



ISCA *Insight*

The Newsletter of the Illinois School Counselor Association
a state chapter of the American School Counselor Association

February 2007 Issue

• email: ilschoolcounselor@yahoo.com • <http://www.ilschoolcounselor.org>

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Learning, Leading, and Leaving a Legacy

Roseanne Oppmann - ISCA President



Happy National School Counseling Week...and every week of the year! What a great time to celebrate who we are, what we do, and where we would like to go in the future as leaders in our profession. As I was thinking about this it made me realize how quickly time goes by. It seems like we

just got started and we are already half way through the school year. I am sure that many of you go through some days like a whirlwind and you wonder where the time went. Then you go home with little energy to even think. Our jobs are not always easy, but the good news is that for many of us the rewards of our job are so great it motivates us to carry on with a smile. I would like to suggest that you take time to reflect and really "stop and think" about how we view ourselves as leaders and how we are viewed as being a leader by others. By focusing on what we do well, we

"Start by recognizing the visible leader in you."

can recharge our batteries and get a renewed sense of energy and a feeling of great accomplishment. Start by recognizing the **visible leader** in you. Celebrate the times you....

- Help with Registration
- Greet students in the morning
- Stand outside your office, or walk down the hallway during passing times
- Attend an Open House and speak about the role of the Professional School Counselor

- Visit the lunchroom just to randomly chat with students
- Visit a classroom and present a lesson
- Eat lunch with a student or group of students
- Attend a voluntary before or after school activity
- Attend a PTO/PTA meeting
- Chaperone a dance
- Help with recess duty
- Offer to give a teacher a restroom break
- Help with bus duty
- Attend a parent/teacher meeting

Every time you make your presence known, other people will see what an asset you are to their building.

Next, recognize the **mental health leader** in you. Celebrate the times you....

- Are compassionate and kind to students, parents, staff members
- Help someone resolve a conflict
- Balance home and school responsibilities
- Take time for yourself
- Take care of your physical health
- Exhibit patience for yourselves, and others
- Are optimistic, no matter how challenging the situation may seem
- Give others hope
- Are a pro-active change agent
- Treat peers with respect and dignity

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COLLABORATION IN THE SCHOOL COUNSELING PROFESSION CONNECTING TO A PRACTICE OF “ONE VISION, ONE VOICE”

ISCA's President Elect's Perspective
Kris Sandra Wheatley, MA, LCPC, NCC



Collaborative practices, public relations, and recognitions to people supporting the profession of school counseling guide my actions. In October, Waldo Middle School celebrated “Month of the Young Adolescent” with “How do you make a positive difference in your school, home, community, and the greater world?” East Aurora District 131 key success factors were: Carol Farnum, school board president, Mr. Clayton Muhammad, Director of Community Relations for East Aurora District, Earline Barnes, principal, Waldo Middle School educators and my peer helpers. Essays, poems, songs and artwork were displayed throughout the main school hallway. Each submission was compiled into a “Month of the Young Adolescent” binder. Lisa Morales, superintendent's executive assistant created board packets highlighting the month's writings and artwork for Dr. Jerome Roberts, superintendent, board members, assistant

superintendents, and community relations department. I acknowledged Waldo Middle School educators: Earline Barnes, John Alcalde, Miriam Prieto, Mark Levi, Julie Gervais, Jen Sullivan, Diana Johnson, Evi Mendoza, and Veronica Velazquez at the December 4th board meeting. They received the Impacting the Community through Education (I.C.E) Award. The “Developmental Resource Guide,” compiled by the following educators: Cindy Boyenga, Steve Harter, Duane Solyom, Connie Willoughby, and myself as well as ACA's “Effectiveness of School Counseling” brochure were distributed to district personnel and board members.

In December and January, I met with the high school department chair, Mr. Pablo Alvarez, and other colleagues to dialogue about building a comprehensive 6-12 program. I continue to expand my role in parent and community involvement by serving on the board of directors for Family Focus of Aurora as their Strategic Planning Chair and look

forward to a collaborative endeavor involving school administrators, social workers, counselors, collaborating agencies, community leaders and Family Focus program participants. My Peer Helping Program has been productive and these students will be instrumental in the celebration of National School Counseling Week, “Helping Students Reach New Heights,” February 5-9, 2007.

I encourage each person reading this article to share one vision, one voice with me at work (630.299.8389) or home (630.548.4086).

