

ISCA *Insight*

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

January 2009 Issue

• e-mail: ilschoolcounselor@yahoo.com • www.ilschoolcounselor.org

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



2009 ISCA Conference Information

Save The Date!

April 17, 2009 ISCA Annual Conference

Northeastern Illinois University
5500 N. St. Louis Ave, Chicago, IL

Welcome: Lt. Gov. Pat Quinn
Featured Presenter:
Kathryn VanderBroek, J.D.

A full schedule of workshops.
>Recertification
>Seven-Minute Counselor
>Legal issues for school counselors
>Girls who Bully
>Suicide Prevention
>Tools of the Heart
>Licensure
>Plus many more choices

Earn 5.0 CPDUs and/or CEs

Save The Date!

April 24, 2009 ISCA Downstate Conference

Public Affairs Center
University of Illinois-Springfield
Springfield, IL

A full schedule of workshops.
>Recertification
>Licensure
>Plus many more choices

Earn 5.0 CPDUs and/or CEs



Maria McCabe (center) receives the ISCA Annual Award for "Advocate of the Year." The award was presented by ISCA President, Christina K. Nolan (left) and ISCA Awards Chairperson, Toni Tollerud, (right).

“Professional School Counselors Create Solutions”

by Christina K. Nolan, LCPC, NCC

President



As we move into the winter season, I find myself using this time of year to weigh the matters of the past as I look toward the future. Although my family is familiar with my season of ‘pondering’, my guess is that my professional ‘friends’ would be somewhat

surprised, as I am typically a person who finds ‘action’ most satisfying.

In my ISCA world, there is certainly much to ponder. I had the opportunity to hear many of your voices over the past few weeks because of the tremendous turnout we experienced at the Illinois Counseling Association’s Annual Conference held in November. Our ISCA family is growing, and more importantly, those

who are members are actively participating in the day to day work it takes to improve our profession. Excitement is apparent as we continue to solidify our identity, yet anxiety emerges

as some of our fellow school counselors struggle to define, explain and justify their existence in their school districts.

This dilemma became even more pronounced when I was contacted by a school district who had received a grant to work with children in their schools on social emotional issues. There was a stipulation in the grant that said the program needed to be delivered by licensed mental health professionals. WHAT!!! Do you mean to say that this grant does not recognize that professional school counselors developed the social emotional learning standards, worked with the Illinois State Board of Education to adopt them as curriculum, and strive to deliver the standards through a comprehensive, developmental school counseling program? Exchanges like this raise a fundamental question: Why do we continue to struggle to define the role of the school counselor, a struggle that occurs both inside and outside the profession?

The history of school counselors lies in the world of education. It is a world we owe much to, the struggles of the teaching profession became our own and the gains

they made over time were shared across our field; nevertheless, this close association had its costs. The independent duties of the counseling profession, within the schools, were often overlooked; too often school counselors were viewed merely as ‘teachers with a greater capacity for empathy’. The passing of the 2004 legislation, ending the prohibition of non-teachers becoming Type 73 certified, stands as an important event in the evolution of our profession. By formally acknowledging what we in the field knew all along, ISBE recognized that school counselors were (are) different from educators because of their mental health training and the skills that that training brings with it. The ability to conceptualize from a mental health perspective the best outcomes in a developmental comprehensive school counseling program, reaching all the students in our schools, set us apart as we work in curriculum, individual planning, responsive

services and support services. These types of skills define who we are as professionals.

The difficulty in ‘role confusion’ arises because our parents, administrators, faculty and schoolchildren continue to see

school counselors as primarily teachers, who somehow became school counselors, instead of school counselors, who are trained in mental health, and work in schools to help children reach their full potential in the areas of academia, career and social emotional growth. Until we resolve this philosophical divide, I think it is difficult for administrators to understand who we are. I pose to you, “How do you see your true professional self?” If school counselors do not see themselves as uniquely trained in a specialty, then what can we expect from the administration, parents, faculty and school community, as they struggle to ‘get it’.

Keep up the wonderful work that you do each and every day. Find joy in your work with the children and I’ll see you at our ISCA conference on April 17, 2009 at Northeastern Illinois University.

Until then.....

