

# THE PIC

(Practical Ideas for Counselors)



South Dakota School Counselor Association

April 2017



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## The Final Countdown...

By: Jeff Heavlin

Hello neighbors!

Spring is officially here, the weather is warmer, and we are just a few weeks away from the annual SDCA spring conference.

This month's PIC has a few bits and pieces of information to help you plan for the remainder of this year, make some plans for this summer and next fall, and again highlights some of our amazing members! Enjoy the remainder of the school year and I hope to see you all in Sioux Falls May 4th-6th as we take some time to not only grow professionally, but to connect with old friend, make new ones, and come together the way that only school counselors can.

Thank you for all that you do, day in and day out.

**Have a fantastic month!**

### SDSCA

The mission of the South Dakota School Counselor Association is to unite, support, and empower school counselors.

#### *Our Vision:*

The South Dakota School Counselor Association supports and unites school counselors through advocacy, leadership, and collaboration. SDSCA empowers our members through professional development opportunities, ethical support, and resources to promote student success in the academic, career, and social/emotional domains.

### Counselor Connections

Be sure to mark your calendars and make your plans now to attend SDSCA's 9th Annual Counselor Connections Workshop! We return again to the beautiful campus of South Dakota State University in Brookings, this year on November 3rd and 4th.

Registration and more details will be coming in the near future!

We do ask that you consider submitting a proposal to present at this year's Counselor Connections. It is a fantastic opportunity to share your successes with colleagues and give back to the profession. You can visit our website by [clicking here](#) for more information on becoming a presenter.

If you have any questions about Counselor Connections, please email Amanda Bender at: [Amanda.Bender@k12.sd.us](mailto:Amanda.Bender@k12.sd.us).

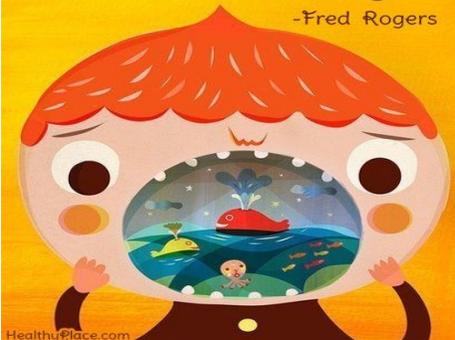
Hope to see you there!

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When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.

-Fred Rogers



## Mark Your Calendar

- ◆ **May 4th:** SDSCA/SDMHCA sponsored Pre-Conference workshop featuring Dr. Julia V. Taylor at the Best Western Ramkota in Sioux Falls ([click here](#) for info)
- ◆ **May 4th-6th:** SDCA Conference at the Best Western Ramkota in Sioux Falls ([click here](#) for info)
- ◆ **June 30th:** 2017 Counselor Connections program proposal applications due to Amanda Bender. ([click here](#) for details)
- ◆ **June 30th:** SDSCA and SDCA memberships expire [Memberships runs July 1st-June 30th annually]
- ◆ **July 8th-11th:** ASCA Annual Conference in Denver ([click here](#) for info)
- ◆ **September 29th:** SDCA Dr. Russell Barkley event in Sioux Falls ([click here](#) to learn more about Dr. Barkley)
- ◆ **November 3rd-4th:** SDSCA's 9th Annual Counselor Connections Workshop in Brookings at SDSU. Details coming soon!

## Sharing Good News

If you have good news to share about you, your colleagues, your program, or other information you'd like us to know, please send it to [sd.schoolcounselors@gmail.com](mailto:sd.schoolcounselors@gmail.com) (along with pictures if you have them!).

## Visit Us at the 2017 SDCA Conference!

Stop by the SDSCA table at the 2017 SDCA Conference (May 4th-6th in Sioux Falls) to learn more about our association, chat with members of our board, or connect with other SDSCA members (a great way to find travel partners and/or roommates for the ASCA Conference in July!)

We will once again have copies of several ASCA publications available for purchase at a fantastic discount!

Supplies are limited, first come, first serve.

**No rain checks or IOUs. CASH or CHECK ONLY please!**



## Making Your ASCA '17 Plans?

If you are on Facebook and are a current member of SDSCA, visit our official group dedicated to helping you get connected with other members traveling to Denver this summer. [Click here to join!](#)

### Stay Connected with SDSCA:

Website: [www.sdsca.weebly.com](http://www.sdsca.weebly.com)

Facebook: [www.facebook.com/SDSCounselors](http://www.facebook.com/SDSCounselors)

Twitter: @SDSCounselors

Pinterest: SDSCA Board



facebook



## Retiring School Counselor?

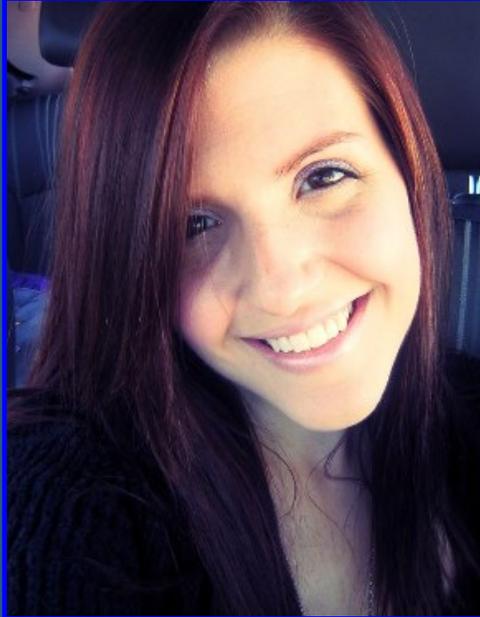
Are you or one of your colleagues getting ready to enjoy retirement at the conclusion of this school year? We would like to recognize them not only in next month's newsletter, but also at the SDSCA luncheon, taking place May 5th at the SDSCA conference. Please send you/their name, school/district, and years as a school counselor to: [sd.schoolcounselors@gmail.com](mailto:sd.schoolcounselors@gmail.com)



# School Counselor Spotlight

Sarah Greene- Hartford Elementary School

SDSCA Technology Chair



*How long have you been a school counselor?* : Three wonderful years!

