



SOUTH DAKOTA
SCHOOL
COUNSELOR
ASSOCIATION

A division of the
South Dakota
Counseling Association
November 2004

Pre-Conference Speaker on Brief Therapy planned

By Marcia Price, Past President

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SDSCA and SDMHC are teaming up to co-sponsor a pre-conference session at the SDCA Conference in Sioux Falls on Thursday, April 21st. This session will afford an opportunity for counselors to further develop their skills and understanding of "Brief Therapy". School Counselors in particular are looking for quick and effective techniques in working with students.

Counselors in all professional settings who experience difficulties with clients of any age encounter the same issues: They do not understand the problem or their interventions do not produce the desired outcomes. Stephen Lankton will address effective ways of conceptualizing client (student) problems and developing effective interventions.

Drawn from years of training with several luminaries in the field,

Stephen Lankton shares essential principles and techniques that he has come to rely upon in therapy. These operational principles and techniques form a basic footprint for a theory of how change occurs in the process of effective "brief" psychotherapy.

This theory of change provides an operational framework for creating novel interventions with individuals, couples, children, and families for practitioners in private practice, in school, or in agency settings. The operations include speaking clients' experiential language, using clients' own energy, assessing and retrieving necessary experiential resources, and labeling and therapeutically reframing problems and outcomes. Three specific techniques are universally valuable in "brief" therapy:

revivified resource retrieval, experiential imagery rehearsal, association-dissociation, and simple hypnosis. This day provides an exposure to these concepts and techniques with clear examples from Lankton's work. Participants should find numerous ways to enhance their "brief" therapy practice in any setting and with all populations of clients.

Stephan Lankton, MSW, DAHB, comes to us from Arizona State University where he teaches as well as practices psychotherapy. You will have "brief therapy" techniques to use that will help you get the desired changes in your students/clients.

Don't miss out on this great opportunity--- register now! (Registration is available on the SDCA website at www.sdscounseling.org)

PLANNING A CELEBRATION: NATIONAL SCHOOL COUNSELING WEEK FEBRUARY 7-11, 2005

By Colleen Campbell

What could be more important than celebrating our profession and the work we love? How can we fit this into all the many responsibilities we face on a daily basis?

My suggestion is that we focus 1st on ourselves and take time to recognize and celebrate the awesome South Dakota school counselors that have helped us, taught us, and encouraged us. In the stressful world we work in it may be time to devote a little of our energy to each other.

Take a little time to share your appreciation with at least one other counselor across the state. You are a creative bunch and will come up with all kinds of wonderful ideas but remember they do not need to be time consuming or expensive. Some of the most wonderful messages we receive are brief notes of recognition and appreciation...a quick email would work, a quick phone call would be awesome, a note or card in the snail mail is still a wonderful thing!

Our SDSCA membership chairs, Shelly Lammers and Levi Reindl shared some great wisdom with us in a letter that went out for assistance with the presentations at the Fall Guidance Workshops. They said something close to this, "Maintaining our strong belief in counseling enhances our ability to be effec-



tive counselors...which in turn helps us to better serve kids, parents, and our communities. Our professionalism and belief in what we do as school counselors is vital to the future of school counselors." I could not have said this better! We certainly need to do what we can to re-energize and re-focus each other and remember how important our role in each school system is.

Secondly, if you have a little MORE TIME share your celebration with fellow staff members that have assisted you and students by their referrals and general support of you and your program.

There are an unlimited possible ways to celebrate. Following are a few ideas others have used: send notes, send notes with candy or cans of pop, send balloons or flowers, involve peer helper groups to help with deliv-

ery or designing certificates of appreciation, have a milk and cookies break at the end of the day in your counseling area, & give treats to the staff and/or administrators. You may also want to send a letter or flyer out to parents about the role of school counselors in school systems.

Finally, as soon as ASCA, the American School Counselor Association, has the information updated there will be additional information available for counselors wanting to do more of a **COMMUNITY CELEBRATION**. This information should be available in December and it will be accessible on the SDSCA web site. Go to www.counselors.k12.sd.us and go to Resources. You will see a list with wonderful promotion ideas including:

1. Countdown to Celebration
2. Sample Press Release
3. Sample Certificates
4. Sample Proclamation
5. Bookmarks
6. Promotion Ideas
7. National School Counseling Week Kit to purchase.

"What could be more important than celebrating our profession?"

SDSCA PLANNING IS ONGOING

By Diana Mach, President of SDCA

Planning and executing successful professional development opportunities for school counselors is one of many of SDSCA's goals. Our governing board continues to work interactively to strategically plan to provide you, our members, with up to date information, access to practical resources, and support.

SDSCA operates within an organizational structure of officers and chairpersons. All levels of school counseling are represented; K-12, Elementary, Middle school, High School. We are also privileged to have counselor educators on our board to discuss the latest trends of school counseling in order for our new school counselors to get the best education in this field as possible. We are proud to say all levels of experience from student to retirement represent our organization as well.

I would like to point out a few things that have been in the works since our summer board retreat in June:

- new membership brochures have been created and dispersed. This year we made a decision to give our new counselors a break. There is a coupon in the membership brochure for a new members.
- board members mediated panel discussions at some of the fall guidance workshop this year with members from the board of regents, department of education, and the department of labor.
- board members gave membership pitches at the fall guidance workshops
- this year we created a new position for a graduate student

liason. We as a board feel it is very important for the graduate students to have a voice on the board.

- a project has been in the works to collect donations of colors and coloring books for the children in Iraq.
- our mentoring chairs have been doing an outstanding job of contacting new counselors and finding mentors for them. New counselors, be sure to take advantage of this service and contact David Krull from Lake Andes High School or Vickie Saboe from Roosevelt High School.
- our website is continually being updated with valuable resources, newsletter articles, and pertinent school counseling information. Be sure to visit it at :

www.counselors.k12.sd.us

- we have had the hard copy of our first newsletter go out and the other 4 will be displayed on our website. I feel it is very important to recognize Wendy Stubbs at this time for all the hard work and dedication that she goes through to get this newsletter out.

