



ISCA *Insight*

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

September 2006 Issue

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

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a division of



Learning, Leading, and Leaving A Legacy

Roseanne Oppmann - ISCA President



I look forward to the upcoming year with great excitement and appreciation. I am honored to be the president of a wonderful organization that has so much potential to grow in many ways.

I am also

thrilled to have a competent leadership team that is determined to work hard to get a lot done. This year I chose the theme, "Learning, Leading, and Leaving A Legacy" because I strongly believe that school counselors must practice what we teach our students. We need to be constantly learning all we can about our field in order to keep current. We also need to be equipped with essential information and tools so we are always well informed and can be as efficient as possible. In terms of leadership, we need to be strong leaders that effectively advocate for our profession. We cannot afford to sit back and wait for things to happen. We must actively seek out opportunities that will allow us to share our knowledge and expertise with others. It is our ethical responsibility to be proactive, professional, role models who always strive to work up to our fullest potential. Finally, when we accomplish our goals, we will proudly leave a legacy that clearly defines who we are as a *Professional School Counselor*, and what we have done to earn our title.

As the leader of this organization, I am committed to work diligently to do the best job possible to serve you as valued members. It would be wonderful to hear from you throughout the year if you have any needs, comments, or sugges-

tions. Your feedback is extremely important to me. I want to be sure that you feel you are getting as many benefits as possible from your membership.

Thank you for all you do and have a wonderful start to the school year!

"We must actively seek out opportunities that will allow us to share our knowledge"

Roseanne Oppmann (President)
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"It Takes Each Of Us To Make A Difference For All Of Us"

Jackie Hutcheson



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



It is an honor to serve as President-Elect of our Illinois School Counselor's Association. John Maxwell said, "It's wonderful when the people believe in their leader: it's more wonderful when the leader believes in the people." Our division has the capacity to learn, lead, and leave a legacy if we work as "one vision, one voice" to collaborate with, the most precious asset to any organization, its people, leaders, and members. If we identify the "wants and needs" that exist with the schools and communities we serve as well as the institutions and groups that support and work with the profession of school counseling, our vision can become a reality. I welcome you to join a leadership team with a vision to move our division and the school counseling profession forward. I encourage you to stretch beyond your current role and move towards a developmental, inclusive, parent and community minded perspective of professional school counseling. Become directly involved in our division by connecting with your ISCA lead-

ership team, regional representatives, or school counseling vice-presidents (elementary, middle, high school, or post-secondary). Visit the ISCA and ASCA websites for invaluable and ready to use resources. Increase school counselor visibility by acknowledging your school counseling developmental programs in our newsletter and connecting your professional counselor training with your school, district, state legislators and senators. Participate in ISCA's leadership meetings, attend the 58th Annual ICA State Conference in Springfield, IL on October 26th- 28th, and ISCA's spring conference on April 20, 2007. We know that the "sum is greater than the whole," and ISCA and the school counseling profession in our state is comprised of many dedicated people capable of making personal, professional, or organizational differences that lead to the success of all students. We must be diligent in choosing school counseling paths that support the "ASCA Model" and adhere to our personal and professional goals that empower our profession to positive change, growth, success, and public recognition. My

personal organizational goals for this year are to focus on effective collaborative practices, enhance school counselors' public relations, form more ways to recognize the positive people and programs in our school counseling profession, recruit non-ISCA members, as well as have current ISCA members actively participate in our division. If you desire to serve in a leadership position, work on an ISCA committee or task force, or have specific talents in increasing membership, promoting public awareness, and the willingness to share developmental programs and activities in your school or district, with ISCA, then contact Dan Stasi, our executive director, at ilschoolcounselor@yahoo.com, or Roseanne Oppmann at 815-885-3665 @ counselor1@aol.com or me, at Krislcpc@aol.com, @ work (630.299.8389) or @ home (630.548.4086). It's time for your active involvement towards "one vision, one voice!"