From James M. Kouzes, and Barry Posner's, book: The Leadership Challenge: I encourage you to engage in “modeling the way, challenge the process, inspire a shared vision, enable others to act, model the way, and encourage the heart.” You can empower our profession and our students to positive change, growth, and success. The time is now!



Executive Director Outlook

- Dan Stasi

The ISCA Spring Conference is shaping up to be a great event. Lots of good presentations and great opportunities for the sharing of ideas and collaboration. More details and a registration brochure is posted on our website www.ilschoolcounselor.org.

As a member of ISCA you will get first hand

information about upcoming legislative changes. There is a full agenda this year of changes in sections of the school code being proposed by your leadership team. Some of these changes will strengthen the school counselor position in local school systems and bring greater attention to the need for more school counselors.



Executive Director
Daniel Stasi

CICO Report -Legislative Update

We have a very active legislative agenda. Please follow our website for updates and details.

The following legislation has been introduced or will be soon:

Senate Bill 122 Changes the definition of Professional Worker in the School Code. Schools can bill for medicaid eligible students receiving services from a "Profes-

sional Worker."

House Bill 309 increases the reimbursement rate for "Professional Worker."

House Bill 1007 Recertification for Type 73 personnel creates continuing education standards for Type 73 Personnel. Allows that licensed or certified staff will have met the requirement.

Privileged Communication - permits confidential communication with students over age 12 and parents.

Lower Student to Counselor Ratios also allows for a demonstration project

ISCA Graduate Student Vice President Sought

by Amy Thompson, Past President



Due to recent changes in our bylaws (approved at the October membership meeting), a new leadership position was created: Graduate Student Level

Vice President. Because of the cycle of elections dictated in our bylaws, this office will not be voted upon until 2008. Therefore, the Leadership Team must appoint a Graduate Student

member to fill the position for one year (until the election).

Are you that person?

If you want to become more involved in your professional association and possess strong leadership skills and experience, we want to hear from you. Please submit the following:

1. A cover letter highlighting your leadership experience.
2. A resume listing all work and leadership experience.

3. A letter of recommendation from an instructor or professor at your university – preferably one who teaches one or more school counseling courses.

Send these materials to:
Amy Thompson
ISCA Past President
773 Western Avenue
Glen Ellyn, IL 60137

Deadline to receive submissions is March 30th, 2007

Great Ideas

by Joan Kertay, ISCA Secondary School Vice-President

Greetings and Happy New Year! As we start second semester, we have an opportunity to reflect on the goals we have reached, to work on the goals that are in progress, and to make plans for the remainder of the school year. In our last issue of Insight, I asked you to share one activity that you as a professional school counselor provide that makes a difference. I would like to say that the response was overwhelming, but unfortunately it was not. That does not imply that nothing is being done but rather that we either don't make the time to share our accomplishments or that we do not see the importance in what we do! If we don't, then who will?

This is our logo



I will share what our school counselors did. This school year at St. Charles East High School, we de-

cidated that we wanted to have a shirt that could be worn to identify us as a department. The idea was well received and we decided to include the entire Student Services team (school counselors, social workers, deans, psychologists, nurses, attendance staff, dean and counselor assistants). We have two items of apparel: a sweatshirt and a baseball tee shirt. One counselor designed the logo, one counselor found a company that would create the shirts, and one social worker collected the money. It was truly a group effort that generated team spirit and gave us an identity within the school community. As a Christmas gift, each Student Services team member received personalized stationary with the logo imprinted on it.

To some this may seem like an insignificant project but it is a beginning to celebrate who we are, to market what we are doing, and to help the school community realize that we make a difference in our school.

Another project we developed to evaluate our services was to ask students to complete a short survey

when they left the counselor's office. The purpose of the survey was to measure the student's satisfaction of the counseling services. It was helpful to read their comments and evaluate our procedures. The students welcomed the opportunity to give their opinions and the counselors benefited from the students' comments.

Again, I ask each of you to share one activity that you bring to your school that makes a difference. Send your ideas to me by e-mail (Joan.R.Kertay@d303.org) or call me (630-377-4727) and I will share them with the membership in Insight. Have a great school year! Believe it, counselors, we will be celebrated!

ISCA Award Nominations

There are four different upcoming awards. Please go to our website for a nomination form. www.ilschoolcounselor.org.