- Several SDSCA members had the privilege of meeting with Wade Pogany (Dept. of Ed.) regarding the new proposed "paths of study". We had the opportunity of voicing our concerns. I feel this is not a matter of whether or not we support this proposal or don't support it; it is one of the "challenges that is going to present itself, whether we are prepared or not" We all want to be prepared! So as a result we have agreed to begin working on items such as brochures, PowerPoint's, form letters, etc. as a membership service. Be looking in future newsletters or on our website for this information. At the time of discussion, Wade felt it could take place as early as the fall of 2005. Also, Sioux Falls members have agreed to share their items and give presentations at the spring conference in April regarding the proposed paths

of study.

- Our past president Marcia Price has been collaborating with SDCA for our spring conference speaker, who will be presenting on the solution focused theory. Be watching for more details in the following newsletters and mark April 21-23 on your calendars and get it cleared with your administrators today.

SDSCA wants to stay in touch with our members via technology so that when there are important professionally relevant announcements and legislative updates that require quick action, we can reach you in a timely way. If you have not already done so, be sure to join the school counselors list serve or contact Kelly Duncan at sdca@cableone.net with a new or changed email address. Check out our website regularly.

School counselors need to work together to educate others about the work of school counselors. We need to advocate for the role of school counselors at every level to assist students in personal/social development, academic achievement, and career development. We need you to help with this endeavor. Working within your professional association is one way to help. Volunteer to serve on a committee or consider running for an office. Present a program at spring conference. Share your thought and ideas. Stay current with issues on the forefront by reading your newsletters and other professional information.

ACA Midwest Region Leadership Development Conference held By Beth Schroeder

The SDCA contingent of 20 professional counselors represented South Dakota with great distinction at the ACA Midwest Region Leadership Development Conference held October 15-17 in Council Bluffs, Iowa. The Regional Leadership Development Conference is a place for growth and making connections. The conference is designed to train and encourage emerging state leaders and to enhance the skills of those already in leadership.

The roundtable discussion regarding By-law Review; Membership: Recruiting and Reaching Out; Increasing Revenues; Professional Development; and Licensure provided an opportunity for sharing experiences and struggles across the Midwest Region. Many leaders left the meeting with new found energy and ideas for change. Additionally the numerous leadership trainings from Parliamentary Procedures to Developing a Strategic Plan allowed each participant to tailor the conference to best fit their needs.

Dr. Sam Gladding, ACA President, spoke on two occasions during the conference. His unique insights into leadership and counseling provided both laughter and insight. Dr. Gladding stressed that a good leader needs two things. 1. Leaders need a vision. 2. Leaders cannot do it alone. Surround yourself with great people who can help you accomplish your vision.

Dr. Patricia Arredondo, ACA President-Elect and Professor at Arizona State University College of Education Division of Psychology & Education, discussed with the group the unique challenges and rewarding results of multicultural counseling.

The ACA Midwest Region Business Meeting was a great occasion for the group to spend time gathering new ideas from new friends across the United States from North Dakota, Minnesota, Illinois, Indiana, Kansas, Missouri, Wisconsin, Ohio, Michigan, and Oklahoma.

Photos on this page courtesy of Beth Schroeder!



Above:
ACA President
Sam Gladding.

Below: Some of the attendees at the recent ACA Midwest Regional Leadership Training session were:

Left to right: Karen Amundson, Kim Goebel, Jean Blonigen, Marcia Price and Diana Mach.



Middle Level Maintains Status Quo by Kelli Stofferahn-Muck Middle Level V-P

Greetings fellow professional counselors! I hope this finds you in full swing of another successful school year. With some of our continuous Standardized Testing and P/T conferences behind us, we are already accomplishing a lot. Keep that in mind as you struggle to keep up on your many tasks as school counselors! I know the feeling, as I embark on a new position myself this school year.

After recently moving to a larger city and larger school district, I did not know what to expect. However, I have come to the conclusion that middle school students across our great state of South Dakota have a lot in common. I have no personal state-to-state comparisons, but many articles and much research also agree....middle level students are a unique group.

Whether in a small district or a much larger one, middle level students still need encouragement. They still worry about what others think, yet try to remain aloof and look "cool". They still have petty disagreements and clearly desire respect. Middle level students everywhere need our reassurance that they can, in fact, succeed and they need us to show them how.

So, as I continue to work with this magical and mysteri-

ous age group, I leave you with a poem about middle schoolers that I found years ago in The Essential Middle School magazine circa 1986. Have a great year!

What is a Middle Schooler?

What is a middle schooler?
I asked one day.
I knew what he was,
But what could I say?

He is noise and confusion.
He is silence that is deep.
He is sunshine and laughter,
Or a cloud that will weep.

He is swift as an arrow.
He is a waster of time.
He wants to be rich,
But cannot save a dime.

He is rude and nasty.
He is polite as can be.
He wants parental guidance,
But fights to be free.

He is aggressive and bossy.
He is timid and shy.
He knows all the answers,
But still will ask "why"?

He is awkward and clumsy.
He is graceful and poised.
He is ever changing,
But do not be annoyed.

What is a middle schooler?
I was asked one day.
He is the future unfolding,
So do not stand in his way.

By an anonymous eighth grade middle school student



SDCA CONFERENCE EARLY BIRD OFFER

The South Dakota Counseling Association will hold its annual conference April 21-23, 2005 at the Sioux Falls Convention Center. SDCA members will have the advantage to register at a special EARLY BIRD price of \$130 (regular registration will be \$160—nonmember registration will be \$250.)

Plans are in the works for what we hope will be another WONDERFUL spring conference—filled with fine programming and networking opportunities. Remember to join or renew today so you can attend the conference at the Early Bird rate! Check out our website at www.sdccounseling.org for membership forms and conference registrations!

Basics of Court Appearances

By Jean Blonigen, SDSCA Ethics Chair

Due to increased school responsibility regarding issues such as suicide, violence, drug abuse, child neglect and abuse, teen pregnancy and custodial cases, the chance that you may have to testify in court in your capacity as a school counselor has increased. If you are called to testify in court there are some things to remember. Remley, Hermann and Huey editors of *Ethical and Legal Issues in School Counseling, 2nd Edition* strongly recommend that school counselors do not voluntarily go to court for two reasons—first because of time constraints due to your job and second because you are not a legal advocate for the child.