ISCA Election Results

For those who may not have heard, ISCA conducted the annual Election of Officers this June and announced via the ISCA listserv, the results. Now, for the entire membership, here are the results:

President Elect-Elect:
Dr. Richard Shaw
Secondary Level Vice President:
Mrs. Joan Kertay
Elementary Level Vice President:
Mrs. Pam Castro

Congratulations to all and here's to a continued bright future for School Counselors in Illinois!!!

Executive Director Outlook

- Dan Stasi

A new school year and new challenges await all of us. We have already set the date for our Annual Spring Conference, it will be held again at Elgin Community College. Look for a call for proposals in the next months.

I am always looking for suggestions for our website. Please email me your ideas-
ilschoolcounselor@yahoo.com.

Please check out the brochure you received on the ICA Conference in Springfield. There are many wonderful educational opportunities for school counselors. Try to attend all or part of the conference.



Executive Director
Daniel Stasi

Change is Good...Right?

by Amy Thompson, Past President



I have learned to embrace change.

Sometimes change is a really painful process and other times, we

come out relatively unscathed. Even though we have so many expressions in our culture about change being good and change being progress, it is often still our human nature to resist it a bit. But this year, after seven years in the same counseling position at the same school, I am making a hop, skip, and a jump across the hall in my school building from the College and Career Resource Center to our Student Services Office. The move isn't only a symbolic move; my job is actually changing. With an increasing student population, counselor caseloads were flowing past the 400 mark and something had to be done. Though I loved my work as a College and Career Counselor with no assigned caseload but plenty of work to do, we

needed to look at our Counseling Department and decide what was most important. Like *Maslow's Hierarchy of Needs*, how could we get kids to plan for their future unless we get them through high school? And so, my big move.

Don't misunderstand me. This is not something that happened to me. I asked for it, in essence. As counselors we strive to keep the needs of the students in the forefront of our thinking and because I know logically that a counselor with 330 students will be better able to manage the needs of his or her students than one with 400+ students, it had to happen. I advocated for it. I admit, I have been rather nervous about all the procedures I have to learn that were not required thus far in my career as a counselor and I was even more tenuous about my ability to juggle "my kids" needs. But I am stepping up and doing what I know in my heart is right for kids. As I have contemplated and now actually made this change, I do know that this change is not that big. In the end, I am still a counselor. I still work with students,

parents, teachers, administrators, secretaries, and custodians. I still work in the same building with the same people. It's really just a change of scenery.

What change of scenery is on your horizon? Will you be ready? How will you manage it? When someone "rattles your cage", challenges you, or changes your world, will you be reactionary or will you step back and see what truth you can find to improve your work, your life, your relationships? Will you come out the other end content (and yes, perhaps a bit exhausted), or will you be angry and bitter? I've decided to be content. And in making that decision, I also know that I will still have moments of frustration and ignorance...but in the end, I will still be content. I am working to truly embrace the idea that ultimately I **decide** who I am and how I will be. Wow! Now, if I could get the kids to see that...I think I will read Glasser's *Choice Theory* more completely this time!

Have a great school year!

Welcome

Joan Kertay, ISCA Secondary School Vice-President

As the new vice-president of secondary for ISCA, I welcome both the seasoned and the new counselors to the 2006-2007 school year. I bring seventeen years of experience in school counseling as I begin my seventh year as a professional school counselor at St. Charles East High School in St. Charles, IL.

This summer I read *Teacher Man*, an inspiring book by Frank McCourt, the Pulitzer Prize winning author of *Angela's Ashes* and *'Tis*. *Teacher Man* is based on the stories of McCourt's thirty years in the classroom. In the Prologue, McCourt talks about teachers as the "downstairs maid of professions...Dream on, teacher. You will not be celebrated."

As a counselor, I started thinking about this and asked myself these questions:

- How can we be celebrated?
- How can we market what we are doing?
- How can the school community realize that we make a difference in our schools?