- * Elementary School Counselor of the Year
- * Middle / Junior High School Counselor of the Year
- * Secondary / High School Counselor of the Year
- * School Administrator of the Year

2007 Nominations for Leadership Positions

It is our annual task to seek nominations for ISCA leadership positions which are due for election. As Past President, it is my duty to solicit nominations and coordinate the election process. This year we must elect three Vice Presidents for the following levels: Middle/Junior High, Counselor Educator, and Counselor Supervisor. We also will need to elect our next President Elect and President Elect-Elect. Therefore, we need nominations for all of these positions. The qualifications for each are outlined below. *I strongly encourage you to consider becoming involved in the ISCA Leadership – we need many hands to make things happen. If ISCA is important to you and your work, please consider doing your part by adding your name to the pool of nominees.*

Position Qualifications and other Important Information:

Middle/Junior High VP: A person elected to a position of Middle/Junior High Level Vice President shall be employed as a middle school or junior high school counselor.

Counselor Educator VP: A person elected to a position of Counselor Educator Level Vice President shall be employed as a counselor educator in an accredited institution of higher learning with a school counseling program and be a professional or retired member.

Counselor Supervisor VP: A person elected to a position of Counselor Supervisor Level Vice President shall be employed as a counselor supervisor and have direct supervision of one or more school counselors and be a professional or retired member.

The primary responsibilities for each of the above named officers are as follows:

- Try to obtain information about the trends, concerns, ideas, and questions of the

population of school counselors represented and share this with the leadership team.

- Submit articles per the guidance of the ISCA President for the INSIGHT, our publication.
- Attend four Leadership Meetings per year in various locations statewide.
- Try to attend the Annual ICA Convention.
- Try to attend the Annual ISCA Conference.

President Elect

See special announcement about this position on page 7.

A person elected to the position of President Elect shall be a practicing school counselor, counselor educator, or counselor supervisor and must be a professional or retired member. The primary responsibilities for the President Elect are as follows:

- Submit articles per the guidance of the ISCA President for the INSIGHT, our publication.
- Attend four Leadership Meetings per year in various locations statewide.
- Attend Executive Board meetings as called by the ISCA President (potentially monthly).
- Represent ISCA at the ICA Governing Board meetings, if needed.

President Elect-Elect: A person elected to the position of President Elect-Elect shall be a practicing school counselor, counselor educator, or counselor supervisor and must be a professional or retired member.

The primary responsibilities for the President Elect-Elect are as follows:

- Submit articles per the guidance of the ISCA President for the INSIGHT, our publication.

- Attend four Leadership Meetings per year in various locations statewide.
- Attend Executive Board meetings as called by the ISCA President (potentially monthly).
- Represent ISCA at the ICA Governing Board meetings, if needed.
- Try to attend the Annual ICA Convention.
- Try to attend the Annual ISCA Conference.
- Learn the bylaws, and process for leading Leadership and Executive Board meetings and assist the President in any manner possible.

Please express your desire to be nominated or to nominate others for one of these positions by contacting Amy Thompson via one of the following:

E-mail:

miramac@wideopenwest.com

Phone: (630) 545-9121

Letter: 773 Western Avenue, Glen Ellyn, IL 60137

Please list the name of the nominee, the position for which they are to be nominated, and provide a short statement (approximately 100 words) indicating why you seek nomination. I will contact you to confirm the receipt of your request for nomination. The election slate will be announced in the next issue of the INSIGHT. I look forward to hearing from **you!**

Respectfully Submitted,
Amy Thompson
Nominations and Elections Chair &
Immediate Past President

Learning, Leading, and Leaving a Legacy

-continued from page 1-

- Recognize stress in your life and deal with it in a healthy manner
 - Use self control when are upset about something or at someone
 - Say "I am sorry" when you make a mistake
 - Remain calm in stressful situations
 - Enjoy your day from the bottom of your heart
- By taking care of ourselves we have a fresher perspective about things in our lives. Our Stress is reduced and we have a greater peace of mind. We look at our jobs in a calmer, creative, productive, and more focused manner. We are also seen as someone who leads by example and is a positive role model for others.
- Finally, recognize the **professional leader** in you.
- Celebrate the times you....
 - Advocate for school counselors
 - Reach out to parents through a newsletter article
 - Join your professional state organization (ISCA) and offer your expertise
 - Attend a professional conference or workshop
 - Attend a ISCA meeting
 - Become a ISCA Committee member
 - Recruit a colleague to join ISCA
 - Participate on your School Improvement Planning committee
 - Give a presentation to students, staff, parents, peers
 - Follow the ethical guidelines for school counselors
 - Act professionally
 - Speak to your administrators about the work you are doing

- Speak to teachers who may be interested in becoming a counselor

By being professional leaders, others will have a greater understanding and respect for who we are and what we do. Our role has changed over the years, today our responsibilities may be greater, but our opportunities are endless. We are no longer the guidance counselor who sits in their office and waits for students to come to them. We are now the professional school counselor who reaches out to students, parents, staff, administrators and the community in a multitude of ways. It is a great time to celebrate! Thank you for the work you do and know that you are making a significant difference in the lives of others every day.