Christina K. Nolan, NCC, LCPC
President, ISCA (2008-2009)

“Excitement is apparent as we continue to solidify our identity,”

Welcome to Another School Year

by Ray Piagentini, President-Elect



I have just returned from the ICA conference and am more energized than ever. First, I would like to express my sincere thanks to the ICA and all the people who have worked diligently to present a dynamic conference. Too often, the people behind the scenes do not get the credit they deserve. Yet, these are humble people who go the extra mile and seek no kudos for themselves. Your

leadership, diligent work, and utmost professionalism is appreciated by all.

I was honored to be surrounded by the multitude of professionals who spent countless hours in learning/sharing sessions. All the people I spoke with (and had the good fortune to present to), all have their focus on their clients. I could see the desire, determination, and compassion in every set of eyes I observed. PLUS, I did realize the tragedy of the situation at Northern Illinois University, however, the effect was brought even closer to home when I heard a mother of one of the students speak informally to a small group and my heart went out to her. She will be in my thoughts and prayers and she works through the healing process. Additionally, I was thrilled to see the entire Northern Illinois Counseling group honored for their heartfelt work in serving the students. The honor was well deserved and these fine people are a credit to our profession. I am proud to call them colleagues. We all realize that life has its speed bumps, detours, and land mines. Too often people get in a rut where they fail to see, or as I have been taught, to step back and take a closer look, at all the blessings in our lives. I would like to share the following:

Anything that has brought a smile to your face, joy to your heart or a lightness to your step is a blessing.

Anything that has made your life more comfortable, has lightened your burden, or has brought warmth to your home is a blessing.

Anything that has supported your body, has increased your endurance, or has opened your heart, is a blessing.

Anything that has made you look deeper, has expanded your understanding, or has increased your compassion is a blessing.

Anything that has tested your strength, has fortified your commitment, or has forced you to grow is a blessing.

Anything that has reminded you of how precious life is and has taught you to treasure your relations is a blessing.

Therefore, accept your blessings, learn from them and share that knowledge with those who need it now.

Finally, there were a number of people who honored me with their attendance at my presentation/workshop. I was struck by the intensity and genuine concern, but also noticed some fatigue in their eyes. The story/poem on page 10 is dedicated to all those who are worn down by our business, calling as a helper, and is dedicated to all of you..Enjoy and keep the focus on our students.

Ray Piagentini
Barrington High School
Counselor
847-842-3238 phone
847-713-2942 fax

"..step back and take a closer look, at all the blessings in our life.."

Save The Date

ISCA Annual Conference

April 17, 2009

From Your Past-President to You...

The Professional School Counseling Leader

Kris Sandra Wheatley, LCPC, NCC ISCA Past-President



Professional school counseling leaders need to be visible, approachable, and impact state and local levels. Your Past President attended the 60th ICA Conference in November and ICA governing board meeting. She was also recognized as the 55th ICA President, re-

elected Vice President of the Past President's Chapter of the Illinois Counseling Association. Your past president has attended the November Triple I Conference for Illinois Association of School Boards, Illinois Association of School Administrators and the Illinois Association of School Business Officials in Chicago. I enjoyed important opportunities of meeting ISBE Assistant Superintendent, Jesse Ruiz, talking with 2008 Superintendent of the Year, Dr. Kevin Settle, and Hamilton/Jefferson County ROE personnel and school counselor advocate, Cheryl Settle, Administrator of the Year, and Super-

intendent Terry Milt. I met school board members from around the state, and St. Louis Alternative School principal and retired Oakland Raider, conversations were school counseling focused. Conversations emerged on social/emotional students' needs, parent and school counseling programs, and providing southern Illinois graduate students with a school counseling program site affiliated with a nearby university. These vital connections are necessary to continue public awareness in what we do each day as school counselors. As community advisory board president of Family Focus, Aurora, K. Wheatley served on the 25th Family Focus of Aurora Annual Banquet Committee and gave a welcoming speech at their annual banquet. Finally, K.D. Waldo Middle School's halls were filled with over two hundred participants in Month of the Young Adolescent. Currently your past president and middle school counselor continues a peer helping program and begins a peer mediation program with the support of her principal, teachers, parents, and students.

