

# ISCA *Insight*

The Newsletter of the Illinois School Counselor Association

April 2004

## Message from the President

Scott Wickman, Ph.D.

Greetings Illinois school counselors! There are lots of exciting things happening for school counselors in Illinois. On the heels of a great turnout and meeting at the ICA conference, we're now preparing for our first spring conference in many years, coming up May 7th.

We've also just completed the Listening to Youth trainings throughout the state, with several hundred school counselors,

social workers, and psychologists preparing to lead these groups this semester.

We're also anticipating the new school counseling rules to be finalized within the next couple of months.

Finally, we're looking to organize local chapters of ISCA, similar to the Southwestern Illinois School Counselor Association and

Kane County School Counselor Association that would involve organizing school counselors from your region or county, to network, receive trainings, and unite as a professional organization. If you're interested in starting such a group, please contact me at [swickman@niu.edu](mailto:swickman@niu.edu).

It's a great time to be a school counselor, and I hope to see you soon!

**Don't Forget, Your Vote Counts!**

**Enter your ISCA Officer Nominations on Page 7 today!**

## High School Counselor of the Year: Doug Bush, a Letter of Thanks



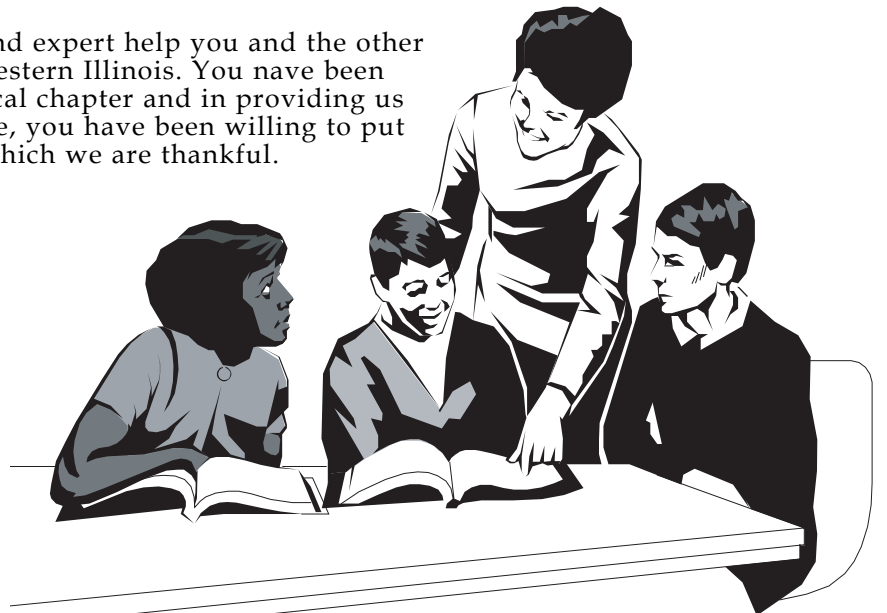
by Doug Bush

Being recognized as the High School counselor of the Year by my colleagues in the Illinois School Counselor Association is most gratifying moment of my career. I am absolutely thrilled and taken back by the award presented on Friday. There I nothing more gratifying than to be honored by one's professional colleagues.

I can't help but think about the importance of the helping relationship in counseling and to reflect on and to be thankful for the fact that a lot of people have given me a lot of help throughout my career.

I am extremely thankful for all the people who have helped me so much during the years: My heartfelt thanks go to you and the past leaders of ISCA for your generous support, and to all the others who have been supportive of my efforts, including Donna Norbert, who so kindly and graciously nominated me; my wife, Ruth; the counselors at Belleville East and in Southwestern Illinois; Virgil Moore, my Principal; and Toni Tollerud for all the help with the Counselor Academy.

Scott, I am most appreciative of the generous and expert help you and the other leaders of ISCA have provided for us in Southwestern Illinois. You have been extremely helpful in the establishment of our local chapter and in providing us with in-service programs. In spite of the distance, you have been willing to put a lot of effort and time into supporting us, for which we are thankful.

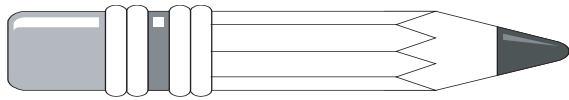


### In This Issue...

- How to Communicate with Policy Makers, p. 2
- Review: *Odd Girl Out*, p. 2
- Putting Standards To Work, How Do We Do It All?, p. 3

## Suicide FAQ Now Available Free From ASCA's Resource Center

ASCA and the American Association of Suicidology ([www.suicidology.org](http://www.suicidology.org)) have teamed up to provide valuable information on suicide signs and prevention methods to school counselors - and it's now available to ASCA members free of charge. The document, a list of frequently asked questions, was developed to provide school counselors with an outline of some of the warning signs, verbal clues and behavior changes of at-risk students, as well as describe the school counselor's role should such a tragedy occur. To download a copy, visit ASCA's members-only Resource Center at [www.schoolcounselor.org](http://www.schoolcounselor.org), or go directly to the address below:  
<http://www.faqs.org/faq/suicide/info/>.



