 as National School Counseling Week. Download a blank proclamation for free.
- Certificate of Appreciation Show your appreciation to those faculty members, parents and other stakeholders who help you promote your school counseling program throughout the year. Download a blank certificate of appreciation for free.
- Sample press release Download a sample press release to customize with information about what your school or district is doing to celebrate National School Counseling Week.
- Posters Promote National School Counseling Week throughout your school with a brightly colored poster. Posters do not have a date on them and can be used year after year. Posters are available on regular poster paper, delivered folded (\$3 for members/\$5 for nonmembers). Or, for sturdier posters that will hold up for many years, ASCA also offers the poster in a laminated format, rolled and delivered in a tube (\$6 for members/\$8 for nonmembers). Order laminated posters or regular posters.
- Pencils Hand out pencils promoting school counseling to your students so they'll have a daily reminder of where to turn when they need help. Pencils may be purchased in packs of 20 (\$8 for members/\$10 for nonmembers). Pencils are currently available in navy. Order pencils.
- Stickers Kids love stickers. Let them proudly display their support of your program with "I heart my school counselor" stickers. Also available are "My School Counselor Helps Me Succeed" stickers. Stickers come 12 to a sheet (\$1 per sheet for members, \$3 for nonmembers).
- Door hanger Promote privacy when you're in a counseling session or let students know when you're available with this reversible door hanger (\$3 for members/\$5 for nonmembers). One side says "Counseling in Progress. Please Do Not Disturb." The reverse side says "Please Come In." Order doorhanger.
- * Bookmarks Make sure your students know where to turn when they need help. Hand out inexpensive "School Counselors: Providing Lessons for Life" bookmarks (100 per set, \$15 for members/\$18 for nonmembers). Order bookmarks.

Morning Announcements – Get your school excited about each day of National School Counseling Week with these sample morning announcements.



NON- PROFIT ORGANIZA-TION U.S. POSTAGE PAID ILLINOIS MENTAL HEALTH COUNSELORS ASSOCIA-TION

Time Sensitive Materials

Address Service Requested