Before a subpoena is actually issued, you may receive a call from an attorney. Record the time, date, attorney's name and details of the call. If you receive a subpoena after your initial refusal to testify, consult with the School Board Attorney. Follow their advice. Your records may be subpoenaed and should include information about the onset of the problem, the nature of the problem, any consultations that were made, treatment strategies and/or problem resolution. The parents may have already signed a release of information. As a school counselor, you are ethically bound to judge what is in the child's best interests. A judge's order takes precedence over an ethical code. Failure to follow the order could lead to your being charged with contempt of court.

Recommendations for a-



ppearing comfortable, confident and professional during court testimony include:

- *Taking time to think before you answer a question
- *Testifying only within your area of expertise
- *Using ordinary and understandable language, so the judge and jury will understand your testimony
- *Asking for clarification if a question is confusing
- *Being honest if you are not sure of an answer and admitting it
- *Relating information as objectively as possible with no personal interpretation or bias
- *If necessary, use notes that you made ahead of time with the understanding that both attorneys will ask to see them

Follow these guidelines during cross-examination:

- *Be calm, polite and professional
- *Ignore rude comments
- *Do not react to challenges to your testimony
- *Be cautious in answering "what

- if" or suggestive questions
- *Respond objectively and maintain eye contact
- *Avoid the appearance of bias in either direction.

In conclusion the possibility of having to testify in court is increasing. As a professional, you need to develop a pro-active stance with an obligation to act with your best judgment. Become acquainted and/or review both the *Ethical Standards of School Counselors (ASCA, 1998)* available at the ASCA website, www.schoolcounselor.org, and *The Code of Ethics (ACA, 1995)*, available at the ACA website, www.counseling.org.

Source of information:

Remley, T.P., Jr., Hermann, M.A., & Huey, W.C. (Eds.), (2003). *Ethical & legal issues in school counseling (2nd ed.)*. Alexandria, VA: American School Counselors Association, pg. 309-311.

Hackbarth James, S., & DeVaney, S. (2003). Preparing to Testify: The School Counselor as Court Witness. In T.P. Remley, Jr., M.A. Hermann, & W.C. Huey (Eds.), *Ethical and legal issues in school counseling (2nd ed., pp. 312-319)*. Alexandria, VA: American School Counselor Association

Career Seminars: Best Practices By Jennifer Powell

I sometimes think the person who coined the phrase, “when life gives us lemons, make lemonade” had to be a school counselor. I myself, have had more than my share of activities disintegrate before my eyes, oftentimes forcing me to develop an even better activity or “plan B” – in other words lemonade from lemons.

My first year as a high school counselor presented a lemon – the annual Career Day. Historically we held the “typical” career day when students attend several small group presentations on a variety of career areas. We would invite local experts to talk to small groups of students and share information about their particular professions or career areas. Experts would share education, working conditions, job satisfaction, and quality of life with the students.

We found that, in theory, this Career Day was wonderful, however, in practice it was less than amazing. For one thing, scheduling was difficult. Students would often go to the same session as their friends, not a session which interested them. Finding presenters was difficult; it was often too costly for people in business

and industry to give up an afternoon or full day of work. Organizing the student body individually into several small group presentations made the event nearly out of the question.

Knowing the history of our Career Day and wanting students to explore career options, I knew that I did not want the traditional Career Day/ Fair. I wanted a career session for students interested in that career to attend. Could a Career Seminar be the answer?

Collaborating with the local Boy Scout office, we came up with our Plan B or our Career Seminar program. We decided that monthly we would invite the student body to attend a Career Seminar. Each seminar would focus on a career area identified from students’ interests. If students wanted to attend, they would stop in the counseling office to sign up and to pick up an “admission ticket”. They then needed to check with their teachers and let them know that they were interested in attending this particular Career Seminar and make arrangements for any class work missed.

We have scheduled seminars in different periods during the school day to affect only one class period monthly and to keep class



disruptions to a minimum. We limited the number of tickets so only students looking at the specific career area sign up.

We offered Career Seminars in a variety of areas using students’ requests as a guide. We have had seminars in Medical and Allied Health Careers; Engineering and Architectural Careers; Law and Law Enforcement Careers; Performing Arts and Broadcasting Careers; Education and Counseling Careers and others. We always invite a panel of adults who are working or have worked in the related professions to present an overview of their career. We encourage students to ask questions to gain information that they may have not known and an opportunity to ask more specific questions of each presenter.

The feedback for this program has been overwhelmingly positive. The comments prove that from lemons you can make lemonade.

ASCA Position Statement: Discipline

The professional school counselor works with school system personnel and other stakeholders to establish and maintain policies that encourage appropriate behavior so that schools can be a safe place where teaching and learning can be effectively accomplished. Such policies promote the use of the school counselor as a resource person with expertise in the area of discipline plan development for prevention and intervention not as a disciplinarian.

The Rationale

School discipline is one of the most serious, ongoing problems confronting school systems today. Contemporary discipline plans take a developmental approach in stressing that students are responsible for controlling their own behavior. All professional staff members need to be actively committed and involved in the development, implementation and maintenance

of an effective school wide discipline plan, which has as its primary goal, making schools safe and respectful learning environment.

The Professional School Counselor's Role

The professional school counselor is increasingly being called upon to act as mediator in teacher-student conflicts and in student-student conflict situations. The professional school counselor is also called upon as a support and resource for parents. The professional school counselor plays a participatory role in the developmental aspects of discipline programs, within state regulations. It is not the role of the professional school counselor to mete out punishment but to help create effective behavior change. The professional school counselor acts as a liaison, representative and mediator to help create effective learning environment, keeping in mind students' the

diverse cultural, developmental and emotional needs individual needs.

Summary

The professional school counselor's role in the disciplinary referral process must be clearly delineated by district administrative policy. Such policy needs to describe the ability and limits of the professional school counselor's involvement in disciplinary action.