Where Are We on SEL Implementation in Our State? by Linda Delimata, Region 2 Representative

Since the Children's Mental Health Act of 2003 was passed, we have made significant strides in the implementation of Social Emotional Learning programs in Illinois. Initially a CADRE of trainers was developed through Regional Offices of Education, an Intermediate Service Center, and the Chicago Public Schools via an RFP process. This CADRE went through intensive training on SEL implementation and sustainability. Schools were given the opportunity to apply for a small amount of grant funding to plan, explore, and implement SEL programs in their schools while being given the services of a coach from the SEL CADRE of trainers. There are approximately 82 schools in the state who are working on their second year of funding for SEL implementation. All of these schools wrote a three year plan to have SEL programs in place, and are working on the steps necessary to reach this goal with the on-going support of their CADRE coach. The school year 2009-2010 is the last year to be funded for those schools who received the grant, but implementation is expected to continue after the grant ceases.

In addition to this funded portion of SEL implementation, many schools are working without grant funding to accomplish this very task. There are graduate classes on the subject, administrator academies, and workshops for school counselors. The realization that research indicates that children are more ready to learn and more connected to their schools when involved in school wide SEL programs makes SEL important in the ongoing work of schools. The role of the school counselor is so important in all aspects of SEL, as outlined in our developmental counseling model. Having an organized framework for the Social Emotional Learning of all students in our schools is a huge goal, and one that has our attention. Some website resources include the Illinois Violence Prevention Authority at www.ivpa.org, where a list can be obtained of funded school districts in the state, and CASEL at www.casel.org, which has resources on every aspect of SEL.

Parent Communication

by Jack Royhl-Region 1 Representative

We all know the importance of communicating with parents. Many types of valuable information can be helpful to parents and encourage them to be involved with their school. One of the ways to provide this information is through a counseling website. If you have not already established one or could use some additional suggestions for your website, the following information may be helpful: Russ Sabella, Ph.D., in his free website www.schoolcounselor.com, offers various ideas about constructing a website.

The initial questions to consider are what will parents be looking for? What specific information might they be interested in? You could include some general information such as:

1. A photograph, a diagram of your office, a picture of you with students (with permission).
2. A profile of you and your background.
3. Special features of your counseling program.
4. Goals and objectives of your program.
5. Data showing your activities and the results.
6. A message from the principal or superintendent that supports your program.
7. New and updated information.
8. Inspirational quotes.
9. How to contact you and other counselors.
10. Any honors or awards that you or your program have received.
11. Important dates and events.
12. Using surveys to collect data.

Specific data for parents that can be helpful are:

1. A list of activities for parent involvement.
2. Parenting topics.
3. Parent trainings.
4. Community resources and contact numbers.
5. College information, including tips for applying and scholarships.

Another website that offers some good examples of what to include in a website is www.cyberguidance.net. It is a virtual high school guidance office created by Bob Turba, Chairman of Guidance Services at Stanton College Prep School, located in Duval County, Jacksonville, FL.

I am in the process of updating my website at the junior high and currently include topics for parents such as: Adolescent Personality, ADHD, Academic Achievement, Bullying and Teasing, Careers, Death and Grieving, Depression and Suicide, Divorce, Encouragement, Drugs (alcohol, smoking, etc.), Local Resources, Self-injury, and Stress. There are many ways to build, organize, and establish a counseling website. It is up to the individual counseling departments to decide what is best for their school. No matter how you approach this project, be assured that a website can be a valuable addition to your counseling program that will highlight the value and importance of you as a school counselor.



ISCA members gather to talk with Christina K. Nolan, ISCA President (far right) at the ICA conference.

Secondary VP Article - by Chuck Koch



I'm writing this with a stack of college applications sitting on my desk! Sound familiar? While it's a challenge to keep up with all of the applications, it's exciting to see where these students hope to be heading in the fall. While it's natural to want to celebrate those students applying to Harvard, Stanford, or MIT (especially if they get accepted), I've found myself most excited to see those who were ready to

give up as juniors, applying and getting accepted to college. For them, just knowing that they have a chance to succeed was enough motivation for them to try.