Many of our colleagues perceive the role of school counselor as an easy job. After all, we don't have 30 kids in a classroom, we don't have papers to correct, and we can drink coffee all day. We have all heard those comments, because they don't know what we do, and it has devalued the role of the counselor. Yet, what have we done to make others aware of the importance of our role in the school? What value do we place on our title as professional school counselors?

We need to educate our school community and market our skills and talents as professional school counselors. We need to publicize how we make a difference for our students, our parents, and our staff. We need to share our ideas and consult with other professional school counselors. We need to document our school counseling activities and be accountable. We need to educate ourselves by attending seminars and conferences. We need to be the agents for change, the vision and the voice.

Counselors often believe that as long as we know we are doing a good job it doesn't matter what others think. I challenge you to publicize what you are doing as a professional school counselor within your school community. This can be done through posters, P.A. announcements, parent and staff newsletters, even your local newspaper. It's better to hear, "Who does she think she is?" rather than "Who is she?"

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 throughout the year in our ISCA newsletter. Have a great school year! Believe it, counselors. We will be celebrated!



Illinois Counseling Association
58th Annual Conference
October 26-28, 2006
Hilton Hotel
Springfield, IL

featuring
Professional Development Institute on Treating Trauma
full brochure at
www.ilcounseling.org

ASCA Delegate Assembly in Chicago

Each year, your representatives from ISCA to the ASCA Delegate Assembly vote on a variety of issues. Many times, the issues are relatively non-controversial. This year was an exception. As usual, much progress was made in updating Position Statements (which are an excellent reference to help you in your work – Visit “About ASCA” for more information) and in discussing the future direction of ASCA. However, this year a hearty debate was waged when ASCA members from California petitioned ASCA to revoke the charter of the California School Counselor Association (CSCA). This was of great concern to everyone in the room and each person took very seriously their responsibility in making this vote.

The four ISCA delegates, Amy Thompson, Roseanne Oppmann, Kris Wheatley, and Chuck Koch, read a large quantity of material sent prior to

the actual assembly and then listened to the process by which the Governing Board determined the charges were worthy of this consideration. Next, a member of CSCA as well as a member of the group which alleged the charges had an opportunity to answer questions from the delegates. Once the questioning was completed, these representatives were dismissed and the delegates began their debate. It was spirited and passionate. In the end, the delegate votes supported the revocation of the CSCA Charter.

Now the school counselors in California are involved in an arduous process of mediating their concerns and trying to agree to a new association charter proposal. It is important to note that a wide variety of problems have occurred over a long period of time (at least six or seven years) in California. It is also important for ISCA Members to know that

your ISCA Leadership Team is as determined as ever to serve you well and to follow the bylaws by which we must live. Know that even though board members of all states are volunteers, we still have specific standards by which we must comply. We are pleased that ISCA is doing well in following these standards and bylaws. Though individual members may be privy to all of the behind-the-scenes information (meetings, e-mail, phone conversations, and research), the ISCA Board is proud to devote its time to serving you. Likewise, the ISCA delegates were proud to represent you in Chicago this year. Though this year’s assembly was particularly demanding and difficult, much was learned by all in attendance. In addition, a task force will be appointed by the ASCA Governing Board to develop an improved revocation process.

Finding Solutions by Amy Thompson

Last school year, I posted a request on the ISCA listserv asking members for times when they found solutions to problems in their counseling department, or within their school. This is the first submission. If you found a solution that improved your role as a counselor, please send them to Amy Thompson at athompson@elmhurst205.org for potential submission in future INSIGHT newsletter.

Problem: At my high school the counselors were assigned cafeteria duty for supervision. Our new contract states that “educators” do a supervisory period. The interpretation by our building

administration was that all counselors are educators and consequently that we have a supervision.