The professional school counselor should be, by policy, perceived by all as a neutral and resourceful mediator of those involved in conflict resolution. It is not the professional school counselor's role to serve as an enforcement agent but rather a significant contributor to the development of the prevention and intervention plans through which problem student behaviors are managed and positive student behaviors are nurtured.

PROFILE OF COLLEEN CAMPBELL

Hello to all SDSCA members! I hope you are having fun and enjoying your first weeks back with the students. I am honored to be a board member and have always enjoyed my connections to the SDSCA. I have served on several committees including: Ethics & Mentoring, and currently Special Projects & School to Work.

Currently I am a counselor at Sisseton High School and work with Frank Gustafson in the counseling department. This is my 6th year at SHS and we are off to a great start! I was a counselor at Crow Creek High School for 9 years previous to my years at SHS. I also worked in the Counseling and Career Development Center at NSU for 10 years. I'm married and we have a son, 25 years old, who will be getting married in October. We live in the country and I enjoy camping, canoeing, walking, reading, powwows, and traveling. Oh! And pets!

The very best part of this organization is the members. Join up, volunteer, ask questions, and I hope you have a wonderful year.

Commitment versus Involvement

By Beth Schroeder, SDSCA President-elect

I recently heard Dr. JoAnne Owens-Nauslar, Director of Professional Development for the American School Health Association, speak about the difference between commitment and involvement. Dr. Jo said this "Commitment versus involvement, let me put it in Nebraskan terms, if you have 2 eggs and bacon for breakfast, the chicken is involved but the pig is committed." When you look at it that way, it has an undeniable truth to it.

School counselors in this

state are just that, committed; committed to changing their communities, schools, children's lives and local counseling programs.

The new wave in the school counseling world is the ASCA National Model and aligning our state and local school counseling programs to meet the national standards. What does that mean: accountability, data driven curriculum, and commitment. We have to do more than just get involved we need to be committed to the

changes. This is not always an easy process-making changes. Changes can be lead to frustration, sadness, and disillusionment. But change can also foster creativity, spontaneity, and happiness. ***The process is what you make it; the product is what makes our school's SHINE!***

So don't be a chicken!
Crack some eggs...you never know what you will make!

Biography of Jessica Paulson

What a positive learning experience this last year has been. I graduated from USD with my Masters in the spring of 2002, after working in juvenile corrections, then college admissions and advising. Last year I began my career as a school counselor

with the Sioux Falls School District working between two elementary schools. This year, I was given the opportunity to be part of the staff to open Discovery Elementary School on the west side of Sioux Falls. I am originally from Sioux Falls, and

have enjoyed the opportunity to be closer to friends and family.

I look forward to developing relationships and leadership through the opportunities that SDCA and the Sioux Chapter have to offer.

Middle Level V-P Biography: Kelli Stofferahn-Muck

Hi! I am Kelli Stofferahn-Muck and I am excited to be a part of the SDSCA board as the Middle Level Vice-President. This is my second year of a 2-year term and I have greatly benefited from my experiences on the board, both personally and professionally.

My educational background includes an undergraduate degree from South Dakota State University in Sociology and Sec-

ondary Education in 1991. I completed the graduate program in Guidance and Counseling at Northern State University in 1994

My work experience includes being the K-12 school counselor at Warner School for 3 years. I was the middle school counselor in Chamberlain for the past 7 years and just recently got married and moved West River. I am currently the middle school

counselor at Southwest Middle School in the Rapid City Area School District.

If you haven't already, you should get involved with SDCA/SDSCA! This organization is very valuable to us as professional counselors. Have a great year and contact me with any concerns. You can reach me at work #394-6792 or home # 343-5269 or email me at kelli.stofferahnmuck@rcas.org.

Calendar of Events for 2005 School Year



School Board Recognition Month
 National Mentoring Month
 1-3 -Japanese New Year
 1- Emancipation Proclamation Anniversary
 1- New Year's Day
 7- Christmas Day (Eastern Orthodox)*
 16- World Religion Day*
 17- Martin Luther King, Jr. Birthday observance*
 17-25 Kindness and Justice Challenge (www.dosomething.org)
 21- National School Nurse Day
 26-National Compliment Day
 28-Christa McAuliffe Day



African American History Month
 National Children's Dental Health Month
 American Heart Month
 Eating Disorders Awareness Month
 1-National Freedom Day*
 2-Groundhog Job Shadow Day (www.jobshadow.org)*
 National Girl and Women in Sports Day
 7-11 National School Counseling Week (www.schoolcounselor.org)*
 9 Chinese New Year (year of the rooster)*
 13-20 National Child Passenger Safety Awareness Week*
 14-20 Random Acts of Kindness Week*
 14- Valentine's Day*
 19-26 National Brotherhood/Sisterhood Week
 19-26 National FFA Week
 21- Presidents' Day*
 22-29 Eating Disorders Awareness Week



American Red Cross Month
 Music in our Schools Month
 National Mental Retardation Month
 National Middle Level Education Month
 National Social Work Month
 National Nutrition Month
 National Women's History Month
 Youth Art Month
 Social Work Month
 National Talk With Your Teen About Sex Month

1-5 No Dissing Week, 2004 (at press, there was no date set for 2005)
 2- Read Across America*
 6-12 Girl Scout Week*
 7-11 National School Breakfast Week*
 7-11 Newspaper in Education Week*
 8- International Women's Day*
 14-18 National Energy Education Week NEED@erols.com*
 17-St. Patrick's Day*
 17- Absolutely Incredible Kid Day (www.campfire.org)*
 20-Spring begins*
 Palm Sunday*
 20-26 National Poison Prevention Week (kgiles@cpsc.gov)*
 20-26 National Agriculture Week (www.agday.org)*
 20-26 Anonymous Giving Week*
 21-International Day for the Elimination of Racial Discrimination (though the UN)*
 27 Easter*