Soon, we will be meeting with our eight graders to help them plan out their high school "career." Shortly after we return from break, we'll start up our course registration for next year. It always seems so crazy that we start so early, but I know that's what it takes to plan out the staffing

needs for the next year. We make a few course corrections at the beginning of second semester, and then it feels like a race to get everything finished by June. Sound familiar?

With all that we do at the secondary level, it's important that we take time to "sharpen the ax." We can keep working hard and chop away at our "to do" list, but if we don't take the time to sharpen the ax, we will just be working hard. So how does a counselor "sharpen the ax?" One suggestion is to attend conferences. Recently, I had the opportunity to attend the ICA conference in Tinley Park. After attending as many sessions as I could squeeze in, I came away refreshed and ready to start again. In April, we all have the opportunity to attend ISCA's annual conference. This year, we will be offering a session in Springfield for those who live downstate as well. Don't miss these chances to "sharpen your ax"!

What Will Drive Your School Counseling Program in 2009? by Venisa Beasley-Green, Ed.D.

As we prepare to bring in the New Year, ask yourself the question: "Is my school counseling program being left behind?" The entire school counseling profession has grappled throughout our history to solidify our space in student achievement. Today, the ASCA National Model has provided a framework to implement programs that help align school counselors' work to the district and school mission, collecting data along the way. Yet, countless facets in many school counseling programs continue to be insignificant. As professional school counselors, we have run out of time and reason to avoid developing standards/evidence-based comprehensive guidance programs. These pressures have become concentrated in recent years to necessitate the improvement and development of support within our profession, to clarify and increase the expectations of counselors, as well as the upgrading of counselor skills and the implementation of the ASCA National Model.

As a counselor in an urban school district, I have seen first hand what training and implementation of the ASCA National Standards and ASCA Model framework can do for the students, the district, and school counseling teams. Our district, which serves approximately 480,000 students in grades K-12 has experienced a paradigm shift among counselors and administrators beliefs and behaviors in regards to the performance of counseling and non-counseling activities. The ASCA National Model has been the blueprint to change in our district as the implementa-

tion of this model has allowed us to build cross-departmental relationships throughout the district. As a result, we transitioned 31,500 eighth graders into the ninth grade seamlessly and increased our FAFSA completion/college going rate district wide. We won three of the four nationally recognized school counseling program (RAMP) awards in the State of Illinois. We have 15 nationally certified school counselors. We have an ASCA school counselor of the year finalist. We were awarded the College Board's National Office of School Counselor Advocacy Award, and we were awarded the most transformed school counselor program by ISCA in 2007.

The bottom line is that as professional school counselors, we must have "one vision-one voice" across the State of Illinois, meaning, we all must be "**ASCA Trained and Data Driven**". If you are ready to use data to identify needs and demonstrate accomplishments with results you are ready to implement the ASCA Model. Log on to www.schoolcounselor.org for more information about the model and a chance to win a **FREE** registration to the 2009 ASCA Conference in Dallas, Texas. You may contact me at cpscounselor@scgglobal.net to arrange training.

Have a Happy Holiday Season,
Venisa Beasley-Green, Ed.D.
ISCA President Elect-Elect
Chicago Public Schools

The Internship Corner

Graduate Student VP Article

by Stephanie Andrews



As winter break rapidly approached it will soon disappear into the blur of the school year. College applications will again flood the bin on your desk and students will be back begging for schedule changes as we go about our busy days. However, don't forget as school counselors we have more roles than just the administrative, clerical tasks we often can get caught up in.

Taking this winter break is a great time to get a jump start on implementing any activities or projects you had set as a goal for yourself this year.

I know as I begin to finish up my practicum I will soon be diving into creating a high school level girls group designed to address the problems and consequences of relational aggression that seems to be sweeping the hallways of high schools all across America and destroying friendships, self-esteem, academic success, the list goes on... Taking the winter break, while it may be short, will allow me to do the research and prepare for my screening when I return from break.