I read the contract and since a grievance could not be filed (the association said it was not a violation) we filed a complaint (which is part of our contract). We followed the procedure and it was denied by the building principal. We filed a complaint with the superintendent and it was denied. The union filed a request to present our complaint to the Board of Education.

Solution: Guess what? Before we even went to the board meeting, the principal took away our supervision.

As a group, we made the administration aware that we could not be available to students during lunch periods. We also let them know that a counselor’s day needs the flexibility of scheduling. NCLB came in handy this time - all students should have access to their counselor during the lunch periods! It took a semester to turn this around but we did it!

The solution is we need to believe in the importance of what we do as counselors and not be afraid to defend it! If you receive “NO” for an answer, go to the next level, and beyond if necessary.

School Phobia

by Jack Royhl - ISCA Middle School Vice President

Anxiety disorders in middle school students can manifest themselves in various ways including specific phobias. One of the phobias that can be present is school phobia, or school avoidance. While school phobia is not included in a DSM-IV diagnosis, there is a high correlation with Separation Anxiety Disorder. "Separation Anxiety Disorder is a mental disorder—the anxiety about separation from caretakers is excessive and maladaptive" (House, 1999). There is also the possibility that there could be a fear of school or how a student thinks about a particular situation at school. We have to be careful to distinguish between separation anxiety and fear of school (House, 1999).

Various interventions, including medication, have been used to help

students overcome their fears. Kauffman (2001) suggests four interventions that have been found to be helpful with students struggling with school phobia.

1. Desensitization through role playing or actually exposing them to situations that make them anxious.
2. Allow them to attend school for a short period of time and slowly increase the time at school.
3. Encourage parents to only make brief comments about the student going to school and not use long discussions.
4. Remove any positive rewards for staying home such as watching television, playing computer games, or staying close to the caretaker.

As school counselors we need to help these students cope with their irrational thoughts and develop strategies to deal with their fears and anxieties. In any counseling situation the matter of trust is important and in this situation it becomes significant because they are confused about their feelings of wanting to come to school and the fear of what might happen when they are there. When they trust that you are a safe person to talk to, they will relax and be willing to try your suggestions and ideas knowing that they can come to you for support should they start to get anxious. While this can be a debilitating experience for students, we need to give them strong encouragement not to give up along with the hope that they can succeed in overcoming this situation.

Back-to-School

by Pamela Castro, ISCA Elementary School Vice President

Well, it's time to head back to school again. At this time of year, I am usually as wide-eyed and excited as most of the students heading back to school. My ambivalence this year I have only felt a few times before—thankfully. I will be in a new school with unfamiliar students and staff this year. However, I am still looking forward to that first day with some excitement and optimism. And as most educators do at this time of year, I have a plan to get me over that 'beginning of the year' hump.

When I was a first-year counselor, I looked for some ideas not only from other professionals, but also in some of the manuals available. I found some very good lesson plans in a manual by Janet Bender: [Ready...Set...Go!: A Practical Resource for Elementary Counselors](#). She has some great ideas and the book has reproducible materials

that are very handy or at the very least give you some direction for your own ideas.

I use a gym bag—as a former physical educator, I have plenty of those—to cart my props/supplies when I am visiting classes. I carry some things that will 'introduce' me and tell what my job involves to the children. I usually carry a few of my puppets—my shy turtle and playful squirrel being two of the favorites. I also take the lighthouse that sits on my desk and a flashlight as well as some small bags of treats. Sometimes the treats are whatever I find on sale, but sometimes I take things that are about the message—Lifesavers or rolls of Smarties. I also carry a few of the storybooks I use with the children, as well as a box of crayons, drawing paper, and other small items. I also keep a jump rope in the bag for exercise.