Keep America Beautiful Month
 Mathematics Education Month
 Alcohol Awareness Month
 National Child Abuse Prevention Month
 National Youth Sports Safety Month
 National Autism Awareness Month
 Month of the Young Child (www.naeyc.org)
 National Youth Sports Safety Month
 1- April Fools Day*
 1-7 Golden Rule Week*
 2- Kick Butts Day (www.kickbutts.org)
 2- International Children's Book Day (acutts@reading.org)*
 3-9 - Week of the Young Child (www.naeyc.org)*
 4-10 National Blue Ribbon Week (child abuse awareness)*
 4-10 National Public Health Week*
 7- World Health Day (AAWHstaff@aol.com)*
 10-16 National Library Week*
 17-23 - Public School Volunteer Week (members.aol.com/pledgenow/applseesed)*
 17-23 National Student Leadership Week*
 17-23 National Volunteer Week (www.pointsoflight.org)*
 18 National Youth Service Day*
 21-27 PTA Earth Week (www.pta.org)
 22-Earth Day*
 24-30 Administrative Professionals Week*
 25-May1 National Turn Off TV Week (<http://www.tvturnoff.org/week.htm>)*
 27- Administrative Professionals Day*
 28- Take Our Daughters and Sons to Work Day (www.msfoundation.org)*
 29-National Arbor Day

Calendar items continued



Better Hearing and Speech Month
 National Sight-Saving Month
 National Mental Health Month
 Asian Pacific American Heritage Month
 Get Caught Reading Month
 Allergy/Asthma Awareness Month
 Older Americans Month
 1-7- National Physical Education and Sports Week (www.naspe.org)
 Law Day
 (McKinneyB@staffabnet.org)*
 1-7 Reading is Fun Week*
 1-7- Be Kind to Animals Week
 (www.americanhumane.org)*
 1-7 National Substitute Teachers Week*
 1-7 National Suicide Awareness Week
 1-7- National Music Week*
 2-7- Respect for Law Week*
 World Press Freedom Day (through the UN)*
 2-8- National PTA Teacher Appreciation Week*
 3 National Childhood Depression Awareness Day*
 National Teacher Day*
 (www.nea.org)

5 Cinco de Mayo*
 5 First American Man in Space Anniversary
 6 Holocaust Remembrance Day*
 6-12 National Nurses Week*
 7-14 National Safe Kids Week*
 8- Mothers Day*
 8 World Red Cross Day*
 11- National School Nurse Day*
 15-21 National Educational Bosses Week (naeop@naeop.org)*
 21 Armed Forces Day*
 25- National Missing Children's Day**
 30- Memorial Day*
 31-World No-Tobacco Day
 (AAWHstaff@aol.com)*



1-July 4- Fireworks Safety Month
 National Safety Month
 1-Stand for Children Day*
 5- World Environment Day (through the UN)*
 12 Race Unity Day*
 12-18 National Flag Week
 14- Flag Day*
 19- Fathers Day*
 21-Summer begins*

Content and ideas wanted for SDCA Website By Wendy Stubbs, webmaster

**Now that the new website is up and running, I would like ideas for content. I have a page in it on books we are reading for instance, that needs more input from you the counselor. Also, let us know how this website can continue to meet your needs. I will continually be refining the navigation to make it easier to access information. If you see something from another website that you like, let me know. Email information to me for the website at: sdcanews@mchsi.com
 The website is at: www.sdccounseling.org**

Potpourri

SDCA & SDSCA UPCOMING DATES TO NOTE:

November 5, 2004—
 Ethics Workshop in
 Chamberlain.

November 9, 2005—
 SDSCA and SDCA board
 meetings via DDN.

Need more information
 about upcoming work-
 shops in the state:

Check out the new section
 on workshops at:
www.sdccounseling.org
 and click on counselors
 and then workshops.

Do you need information
 on the tech prep work-
 shops in our state?
 Contact one of the state
 coordinators listed here:
[www.state.sd.us/deca/DW
 CP/TechPrep/](http://www.state.sd.us/deca/DWCP/TechPrep/)

National information on
 Tech prep can be found
 here:
<http://www.natpl.org/>

**ASK
NOT
WHAT
SDSCA
CAN
DO
FOR
ME,
BUT
WHAT
CAN
I
DO
FOR
SDSCA!**

Nominations due for SDSCA Governing Board

It's time to begin thinking about seeking an elected office with the South Dakota School Counselors Association. SDSCA needs leaders who are willing to lend their knowledge and expertise to their profession and to the Association. SDSCA needs leaders with energy and vision to help the association aspire to new heights. All current members of SDSCA are encouraged to become a candidate.

The Governing Board acts as the governing body of South Dakota School Counselor Association. The following 2005-06 SDSCA Governing Board positions are open:

President Elect: This is a three-year leadership commitment- President Elect, President, and Past President. An active, passionate school counselor is needed to lead the association with vision, energy, and enthusiasm.

K-12 Vice President: This is a two year commitment. A candidate for K-12 Vice President must work in a K-12 school counselor setting. The K-12 Vice President is responsible for representing K-12 school counselors in South Dakota and generating interest and activities in the K-12 setting.



Middle/Junior High Vice President: This is a two-year commitment. A candidate for Middle/Junior High Vice President must work in a middle/junior high setting. The Middle/Junior High Vice President is responsible for representing Middle/Junior High school counselors in South Dakota and for generating interest and activities in the Middle/Junior High setting.

All Officers are expected to attend all regular and special meetings of the Governing Board, attend the SDSCA Leadership Summer Retreat each year, and the annual SDSCA Conference.

Individuals interested in seeking office for any of the above positions should return the SDSCA Governing Board Candidate Information Sheet by **February 1, 2005. (on following page)**

Send to:

Beth E. Schroeder, SDSCA
President-Elect,
2904 S Prairie Ave
Sioux Falls SD 57105
605-367-1795
beth.schroeder@k12.sd.us

SDSCA Governing Board Candidate Information Sheet

Name _____

Candidate for the SDSCA Governing Board office of:

President Elect

K-12 Vice President

Middle/Junior High Vice President

School Name: _____ District: _____

School Address: _____

City: _____ Zip: _____ Phone: _____

Home Address: _____

City: _____ Zip: _____ Phone: _____

Email: _____

School Counseling Experience:

Education:

Previous Leadership Roles:

Position Statement: In a 100 words or less, write a brief position statement you're your reasons for seeking this position. This statement will be published in the *South Dakota School Counselor Newsletter*.