As an intern I cannot stress enough how important it is to learn as much as you can from your site. While I do hope to implement the group by next semester, if all else fails I will be sure to experience other areas of the counseling

experience at my internship site. I am looking forward to working with Sophomores in the Career and College Resource Center on a unit in their English class with Career Cruising. I also look forward to taking advantage of all the great information I learned from The Academy, a college counseling workshop offered by the IACAC. Not only was this three-day workshop jam packed with tons of beneficial information and knowledgeable presenters, but it was also available for college credit through Elmhurst College! Many counseling programs do not offer a college counseling and applications course, leaving students to learn much of it in the field during internship. However, having the background course made tackling applications less stressful and intimidating!

Resources are always a great thing to have as a counselor, especially when we have limited time to search or create something. I want to share this organization's website because as a high school counselor working with students applying to colleges, I found this site had Sooo much information I will be using next semester:

I hope you all have a great new year and happy internship hunting for those who will begin searching for their site in the coming weeks!

IMHCA's 20th Annual Conference

IMHCA Member's Special Presentation

\$35

Thursday, February 19, 2009

Sandra Nye, JD, MSW

Human Services Delivery Legal Issues: What Every Mental Health Worker Should Know

Includes 6 CEs/CPDUs - Lunch - Workshop

Friday, February 20th:

• **Clay Therapy**

3 CEs/CPDUs

Paul White, LCSW

• **Counseling Athletes**

3 CEs/CPDUs

Michele Kerulis, LCPC

• **Advanced Issues in Counseling Supervision**

6CEs/CPDUs

Toni Tollerud, PhD, LCPC



ICA Past Presidents



Students celebrating the month of the Young Adolescents at K.D. Waldo Middle School

“SAY IT OUT LOUD” Challenge

by Maria McCabe, LCPC

It is time to step up and advocate for students and adults who have mental health problems. I challenge every member of ISCA to become involved with the “Say It Out Loud” campaign. It is my goal to have 80 percent of our members registered online and displaying campaign posters in their offices. We need to help our students talk about their feelings and to understand how to get help when they need it.

With nearly one-quarter of Illinois adolescents reporting symptoms of depression so severe that it disrupted their routine daily activities for weeks on end, I am asking you to join more than 30 organizations across the state to support a groundbreaking new statewide campaign titled *Say It Out Loud*. The campaign, launched May 1, 2008, seeks to promote mental health, to lower the barriers that prevent people from either seeking or offering help and support, and to build a larger and stronger base of community support for an effective network of services and programs designed to meet the needs of people living with mental health challenges. *Say It Out Loud* is co-sponsored by the Illinois Department of Human Services, Division of Mental Health and the Illinois Children’s Mental Health Partnership.

While 80 to 90 percent of mental illnesses are treatable, only one out of five people living with a mental illness seeks or receives treatment.

The *Say It Out Loud* campaign is based on current research indicating that the best way to reduce the discrimination associated with mental illnesses is by interaction through which people can engage with one another on this subject in a truly meaningful way and share their experiences and knowledge. *Say It Out Loud* redefines mental health as a key component of our overall health and well-being by raising the subject in a non-threatening way that is both empowering and informative. It creates both “virtual” and real contact opportunities - with people who have mental illnesses, as well as medical and mental health professionals, family, employ-

ers, colleagues, neighbors, or friends. It transmits reliable and valued information through the media, the Internet, advertising, word-of-mouth, and through the “stories” that are the essence of the campaign.

Please take the time to register online to support this important campaign. Past ISCA President, Roseanne Oppman, has already contacted several people in the Rockford area to begin talking about Say It Out Loud. Join her. Help all of us reduce the stigma and increase the recovery rates of mental illness.

I encourage everyone in our community to *Say It Out Loud* by:

- Talking with someone who seems stressed or down. Let them know you care.
- Asking for help from someone you trust if you think you or your child might need it.
- Speaking with your child’s doctor or teachers about how to encourage your child’s social and emotional development.
- Encouraging policy leaders to make children and adult mental health a top priority.
- Finding out how you can promote good mental health by visiting www.mentalhealthillinois.org.
- Distribute palm cards during report card pick-up day.
- Hang a poster in your office.
- Encourage your colleagues to register and help promote the campaign.
- Visit the Illinois Children’s Mental Health Partnership website www.icmhp.org to find more resources and to keep up-to-date with emerging programs and policies.
- Purchase T-shirts with your school logo and “Say It Out Loud” on them.
- Encourage those you know with mental illness to share their story publically.