"It Takes Each Of Us To Make A Difference For All Of Us"

Jackie Hutcheson

CICO Report -Legislative Update from ACA

Elementary and Secondary School Counseling Program (ESSCP) and FY 2008 Federal Education Funding

LEGISLATION

No budget or appropriations legislation for fiscal year (FY) 2008 has been introduced yet in Congress. President Bush's FY 2008 budget proposal, released February 5, 2007, would eliminate funding for the ESSCP next year (the 2008-09 school year).

LATEST INFORMATION

For the sixth year in a row, President Bush's proposed budget would eliminate the Elementary

and Secondary School Counseling Program (ESSCP). Although the President requested ESSCP be eliminated last year, Congress still allocated a modest \$34.7 million for the program in FY 2007 (2006-07 school year). The elimination of the Elementary and Secondary School Counseling Program would end services to students in 30 states and the District of Columbia. This means that 88 school districts would not have the funds to support school counselors currently serving thousands of students in hundreds of schools nationwide.

WHAT YOU CAN DO

It is important now more than ever that you contact your members of Congress to ask for their support for the Elementary and Secondary School Counseling Program. In addition, it will be important to ask them to voice their displeasure with President Bush's proposed FY 2008 budget, which ignores the long-term, positive effects that school counseling programs have on students! You can reach your Senators and Representative by calling the U.S. Capitol Switchboard at 202-225-3121 (or 202-224-3121) and asking for a particular member's office. You can also visit ACA's Legislative Action web page at: <http://capwiz.com/>



Illinois State Representative Frank Mautino receiving an award for Legislator of the Year from ISCA President Roseanne Oppmann, left and Mitch Langraf, right.



Mitch Langraf received the Counselor of the Year Award at the ICA Annual Conference.

Left to Right is Amy Thompson, ISCA Past-President; Mitch Langraf - Award Recipient, and Roseanne Oppmann, ISCA President

SPECIAL ELECTION ANNOUNCEMENT

Special Election Announcement due to unforeseen circumstances, Dr. Rick Shaw will be unable to fulfill his role moving to the position of President Elect, and ultimately, President of ISCA. Therefore, because his election was uncontested, we must run a special election for a replacement. The person elected will begin as President Elect on July 1st and will serve as an Illinois Delegate to the ASCA Delegate Assembly in Colorado June 21st-22nd. If you are interested in taking on this exciting, challenging, and dynamic position, please nominate yourself by e-mail to Amy Thompson, Past President at miramac@wideopenwest.com or by phone at (630)545-9121.

You may also nominate someone else that you feel is a good candidate via e-mail or phone and they will be contacted to determine their interest and commitment. The nominees will be placed on the annual ballot and the candidate selected will serve on the Executive Board until 2010 (President Elect 07-08, President 08-09, Past President 09-10).

Free Resources

by Pat Fuller, ISCA Area Rep- Champaign

I recently received a FREE book and set of smaller booklets that I've found to be very useful in my classroom guidance lessons. These materials are called, *Rhinos & Raspberries, Tolerance Tales for the Early Grades*. I or-

dered them from Teaching Tolerance. Their website is: www.teachingtolerance.org. The hardback book has 12 stories from all over the world and lesson plans for each story. These are standards-based lessons on character education

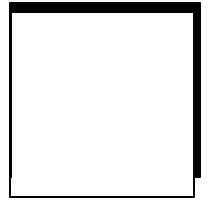
and community building. I just wanted all elementary school counselors to know of this amazing FREE resource. Pat Fuller, Illini Bluffs Elementary School. Our website is www.illinibluffs.com.



**Illinois School
Counselor Association**

P.O. Box 144
DeKalb, IL 60115

Time Sensitive Materials



Calendar of Events

- | | |
|--------------------------|--|
| March 21-24, 2007 | ACA Annual Conference- Detroit |
| March 31, 2007 | Counselor Licensure Renewal Deadline LPC/LCPC |
| April 20, 2007 | ISCA Annual Spring Conference - Elgin |
| June 23-26, 2007 | ASCA Annual Conference - Denver |