DEADLINE: February 1, 2005

Mail to:

Beth E. Schroeder, SDSCA President-Elect

2904 S Prairie Ave

Sioux Falls SD 57105

605-367-1795

beth.schroeder@k12.sd.us

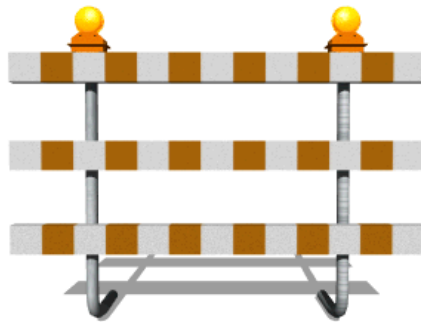
Roadblocks by Jeff Gunn

As K-12 School Counselors, we are in a unique position, unparalleled in education in South Dakota. We greet Kindergarten students as they make their “First Day of School” and we watch as our seniors clutch their diplomas on the stage on their last day of school. They are with us, and we with them, each day between. While it is true that those students do not have the opportunity to make connections with new school counselors as they transition from level to level, we are often the only person in our school who has close contact with that student from day one to graduation day.

Because we have established relationship with students throughout their education, we can adapt ourselves to help our schools meet the obligations of the No Child Left Behind legislation. Administrators are concerned about keeping themselves off governmental lists of improvement, so we as counselors should and can assist students while showing our administration that we can help them meet their goal.

Here are some possible ways you could help:

- Set up a peer tutoring program to assist students who have homework issues to get assistance. Sometimes it is just a matter that students are struggling with late work. Graduation rates would increase with more students passing courses, and students would get better achievement scores.
- Reduce the amount of time counseling services take away



from the classroom. Meet with students prior to school, or after school, or meet with students during their study halls. While we cannot completely eliminate counseling services from interrupting class time (such as attendance with Post High Planning Days or career fairs), we can work in small ways to keep kids in class.

- Help students who struggle with organization. You could randomly choose three desks during your classroom guidance time and give a point for neat desks (1/2 point for those on the fringe of neat) and reward the class when they reach a certain total.
- Teach lessons on study skills. Today I am having my 4th Grade students create a T-shirt and a jingle based on a study skill, such as “filling out my planner.”
- Assist with transitions. I have noticed a dip as students move from one level to the next, and we as K-12 counselors can help guide students through these transitions.
- Meet early and often with new students. New students

struggle with many issues, and meeting briefly with the counselor during those first weeks can pinpoint any areas of confusion or concern. We have many open enrollment students, so this is key for our district.

- Connect to the world of work. Most students want to see the connection with what they are learning to how they will use what they are learning. Achievement rises when students are motivated and showing them the importance of coursework will provide them with motivation. Get your teachers to connect school to work.

I suggest you start small, but look for opportunities to enhance your students’ achievement. Find a balance of time, for you do no one any good if you stretch yourself too far. Sit down with your teachers or your administration and ask the question: “Where are the roadblocks to our students’ achievement?”



LIGHTS, CAMERA, ACTION

Working with the media

Print and electronic media is one of the most powerful influences on our behavior, attitudes, thoughts, and perceptions. Media coverage of an issue immediately makes it important and relevant. How media presents an issue shapes our perception and attitudes towards it.

Perhaps because it is so pervasive and influential in our culture, the media is often perceived as some mysterious force that independently searches out and finds the news that it reports. But that's just not true.

While most reporters do seek out some stories on their own, a large proportion of the news you see, read, and hear was brought to their attention by a news release, a phone call, or by other means. The editor of the Wall Street Journal estimates that

90% of the articles it prints are generated by news releases or telephone tips. Reporters often don't have the time or resources to go out and find the news. More often than not, media professionals



find the news from their desks, sorting through press releases and telephone messages to discover issues that merit further attention and investigation.

In short, you can win media attention for yourself or a program, project, or activity that you are involved with — and you don't need a publicist or a PR professional to succeed.

What you do need to succeed is:

- self-confidence and a belief in the value and importance of the information you are sharing with the media;

- a modest commitment of time and energy;
- an understanding of the needs of media professionals and how to frame and “pitch” your story ideas so that they are compelling to them;
- knowledge of the basic tools and conventions of media relations.

As renowned public relations executive Michael Levine puts it in his book *Guerilla P.R.* (1997), “this isn't brain surgery.” It's something all of us can do. So let's get started!

References:

Public Awareness Ideas: Strategies for Professional Counselors. American Counseling Association. Retrieved from: http://www.sd counseling.org/images/Couns_Awareness_Mth.pdf

Career Counseling information

By Wendy Stubbs, Career Counselor at the U.

One thing is certain in the field of Career Counseling, the computer and the Internet have truly revolutionized the way we do Career Counseling for many ages of students. We so often rely on websites for information, assessments, and resources. I want to point out a few good portal websites that are handy for school counselors to know about and I am sure many of you also know of others that you could perhaps share in the future! Make sure websites are kept current and I never recommend a site that charges a student a fee for its usage, such as resumes or job searching sites.

- 1, The SD Dept. of Education has done a great job listing many sites and there are some I use from this listing: <http://www.state.sd.us/DOE/DWCP/links/career.htm>
2. <http://www.42explore.com/careers.htm>
3. Look at career curriculum or career descriptions here: <http://www.khake.com/>

Joint Summer Conference planned

There will be a joint SDSCA & DACAC Summer Conference in Aberdeen, SD from June 13-15, 2005. Tentative Topics will be: Bullying, Harassment, Ethics, DOL Materials and Real Game, Grief Therapy in Schools, Pet Assisted Therapy in Schools, Solution Focused Therapy in Schools, Laws/Referrals in Schools, and ASCA national model. Look for further information on our website or newsletters.

How to sign up for the SDSCA listserv

Send an e-mail message in the following form:

Address the message to: Listserv@k12.sd.us

You can leave the subject line blank

In the body of the message type: **subscribe
SDCounselors**

When you join the list, the List Server will send you a welcome message informing you that you are subscribed.

Dedicated to providing student loans and other financial aid services to you, your students and their parents.