Alone and Making a Difference

Alone, she walks slowly home
 After a day of giving herself away
 At the school to the children
 Who genuinely need
 Her care and service
 Students become actual people
 Facing the trials of the day
 Mourning the loss of a loved one
 Trying to make the pain go away
 In body, she is weary
 As the cold, night air is dreary
 But she ignores her fatigue
 And the dark
 As she listens to
 The beat of her heart
 Which reassures her
 In the silence
 That she has made a difference
 If only for one person today
 She rests today knowing she has made a difference in all our lives

Public Policy and Legislative Issues: Staying Informed

by Amy Thompson, Public Policy Chairperson

As a member of ISCA, you can be assured that we are doing our best to track any legislation that might impact your work. Between ASCA, CICO, and our own efforts to communicate with our legislators, we are able to alert you to legislative action and/or concerns. The primary source to keep you informed is the ISCA listserv. Many topics can be brought up or discussed via the listserv; our Executive Director, Dan Stasi, forwards legislative news from ASCA to the listserv. If there is a pressing federal or state issue that counselors need to weigh in on, we will let you know this way too.

As a member of ICA and ISCA, you are automatically subscribed to the listserv of both groups. So, when you receive updates from Dan or requests for an action alert, take just a few minutes to read or act on these items. They are important to our profession and our ability to serve our students. In addition to receiving various announcements, you can also ask your fellow school counselors for help, or ideas.

Here are a few guidelines, in case you've never posted on a listserv before:

1. Always sign your query. Include your name, job title, and work location (or grad school). People want to know with whom they are sharing their experience and expertise.
2. Any request or information that you post should be directly related to your work as a school counselor. A listserv is not a place to sell extra Bear's tickets or pass on those joke e-mails. In addition, postings which pertain to topics that are traditionally considered controversial should be avoided. You know how they say, never talk about religion or politics? Unless you are weighing in on a specific legislative issue, stick with that well-known adage.
3. Once you have posted a query, it is a typical practice to then post a summary of the results you received. When compiling those results, it is probably best to remove the signature/identifying information from the response. The summary should be posted within a few days of the original query and you should include your original query at the top of the summary.

To post a query to the ISCA listserv, send a plain text message to iscalist@ilschoolcounselor.org. Happy Posting!



National-Louis University Interns



Daniel Stasi receiving the President's Award for Advocate of the Year from Toni Tollerud (right) and Christina K. Nolan (left).

Nominations and Elections Process 2008-2009

by Kris Sandra Wheatley, ISCA Nominations and Elections Chair

As the Nominations and Elections Chair, I will conduct the 2008-09 nominations and elections for ISCA. Our organization is seeking a slate of candidates who are invested in the organization by committing the necessary time and energy to the ISCA mission and work plan. The nomination process is open to all current ISCA members. All potential candidates are hereby notified of the duties and responsibilities for the nominated positions in this article. ISCA will have secured consent for their names to appear on the 2009 Spring ballot. A candidate's statement from every candidate seeking nomination will be published in the February 15, 2009 newsletter issue and on our website. All candidacy statements lengths will be limited based on the amount of space available in our spring newsletter. A ballot will be created. Voting will be conducted online at the ICA website. Just login and cast your vote. Mail ballots will be available upon request. A nominations and elections committee of ISCA members will be appointed to assist in counting/validating ballots and the ISCA president will be notified of such appointments. All candidates will be notified by Kris Wheatley regarding election results. Results will be announced in the Fall ISCA INSIGHT and via the ISCA list serve and website.

ISCA Offices Open for 2008-09 Nominations Nominations Deadline- January 29, 2009

The following offices are open for nominations: ISCA President Elect-Elect is a four year commitment beginning July 2009 as President Elect-Elect, July 2010 as President Elect, July 2011 as President and July 2012 as Past-President. Three Vice President positions will be elected for two year terms beginning July 2009- July 2011: Middle/Junior High Vice President, Counseling Educator Vice President, and Counseling Supervisor Vice President. Nominated persons must be employed as a counselor at the appropriate level for which they are representing and remain in that capacity during their entire term.