I begin by introducing myself to the class and their teacher. I begin by telling them where I am located in the school and then give a very brief description of my job/role within the school. I use the flashlight with the younger students (K-2) and begin by asking them what the flashlight is used for and take some answers. I then relate the light to my role in the school. I use the lighthouse with the older children (3-5) and use the same question/answer format and follow-up. I move on by sharing some of the contents in my gym bag and tell the students these are some of the things they will find in my office/classroom. I also talk about some of the plans I have for the school year beginning with my upcoming class visits and ideas I have for Red Ribbon Week or conflict resolution. I conclude with the bag of treats.

I feel ready for those first week itters. How about you?

ISCA Bylaws: Proposed Revisions

As Bylaws Chair, I respectfully submit the following proposed changes as agreed to by the ISCA Executive Committee and ISCA Leadership Team. An explanation of changes is provided. These will be voted upon at the ISCA General Membership Meeting during the ICA Conference in Springfield this October, 2006. If you will be unable to attend this meeting and would like to vote, please contact Amy Thompson at athompson@elmhurst205.org.

First Set of Changes:

Eliminate the Post-Secondary VP title and re-name it Counselor Educator VP.

Rationale: This is a more accurate title to reflect the role of the people who have filled this position. It also aligns with ASCA's Governing Board titles.

Add Counselor Supervisor VP

Rationale: This aligns with ASCA's Governing Board titles and allows representation of those who supervise school counselors.

Add graduate student VP

rationale: This allows more distinct representation of graduate students on the leadership team and gives this group a specific voice. Because graduate students are the future of our profession, it is essential that they become involved in our professional association.

Second Change:

1. Add the following phrase to this section:

SECTION 3. DUTIES OF OFFICERS.

A. No Change.

B. No Change.

C. The President Elect-Elect shall perform such duties as may be directed at the Annual Meeting or by the Governing Board and shall serve as an ISCA representative to the ICA Governing Council as determined by ICA rules for representation of divisions.

The Immediate Past President shall perform such duties as may be directed at the annual meeting or by the Governing Board and shall serve as an ISCA representative to the ICA Governing Council as determined by ICA rules for representation of divisions.

Rationale: It is not automatic that these members of the ISCA Executive Committee will be appointed representatives of ISCA to the ICA Governing Council unless we have a large enough membership. ICA bylaws determines our representation based upon membership numbers.

Third Set of Changes:

1. Change the name of "special committees" to "task forces".

2. Remove the following Standing Committees:

- Publications
- Accountability/Research
- Professional Development
- Advocacy/Parent Advocacy
- Government Relations
- Career/Life Development
- Human Rights/Children
- Mentorship
- Special Projects/Fundraising

3. Make bylaws committee chaired by the immediate past president.

Rationale: We have moved to a policy governance structure. This allows us to respond to active needs of our membership and the association rather than work to fill unnecessary positions. In addition, some of the committees overlap with committees which will remain. Finally, some committees were necessary before we had an executive director but are no longer needed (ie. Publications, which is produced by the executive director). While the issues some of these committees represent are certainly important, it is the belief of the executive board that any urgent needs that occur could be managed via an appointed task force.

In terms of change #3, the Immediate Past President has historically served as the bylaws chair because of his/her familiarity with the bylaws.

Respectfully submitted.

Attention Central Illinois School Counselors

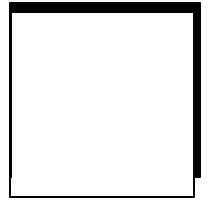
ISCA President Roseanne Oppmann will host an informal meeting for Central Illinois School Counselors on Saturday, October 7 at 10:00 AM in the Executive Suite at the Michel Student Center on the Bradley University Campus in Peoria, IL. Please join Roseanne and area school counselors for this opportunity to meet and network and plan for Central Illinois activities.



**Illinois School
Counselor Association**

P.O. Box 144
DeKalb, IL 60115

Time Sensitive Materials



Calendar of Events

October 26-28, 2006	ICA Annual Conference- Springfield
November 22, 2006	Counselor Licensure Application Deadline LPC/LCPC
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