EAC 1-800-874-9033 • eac@eac-easci.org
www.eac-easci.org

2005 SDSCA Awards Nominations

<p>Requirements and Procedures for Nominating</p> <p>Each nomination packet needs to contain the following materials and be organized in the following order:</p> <ol style="list-style-type: none"> 1. Completed SDSCA nomination checklist. 2. One page letter of recommendation by the nominator containing a brief description of the contribution for which the individual is being nominated. 3. Two letters of support for the nominee. Letters may be from administrators, colleagues, parents, students, students, community leaders, and etc. 4. The nominee must have been an SDSCA member by July 1 of the year previous to the presentation of the award. (You can contact Kelly Duncan-Clark at sdca@cableone.net to verify membership status of nominee.) <p style="text-align: center;"><u>School Counselor of the Year Award</u></p> <p>The purpose of the four awards is to recognize an <i>elementary, middle/junior high, secondary, and multi-level counselor</i> for outstanding service achievement. In addition to the recognition given to the recipient of the award, positive public attention is focused on school counseling and thus provides the public an opportunity to educate others about school counseling programs.</p> <p>I. Eligibility for consideration:</p> <ol style="list-style-type: none"> A. The nominee must be currently employed as a full-time counselor and have completed three consecutive years of counseling at the level of nomination. B. The nominee must be an SDSCA member. C. The nominee must hold a Master's Degree in guidance and counseling and be certified by the State of South Dakota. 	<p>II. Criteria For Recognition</p> <ol style="list-style-type: none"> A. The nominee should possess the personal qualities thought to be desirable in a counselor. B. The nominee must have been responsible for exemplary work in counseling and guidance programs, for providing leadership in the further development of counseling and guidance programs, for demonstrating leadership in professional counseling organizations, and for performing outstanding service to the school or community. C. The activities or accomplishments recognized must have taken place within five years prior to the date of presentation. <p>III. SDCA Conference Presentation</p> <p>The four counselors recognized by this award will be encouraged to present a content session at the SDCA Conference the following year. Each year's winners will be nominated for the corresponding ASCA award the following year.</p> <p style="text-align: center;"><u>Orv Schmieding Award</u></p> <p>For outstanding service to the area of school counseling over an extended period of time. This is the top award determined by the SDSDA Governing Board. Consider these points:</p> <ol style="list-style-type: none"> 1. Length of time as a school counselor. 2. Contributions to SDSCA. 3. Professional contributions. 4. Civic and local contributions. <p style="text-align: center;"><u>Walt Flannery Award</u></p> <p>To receive this award you must be a member of SDSCA and have been a school counselor for fifteen years. If the nominee meets this criterion, please indicate this in a note or letter to the Awards Chair Beth Schroeder. Out-of-state service can be included in the 15 years. Nominee must verify the years of service. (Self-nomination for this award is preferred.)</p> <p style="text-align: center;"><u>Special Awards:</u></p> <p>For making a significant contribution to the school counseling profession. This award can be given to a member or non-member of SDSCA.</p>	<p style="text-align: center;"><u>Human Rights Award</u></p> <p>This award was created to recognize individuals who promote human rights in the state. Nominees do not have to be members of SDSCA, but should ideally have assisted others in any of the following ways:</p> <ol style="list-style-type: none"> 1. Elimination of stereotyping or discrimination based on sex, race, culture, sexual orientation, handicap, or age. 2. Counseling, as a right of all students. 3. Elimination of abuse and neglect. 4. Elimination of service or program censorship. 5. Rights of a child. 6. Alcohol and drug abuse. 7. School dropouts. 8. Juvenile delinquency. 9. Cultural awareness. 10. AIDS. 11. Other leadership that allows human beings to live more fully and freely. <p>Those nominating persons for this award are asked to write a letter describing why you feel the nominee is deserving of this award. This nomination is sent to the <i>SDSCA Human Rights Co Chair Karen Amundson</i> PO Box 730 Watertown SD 57201. Send nominations by Feb. 1, 2005.</p> <hr/> <p style="text-align: center;">SDSCA Awards Nomination Checklist</p> <p>___ One page letter of nomination by the nominator</p> <p>___ 2 letters of support</p> <p>___ Verified that nominee is a current member of SDSCA (with exception of Special Awards)</p> <p>Send all materials in one packet in the order above by Feb. 1 to: Beth Schroeder 2904 S. Prairie Ave Sioux Falls SD 57105</p> <p style="text-align: center;">USE nomination form NEXT page!</p>
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2005 South Dakota School Counselor Awards Nomination Form
Packet must be **POSTMARKED** by **February 1, 2005.**

Nominee _____

Home Address _____

Home Phone _____

School _____

School Address _____

School District _____

Work Phone _____

Preferred E-mail _____

Fax # _____

Award Category

Please choose the appropriate area for Counselor of the Year

_____ Elementary Counselor

_____ Middle/Jr. High Counselor

_____ Secondary Counselor

_____ Multilevel School Counselor

Please choose the appropriate area for Other Awards

_____ Orv Schmieding Award

_____ Walt Flannery Award

_____ Special Award

Please note: With the exception of Special Award, all others must be current members of SDSCA, working within the designated grade level.

Nominated by: _____

Home Address _____

Home Phone _____

School _____

School Address _____

School District _____

Work Phone _____

Preferred E-mail _____

Fax # _____

Send nominations to: Beth E. Schroeder, President-Elect SDSCA

2904 S Prairie Ave Sioux Falls SD 57105



Serving South Dakota School
Counselors since 1974
www.sdschoolcounselors.org



SDSCA MEMBERSHIP RENEWAL/Application (Please type or print)

Name _____

Home Address _____

City/State/Zip _____

Home Phone _____

Place of Employment _____

Work Address _____

Work City/State/Zip _____

Work Phone _____

Email: _____

Current practice level: ___ K-12 ___ Elementary ___ Middle/Jr. High

___ High ___ Post-Secondary ___ Educator/Supervisor

South Dakota School Counselor Association—Membership Category

___ Professional	_____ \$30.00	\$ _____
___ Student	_____ \$10.00	\$ _____
___ Retired	_____ \$10.00	\$ _____
___ Affiliate	_____ \$30.00	\$ _____
___ Allied	_____ \$30.00	\$ _____