## Book Review: Odd Girl Out

*Odd Girl Out: The Hidden Culture of Aggression in Girls* by Rachel Simmons (Harcourt Inc., 2001)

The secret world of girls' aggression is just as harmful as the aggression of boys, but it's harder to recognize. *Odd Girl Out* shines the light on the secret lives of girls. By articulating the dynamics of this behavior, the author helps us see where it comes from and offers parents and educators ways in which to help our daughters. Naming the problems is often the first step in solving it. *Odd Girl Out* not only names it, but describes it, understands it and offers advice on how to deal with it.

*Odd Girl Out: The Hidden Culture of Aggression in Girls* is available to ASCA members for \$20 (\$25 for non-members) on their website [www.schoolcounselor.org](http://www.schoolcounselor.org).

Illinois School Counselor Association has launched a new website. This site is the first in a series of initiatives designed to increase the services available to ISCA members and to inform the education community as to the role of the professional school counselor. Look for more initiatives in the coming year. To visit the website go to [www.ilschoolcounselor.org](http://www.ilschoolcounselor.org)

# Register Now for ASCA's Annual Conference and Enjoy Super Savings

When it comes to ASCA's conference registration, the early bird catches more than the worm - it saves money! Register by March 1, 2004, to attend ASCA's annual conference in Reno, Nev., June 27-30 - and enjoy "super saver" rates that start at just \$295 for ASCA members. From educational sessions to networking events, pre-conference and intensive-training workshops to inspiring keynote speakers, ASCA's conference helps you meet your professional development needs. Conference sessions cover current and upcoming challenges, innovative and best practices, school and community issues and new futures in school counseling. For more information, to register online or to download a registration form, visit [www.schoolcounselor.org](http://www.schoolcounselor.org), click on "Professional Development" and then click "Annual Conference."

## How to Communicate with Policy Makers

by Anne Kuntz

The dictionary defines "advocate" as:

1. To speak, plead, or argue in favor of
2. One that argues for a cause; a supporter or defender

You don't need special training to be an advocate. Anyone can do it. All that is needed is motivation to speak up for your convictions. Most of what a good advocate does is intuitive and grows out of a few basic principles: you have to ask for what you want, ask for something specific and simple, target your efforts and be persistent.

Public officials pay careful attention to their mail since it gives

them a feel for what the public is thinking on certain issues or pending legislation. The most effective type of mail is the kind that has a personal touch. Yes, your personal story can make a difference!

It is not necessary for you to type your letter unless your handwriting is hard to read. Follow the basic rules of good communication to help write your letter.

- Clear: ask for action explicitly, keep jargon at a minimum
- Concise: no more than a page per letter - or- half an hour per call

- Simple: one issue per letter, one action request per visit

- Specific: refer to bills by name and number

- Personal: stress the local/personal impact

- Courteous: it is okay to disagree but be respectful, remember you represent others

- Continuous: follow up, send a thank you, keep up with changes, be vigilant

Be sure to include a return address so your legislator knows where to send a response and so that they can see whether you live in their district.

See How to Communicate/page 3

## Dates to Remember:

ASCA National Conference  
 Reno, NV - June 27-30, 2004  
[www.schoolcounselor.org](http://www.schoolcounselor.org)

## How to Communicate

continued from page 2

JUST DO IT! A simple postcard, a fax, or a handwritten letter-any is a good choice. Something is better than nothing.

For more information, and to find out who your Congressman or Representative is, log onto <http://capwiz.com/counseling/home/> This website, sponsored by the American Counseling Association, lets you pull up summaries and status reports of the pending legislation in the U.S. Congress that pertains to counseling

or education. You can also search the legislative records in Illinois to see what is being done locally. With Capwiz, you can get help writing a letter to your legislative representative, you can even e-mail a letter on the spot. Finally, to learn more about legislative issues that pertain to school counseling nationwide, visit the legislative affairs section of ACA's website, at [www.counseling.org](http://www.counseling.org) (click on the "Public Policy" link) and on ASCA's website, found at [www.schoolcounselor.org](http://www.schoolcounselor.org)

## GOING DIGITAL

The Insight, ISCA's quarterly newsletter, is going digital. In order to expedite and facilitate easy access to timely information in the profession, ISCA has decided to send its members their copy of the Insight via email. If you do not wish to receive the Insight this way, please contact [ilschoolcounselor@hotmail.com](mailto:ilschoolcounselor@hotmail.com) or call Shawna Thomson at 815/753-2222.