ISCA members may nominate his/herself or an ISCA member that you believe would:

- 1) Facilitate the goals of ISCA's Strategic Plan 2008-2011: Goal 1- Promote the Identity of the Professional School Counselor, Goal 2- Support a Comprehensive, Developmental Model: IL Social Emotional Learning Standards, in Conjunction with the ASCA National Model), Goal 3- Demonstrate Efficacy of School Counseling Programs & Practices, Goal 4- Facilitate Networking, Professional Development & Resources which Support & Encourage Professional School Counselors, and Goal 5- Target & Respond to Changing Needs & Trends in the Communities Served. 2) Work with all leadership team members. 3) Fulfill the elected position's duties and responsibilities. 4) Serve the organization.

President Elect-Elect Purpose, Duties, and Responsibilities

*Purpose: To serve as a voting member of the Leadership Team and provide support to the President so as to further the mission of ISCA and to begin developing plans for future leadership responsibilities and maintain membership in ICA, ISCA, and ASCA. Duties include: to serve as a voting member of the Leadership Team, possess an awareness and knowledge of the By-Laws, maintain accurate records of expenditures and follow all financial policies and procedures, serve as a member of the ISCA Spring Conference Task Force, observe and support the President to prepare for their Presidential term, develop and submit Goals/Action Plan/Report at the ISCA Summer transition meeting (Goals/Action Plan – incoming, Report – outgoing), attend the ICA Annual Conference and help staff the ISCA table, attend the ISCA Spring Conference, attend ISCA Leadership, Membership, and Executive Board meetings, submit articles to the ISCA *INSIGHT*, maintain a Leadership Notebook, and pass relevant information to their position successor.*

Vice Presidents Purpose, Duties, and Responsibilities

Purpose: To provide leadership and address educational and professional issues related to their respective levels and maintain membership in ICA, ISCA, and ASCA. The duties include to serve as voting members of the ISCA Leadership

(Continues on page 13)

Nominations and Elections Process 2008-2009

(Continued from page 12)

Team, possess an awareness and knowledge of the By-Laws, maintain accurate records of expenditures and follow all financial policies and procedures, connect with ISCA Area Reps to learn about issues and support efforts across the state at the level each represents, develop and submit Goals/Action Plans/Reports at the ISCA Summer transition meeting (Goals/Action Plans – incoming, Reports – outgoing), attend the ICA Annual Conference and help staff the ISCA table, if needed, attend the Spring ISCA Conference and help staff the ISCA table, if needed, attend the ISCA Leadership Team and Membership meetings, submit articles to the ISCA Newsletter, and maintain a Leadership Notebook, and pass relevant information to their position successor.

Are You a future leader?

2008-09 Nomination Deadline January 29th, 2009

If you are interested and need more information about pursuing one of these nominations for yourself or a colleague, please contact Kris Sandra Wheatley at: Krislpc@aol.com or at 630.548.4086. To submit a nomination, please send the following information via email to Krislpc@aol.com or mail a hard copy to Kris Wheatley at 511 Aurora Avenue, #614, Naperville, IL 60540. Include the following information in your nomination: 1.) The name, address, phone, and email of the nominee and 2.) A short statement (approximately 100 words) indicating why you are nominating this person. I will contact you to confirm the receipt of your request for nomination. Candidacy Statements will be required for the nomination process. Candidacy Statements will be due February 6th. The election slate will be announced in the February 15th issue of INSIGHT. We look forward to your nominations for future ISCA leadership!

Now is the time to plan for ASCA's National School Counseling Week 2009, "School Counselors, Making a Difference." The week of Feb. 2-6, 2009 will focus on the special contributions of America's professional school counselors and highlight the extraordinary impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week kits may be ordered online at \$25 for ASCA members and \$35 for non-members. ASCA encourages

school counseling professionals to download an order form from their website for kits by January 28, 2009. Kits include a poster, 120 stickers, 20 pencils, door hanger, proclamation, certificate of appreciation, countdown calendar, and a CD with electronic copies of the certificate of appreciation and proclamation, sample press release, morning announcements, links to online resources from program promotion and building a school counseling department website, and a PDF copy of "School Counselor Resource Series: PR an Advocacy" book. Contact Kris Wheatley at krislpc@aol.com or ASCA for more details.