*Why do you enjoy being a school counselor?*: Every day is an adventure! My students are sunshine and rainbows; their creativity, energy, and self-empowerment inspire me, and I am constantly learning from them. I am so excited to see what phenomenal changes they will bring (and have already brought) to those around them and to the world!

*What do you see as the biggest issues currently facing counselors?*:

One of the biggest issues school counselors face today, in my opinion, is fostering a school-wide culture of inclusivity, understanding, and acceptance of all human beings.

*If you weren't a school counselor, what other vocation would you like to be in and why?*: I would work for the World Wildlife Fund and save polar bears and arctic foxes! Or, I would be a famous manga artist!

Diana Mach– Scotland School District

*How long have you been a school counselor?*: 24 years

*Why do you enjoy being a school counselor?*: I enjoy being a K-12 School Counselor because of the versatility it presents. No day is the same. I enjoy working with students of all ages and knowing that I can make even a small difference in their life or even their day is rewarding to me. As a K-12, I have the opportunity to see them grow from Kindergarten to Seniors.

*What do you see as the biggest issues currently facing school counselors?*: I feel many counselors have been given the role of test coordinator, which in the last few years has taken precedence over everything else we have been trained to do. Because of all of the paperwork, we are not given the opportunity to be school counselors, which are so desperately needed in the schools now more than ever. More people see us as test coordinators over school counselors. I have had many conversations with my administrators about this and have been fortunate, this year, to share some of the testing duties with other staff members. It needs to be a team effort. This, unfortunately, is not the case in all schools. It delegitimizes our role and puts our profession in jeopardy. Administrators need to realize that testing today is no longer what it was and there is more of it. We can be willing to do our share, but not loaded down with all of it.



*Is there anything else about you, your program, or experiences that you'd like us to know?*: I have a great rapport with staff and administration. That is so important. I thrive on teamwork. When I first started, there had been a lot of turnover. It was so important to reconstruct the continuity and respect of the school counseling department. I was alone. Public relations became extremely important. If you don't become a self advocate, no one else will do it for you and as hard as it was at times, it was extremely necessary. Over the last 24 years, I have had 7 different administrators. I have been fortunate to have their support and their respect, as they have mine. But it didn't come overnight. It had to be earned.

*Continued on page 4*

# School Counselor Spotlight con't



## Kaitlyn Pederson- Canton Middle School

*How long have you been a school counselor? :* 2 years

*Why do you enjoy being a school counselor?:* I love being able to interact with students on a daily basis in a variety of settings! Some of my favorite include individual counseling, group counseling and teaching a 6th grade class! I love being able to get to know my 6th grade students and it gives me great insight as to who they are as a person. One reason I became a school counselor is to let students know that they have someone they can turn to in any situation, good or bad!

*What advice would you give to anyone new to the school counseling profession?:* Being rather new myself, I think the biggest piece of advice would be to utilize your resources and it is okay to ask for help. In my first year, I remember feeling very overwhelmed and I realized, way later of course, that it is okay if I don't have the answer for everything right then. Oh, and having finger fidgets is a must!

*If you weren't a school counselor, what other vocation would you like to be in and why?:*

I love working with children, therefore, I would like to work in a preschool setting. Another career path I have thought about is speech therapy! Regardless of the profession, I know I would be working somewhere with children and helping them in some way.

## Laura Llody-Smith- Rapid City Central High School

*How long have you been a school counselor?:* I believe this is my 20th year!

*What do you see as the biggest issues currently facing school counselors?:* Budget cuts and counselor rations always seem to be an ongoing concern... I also think counselors now are faced with issues we didn't dream about even ten years ago such as how technology use has affected teens' communication skills and problem solving abilities. Additionally, the increasing "push" for College and Career Readiness often makes it difficult to also find time to manage the personal/social issues that arise daily. I think we feel pulled in different directions.

*Who are your inspirations or role models?:* I had a great mentor/colleague years ago. Tom May, retired school counselor, impressed upon me the critical nature of relationships with students, staff and parents. I come to work every day knowing that what I say and do matters to kids and parents. I want them to leave my office knowing that someone cares about their future.

*Have you ever attended an ASCA National Conference?:* I have not but it's on my bucket list. Maybe this year in Denver!

*Is there anything else about you, your program, or experiences that you'd like us to know?:* I love this quote from Victor Hugo: "Even the darkest night will end and the Sun will rise." On a tough day, I remind myself of this.



### Next Month:

- ⇒ An overview of the SDCA conference, including award recipients
- ⇒ A recap of SDSCA's year and looking ahead to 2017-2018
- ⇒ The final School Counselor Spotlight of the school year  
*And more...*