*It is never too late  
to be what you  
might have been.*

*George Elliot*

# Putting the Standards to Work: How Do We Do It All?

by Amy Thompson

I have to admit that I was really looking forward to the new state standards for counselors in Illinois because I felt it would provide a greater sense of validity and clarity to others about what we can do and should be able to do as school counselors. When I saw the standards and truly began to consider them, I felt overwhelmed. I recognized it might take some kind of "Superperson" to really fulfill every aspect of the standards...or will it?

Let's face it; we already do a great deal to meet the needs of our students, parents, community, faculty and administration. We have a solid understanding of children's developmental needs and we practice this working knowledge every day. We try to do our best to assist students through prevention, support, crisis services, and so on. When we are asked, or feel the need, to add something new to our already over-worked schedules, our immediate reaction usually involves some level of hesitation, "How can I do one more thing?" I suggest an answer, "Work smarter-not harder."

In that vein of thought, I make the following suggestions:

1. Attend the ICA annual conference. Yes, professional development monies are cut and it is hard to miss work but this is IMPORTANT! You need to be professionally rejuvenated just like any other person. You need to learn new ways to implement these new standards. If you want to impress your building

administrator, focus on the fact that school counselors are demonstrating how they affect student's academic success and, at the ICA conference, you will learn how.

2. Encourage your counselor co-workers to join ICA/ISCA. There is power in numbers and the ONLY organization in Illinois that speaks specifically for school counselors is ISCA! The ISCA Board can only act on behalf of school counselors if school counselors let the board know what they want. We may not always agree but we will make progress.

3. Utilize the concepts of the Illinois Developmental Model and the ASCA National Model to re-vamp, re-tool, or just "tweak" your school's counseling department. There are many ways to do this but start by reading the INSIGHT, reading ASCA's literature, and attending the ICA conference.

Perhaps I sound like a cheerleader, or an antagonist, but someone has to remind you that what you do is worthwhile, important, and challenging. Someone also needs to acknowledge that we have an immense responsibility and we owe it to our kids to do our best. We may not all approach our work in the same way, but--we all have the same goal. Let us make a positive difference in the lives of the young people in our schools and improve the way we do it, by working smarter, not harder. Let's start now. See you in November!

## "Strengthening the Voice of School Counselors"

ISCA Spring Conference - Friday, May 7, 2004  
Riverwalk in Geneva, IL 8:00AM - 3:00PM

- Promote the school counseling profession
- Improve program development skills
- Network with school counselors from across the state
- Share ideas and materials

Geneva Info &  
Metra-line  
pick-up  
available

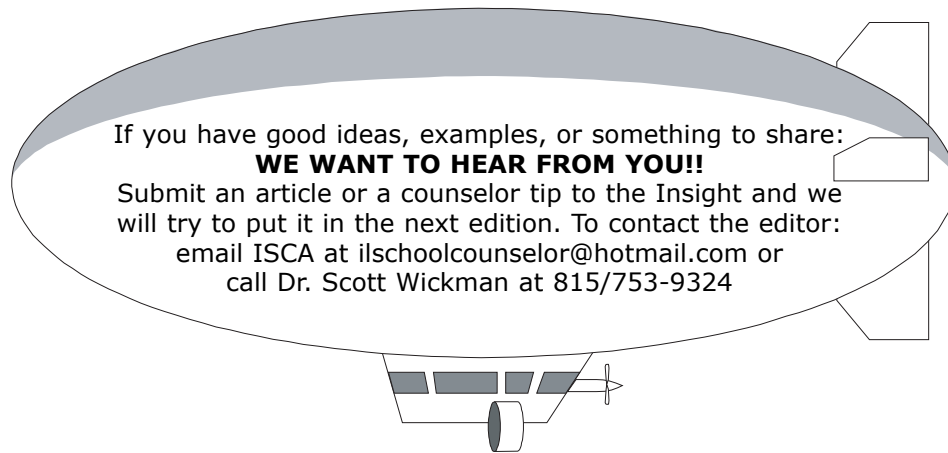
Questions? Call Cheryl Curry (630-761-1006) or Paula Hilderbrand (630-554-8871 x144) or visit [www.ilschoolcounselor.org](http://www.ilschoolcounselor.org)

# School Counselor's Calendar

Who	What	Where	When	Why
Illinois School Counselor Association, Dr. Scott Wickman, 815-753-9324 or www.ilschoolcounselor.org	ISCA Leadership Meetings	July 24, 2004	Chicago, IL Bloomington, IL DeKalb, IL	Join some of the ISCA committees, be present for discussions of ISCA business
	ISCA Spring Conference	May 7, 2004	Chicago Metro Area	Come for a day-long institute, receive CEs
Illinois Counseling Association, Chris Wheatley, 877-284-1521 or www.ilcounseling.org	ICA Fall Conference	November 4-6, 2004	Lisle, IL	The state conference for all counseling branches of ICA, attend ISCA's annual meeting, stay for the hospitality reception

Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves.