Top Ten Reasons to Be a Leader with the Illinois School Counselor Association

Kris Sandra Wheatley, LCPC, NCC, ISCA Past President

- **Be 'one vision, one voice' for the Illinois School Counselor Association.**
- **Promote statewide public awareness of the school counselor's role.**
- **Influence the direction of the school counseling profession.**
- **Earn Continuing Education Units for leadership.**
- **Use your assets on a committee, task force, or appointed or elected position.**
- **Gain professional development.**
- **Network with professional school counseling leaders and stakeholders.**
- **Change status quo perceptions of the benefits of school counseling.**
- **Promote developmental counseling programs aligned with state standards and social emotional standards.**
- **Invest in the organization that invests in you!**

ISCA Conference in Action



Save The Date
ISCA Annual Conference
April 17, 2009
hosted by
Northeastern Illinois University
Chicago, IL

Executive Director Notes

by Daniel Stasi, Executive Director

The ISCA conference is shaping up to be a very full event. We already have several great presenters. In addition we will feature an attorney who specializes in school legal issues. Registration is available online on our website or by mail. The pre-registration form is on our website.



This is the time of year that student's will be starting internships in the schools. Don't forget that the opportunity exists for intern reimbursement. Our website has more details.

As always I encourage counselors to pursue becoming a NBPTS Master Certificate School Counselor. Currently ISBE offers a \$3,000 annual stipend to Master Certificate counselors. More details are at www.ilnbpts.org. Recent legislation, ISCA supported, provides for stipends for NBPTS Master Certificate Counselors providing mentoring activities.

We have been fortunate to obtain a set of database

records on school counselors for the last six years that will enable us to do some comparison analysis. In 2007-2008 there were 2,846 full time school counselors at public schools in Illinois and 133 part time school counselors. Salaries range from \$212,013 to \$26,000 with 387 school counselors making over \$100,000. We will have much more complete data available soon, that will compare many factors during the last 6 years.

I am glad to assist in educating groups of counselors on the new recertification rules. Our website has links to several helpful handouts. The handouts will hopefully answer most questions. They also provide a helpful list of the various ways to earn CPDUs. In addition, as my schedule permits, I am available to meet with counselors to answer questions and explain the Type 73 CPDU process. You can contact me at ilschoolcounselor@yahoo.com.

Our website calendar continues to be a very popular part of our website. In addition to listing various holidays and conferences it also includes dates for PSAT, SAT, ACT and many other topics with links to more information on each activity, www.ilschoolcounselor.org.

CICO REPORT

We anticipate introducing new legislation on confidentiality protection in 2009. We will need everyone's support in passing this legislation. As soon as we have a bill number we will contact everyone and ask that you contact your legislators. We have a new system "CAPWIZ" www.capwiz.com/counseling. Capwiz is an award-winning online advocacy system, offering five ways to deliver your supporters' advocacy messages to state and federal elected officials, media contacts, and other recipients that you specify. Capwiz allows you to choose from e-mail, fax, telephone, postal mail, and/or personal delivery to the Capitol Hill postal center. The website allows users to track federal and state legislation. Voting records of your personal legislators are available. There are media links so you can write a letter to the editor about impor-

tant counseling issues. The CICO (Coalition of Illinois Counselor Organizations) has several other useful links. We frequently get requests for information about various certifications offered by national organizations. We have links to further information about those certifications to assist you in evaluating their worthiness.

We all know there has been a lot of unusual things happening in Illinois government recently. Please remember that there are many, many, wonderful dedicated legislators in our state that are trying their best to represent us and to make good things happen for the people of Illinois. We owe those dedicated, hard working legislators our gratitude.



**Illinois School
Counselor Association**

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DeKalb, IL 60115

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Time Sensitive Materials

Calendar of Events

March 19-23, 2009	ACA Conference- Charlotte, North Carolina
April 17, 2009	ISCA Annual Conference- Chicago
April 24, 2009	ISCA Annual Conference- Springfield
June 28-July 1, 2009	ASCA Annual Conference -Dallas, TX