Student Membership Certification:

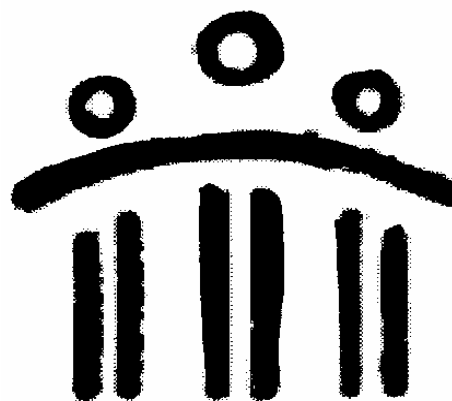
Professor signature _____ Date _____

<p><u>New Professional Only:</u> First year membership....\$15.00 <u>Part Time Counselor Only:</u> Membership.....\$15.00</p>
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Send this form with your dues payable to *SD School Counselors Association* and mail to:

Kelly Duncan
Box 1992
Dakota Dunes SD 57049

An Area of Specialty of the South
Dakota Counseling Association



**An Invitation
to
Membership**

SDSCA

Mission

The mission of South Dakota School Counselor Association (SDSCA) shall be to represent professional school counselors, to promote professionalism and ethical practices, and to provide professional development and educational opportunities.

South Dakota School Counselor Association (SDSCA) is the foundation that expands the image and influence of professional school counselors.

South Dakota School Counselor Association (SDSCA) empowers professional school counselors with the knowledge, skills, linkages, and resources to promote and advocate for student success in the school, the home, the community, and the world.

SDSCA Purpose

To foster a closer personal and professional relationship among school counselors and with counselors in other settings.

To advance the profession of counseling in order to maximize the educational/academic, occupational, and personal-social growth of each individual.

To improve the standards of school counseling and the relationships with other pupil personnel services for students in elementary, middle and/or junior high, secondary and post-secondary settings.

To assume an active role in helping people to understand and improve such services.

To publish scientific, educational, and professional materials.

To support the school counselors role as a student advocate

Services and Benefits to Members

- Provide support services and promotes professional and personal growth necessary to maintain a healthy and involved membership;
- Advocates for the role and program of the school counselors to be seen as an integral part of the educational process at the local, state, and national levels;
- Provides leadership training;
- Provides quality programming through conferences and workshops;
- Networking and support system;
- Mentoring programs;
- Promotes involvement in government relations;
- Provides public relations, programming, and materials;
- A quarterly informative newsletter;
- Recognizes outstanding contributions to the field of professional school counseling;
- Maintains a professional partnership with the American School Counselor Association as the South Dakota State Chartered Division.

Pre-Conference Workshops – THURSDAY, APRIL 21, 2005

<p align="center">Brief Therapy - Indispensable Interventions</p> <p align="center">8:30 AM to 4:00 PM</p> <p align="center">(lunch on your own)</p> <p align="center">Presenter: Stephen Lankton, MSW, DAHB</p> <p>Counselors in all professional settings who experience difficulties with clients of any age encounter the same issues: They either do not understand the problem or their interventions do not produce the desired outcomes. Stephen Lankton will address effective ways of conceptualizing client problems and developing effective interventions.</p> <p>Drawn from years of training with several luminaries in the field, Stephen Lankton shares essential principles and techniques that he has come to rely upon in therapy. These operational principles and techniques form a basic footprint for a theory of how change occurs in the process of effective brief psychotherapy.</p> <p>This theory of change provides an operational framework for creating novel interventions with individuals, couples, children, and families for practitioners in private practice, in school, or in agency settings. The operations include speaking clients' experiential language, using clients' own energy, assessing and retrieving necessary experiential resources, and labeling and therapeutically reframing problems and outcomes. Three specific techniques are universally valuable in brief therapy: revived resource retrieval, experiential-imagery rehearsal, association-dissociation, and simple hypnosis. This day provides an exposure to these concepts and techniques with clear examples from Lankton's work. Participants should find numerous ways to enhance their brief therapy practice in any setting and with all populations of clients.</p> <p>SDMHCA and SDSCA Members: \$70 Student Members: \$40 Non-Members: \$90 6 NBCC Contact Hours Available</p>	<p align="center">'Career Counseling - it's not just for Career Counselors'</p> <p align="center">1:00-4:00 PM</p> <p align="center">Facilitators - DiAnn Kothe, Brenda Hanson, Wendy Stubbs and many others</p> <p>Since all counselors at some time during their counseling sessions with various clients will touch on issues having to do with career decision making issues this round table can be of benefit to counselors from all SDCA disciplines (including graduate students). We will bring together MANY resources across the state for counselors to know about.</p> <p>Attendees will together explore the career counseling resources that are available to assist with employability skills, career selection as well as educational planning and direction.</p> <p>SDCA and SDECCA Members: \$40 Student Members: \$25 Non-Members: \$ 3 NBCC Contact Hours Available</p>
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Workshop Title	Member Cost	Student Cost	Non-Member Cost	TOTAL REMITTED:
Brief Therapy - Indispensable Interventions	70.00	40.00	90.00	
Career Counseling – It's Not Just for Career Counselors	40.00	25.00	60.00	

LODGING INFORMATION:

SDCA has reserved a block of rooms at the Sheraton Hotel at a special conference rate of \$74.00. Make your reservations directly with the Sheraton by calling **(605) 331-0100**. You must state that you are with the SD Counseling Association to receive this rate.

Cancellation/Refund Policy:

Cancellation request received prior to March 15, 2005 - Entire registration fee less 10% for processing

Cancellation request received between March 16-April 15, 2005 - Entire registration fees less 20% for processing

NO refunds for cancellations made after April 15. Requests for cancel and refund must be made in writing and sent to: *SDCA, Box 1992, Dakota Dunes, SD 57049* by the dates indicated above.

NBCC approved contact hours and One hour of CGPS graduate credit through Northern State University are available for participants. Approval pending for Social Work and Drug and Alcohol continuing education units.