-Dale Carnegie



## Do you have reactions to any of the articles you've read here?

Questions or comments are always welcome. ISCA would like to publish your responses, or questions, in future editions of the Insight. To contact the editor: email ISCA at [ilschoolcounselor@hotmail.com](mailto:ilschoolcounselor@hotmail.com) or call Dr. Scott Wickman at 815/753-9324.



# Counselor of the Year Awards

The purpose of the awards is to recognize elementary, middle/junior high and secondary counselors for outstanding service achievement. In addition to the recognition given to the recipient of the award, positive attention is focused on school counseling and thus provides public opportunity to educate others about school counseling programs.

## I. Eligibility for consideration:

- A. The nominee must be currently employed as a full-time counselor and have completed three consecutive years of counseling service at the level of nomination.
- B. The nominee must be an ISCA member.
- C. The nominee must hold a Master's Degree in guidance and counseling and be certified as a counselor by the state.

## II. Criteria for recognition:

- A. The nominee should possess the personal qualities thought desirable in a counselor.
- B. The nominee must have been responsible for innovations in guidance and counseling programs, for providing leadership in the further development of existing guidance services, for demonstrating leadership in professional counseling associations and for performing an outstanding service to the school and/or community.
- C. The activities or accomplishments recognized must have taken place within the five years prior to the date of presentation.
- D. The nominee for the categories of Counselor of the Year must have been an ISCA member by December 1st of the year prior to the presentation of the award.

## III. ISCA Conference Presentation

The counselors recognized by this award will be encouraged to give an interest session at the ISCA conference.

## IV. The Process:

Please submit a packet of nomination material for each nominee. Each nomination packet needs to contain the following, and be organized in the following order:

- A. Completed ISCA nomination form and checklist. Staple the packet in the upper left-hand corner. Do not use a cover.
- B. Two-page vita of the nominee.
- C. Typed statement, not to exceed three pages, describing the program, activity or contribution that has occurred within the last five years that demonstrates the individual's worthiness to receive the award. All programs and activities should include a summary of the total program.
- D. Supplementary evidence limited to no more than a total of ten pages:
  - 1. Letters of recommendation or support for the nominee. Letters may be from administrators, colleagues, parents, students, community leaders, etc. (One letter should be from administrator/supervisor, one from a colleague and there should be only two letters of support.)
  - 2. Other supplementary evidence of the program, activity or accomplishment with documentation of occurrence (of program, activity, etc.) within the last five years.

**ILLINOIS SCHOOL COUNSELOR ASSOCIATION  
PROFESSIONAL RECOGNITION AWARD  
NOMINATION FORM**

Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

Work Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_

**AWARD:** (Please check one) \_\_\_\_\_ Elementary Counselor of the Year  
\_\_\_\_\_ Middle/Junior High Counselor of the Year  
\_\_\_\_\_ Secondary Counselor of the Year  
\_\_\_\_\_ Advocate Award

**NOMINATED BY:** \_\_\_\_\_

Address: \_\_\_\_\_

Work Address: \_\_\_\_\_  
\_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_

**NOMINEE'S EDUCATIONAL DEGREE INFORMATION:**

Degree: \_\_\_\_\_ Date Earned: \_\_\_\_\_

Institution: \_\_\_\_\_

Certification Area: \_\_\_\_\_

**REQUIRED DOCUMENTATION FOR PACKET:**

- \_\_\_\_\_ Nominee's Resume (Max 2 pages)
- \_\_\_\_\_ Rationale for Nomination (Max 3 pages)
- \_\_\_\_\_ Supplementary Information (Max 10 pages)

**Send nominations to:**

Sue Coman, 13011 Sioux Lane, Palos Heights, IL 60443

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# ISCA Leadership Election Ballot

Write in your nomination for each office listed. Include a brief statement describing background as related to professional school counseling and interest in running for office.

**President Elect-Elect:** \_\_\_\_\_

**Elementary School Vice-President:** \_\_\_\_\_

**Middle School Vice-President:** \_\_\_\_\_

**Secondary School Vice-President:** \_\_\_\_\_

**Post-Secondary Vice President:** \_\_\_\_\_

Please return your ballot to:

Shelly Rolf, ISCA Communications Coordinator  
128 Garfield Street  
Geneva, IL 60134

Or, email your nominations to Shelly at [shelly.lyn@sbcglobal.net](mailto:shelly.lyn@sbcglobal.net)



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