



Jeff Heavlin

SDSCA President

K-6 School Counselor
Saint Mary and Holy Spirit Schools,
Sioux Falls

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.

Getting Connected

By: Jeff Heavlin

Hello neighbors!

Helen Keller said, "Alone we can do so little; together we can do so much." Truer words could not be spoken when talking about school counselors. We are constantly working with students, families, administration, teachers, support staff, outside services, and of course other school counselors. If there is anyone who knows what it means to be a team player, it has to be a school counselor.

SDSCA appreciates your choosing to be connected with us and we want to help you get connected with resources, professional development, and possibly most important: each other. We hope that you are able to join us next month at the 8th Annual Counselor Connections workshop. It's not too late to register. [Click here](#) for details. This year we are pleased to have several ASCA publications available for purchase at Connections (see page four for more details).

Throughout this school year, we will also be sharing information about attending the 2017 ASCA Annual Conference, taking place in Denver July 8th-11th. If you have never had the opportunity to attend an ASCA conference, it is truly a special event. A record number of school counselors came together this past summer in New Orleans and I think it would a fantastic accomplishment for a record number of South Dakota's school counselors to take the Mile High City by storm.

Finally, whether it is a birth or wedding, an exciting event at your school, or something special you are doing with your comprehensive program, we want to share it. Those of us in the helping professions spend so much time on others, that we often neglect ourselves. Self-care is not only crucial, but an ethical obligation. Taking time to celebrate ourselves and our work in a truly powerful and important thing. Help us recognize each other! Please send your "good news" (including pictures if you can) to sd.schoolcounselors@gmail.com.

Have a fantastic month!

In this issue...

- ◇ South Dakota's only RAMP recipient shares her story... page 2
- ◇ Mark Your Calendar... page 3
- ◇ School Counselor Spotlight... page 4
- ◇ ASCA '17 and Carl "Energizer" Olson... page 5 *[And more!](#)*

RAMPing Up

By: Elizabeth Rus

As school counselors, we always hear about the South Dakota or ASCA School Counseling Model and that we should implement and use it. I know that I wasn't the only one thinking, "yeah, but how do we do that? I am already stretched thin, how am I going to do ONE MORE THING!!" I learned all about it in theory, but really wanted to take something, a recipe, if you will, and apply it. I'm a person that really wants someone to teach me exactly what to do, how to do it, and the steps to take. What does it look like in real life? But, let's face it. It's a framework designed to be tailor-made to each school's needs, so following step by step directions would be pretty hard or impossible. Plus, how do we even know if we did it right? No one is reviewing this for a grade. Is it attainable? Is it worth all of the effort? Will people buy in? Will I have to re-vamp my whole year? I'm scared of data--it's a 4 letter word, for Pete's sake! I went into the humanities to avoid math! There are so many reasons to stick with the status quo. I've only got 19 years left until early retirement...or is it 18?

So, what are some reasons why it would be a great idea to move your school counseling toward the SD School Counseling Model? A comprehensive school counseling model changes school counseling from a service provided to *some students*, into a program that serves *all students--becoming an integral part of school programming*. A counselor's time is spent with more students in the school rather than the frequent fliers or the top 20%. The shift is more preventative than reactive. If a counselor addresses a topic (i.e. cyberbullying) with classrooms rather than the few individuals engaging in that behavior this week, more students benefit, your time is utilized more effectively, and hopefully this intervention will prevent these issues in the future.

Administration and other stakeholders benefit from a counselor implementing a comprehensive school counseling program because they will better understand what you can do. They can see in black and white results data: how you are effective and how you can make positive changes in your school. Your role is demystified by sharing your results with others. Few understand what school counselors do, and by sharing your data and results, they will have a better grasp of your role with students. Your cloak of confidentiality is now transparent.

Counselors benefit by using a comprehensive school counseling model. By showing your effectiveness and answering the question, "How are our students different as a result of the school counseling program?" you have just upped your street cred. By sharing your results, people will understand that you are making a huge difference for all students in your school. Your administrators speak data, so by sharing your results, they will be more receptive to utilize your counseling skills rather than your lunch duty supervision skills or testing coordination skills. You are unique in your position and by proving that you can deliver results, your non-counseling duties will hopefully decrease as counseling duties increase. You are also more accountable--to yourself as well as to your students. You will see where you need to change interventions or where you spend your time because the results weren't as effective as you had anticipated. This is a positive game-changer.

Continued on page 3



Elizabeth Rus

School Counselor
Fred Assam and Valley Springs
Elementary Schools
(Brandon School District)

This past July at the ASCA National Conference in New Orleans, Elizabeth was recognized for not only achieving RAMP status at Fred Assam Elementary, but for being the first school counselor in South Dakota to receive this honor.

Thank you Elizabeth
and congratulations!

Next Month:

- * A recap of **Counselor Connections**
- * Information and ideas to help you advocate for yourself and your program
- * How SDSCA can help you get to ASCA '17 in Denver

Stay Connected with SDSCA:

Website: www.sdscawebly.com

Facebook: www.facebook.com/SDSCounselors



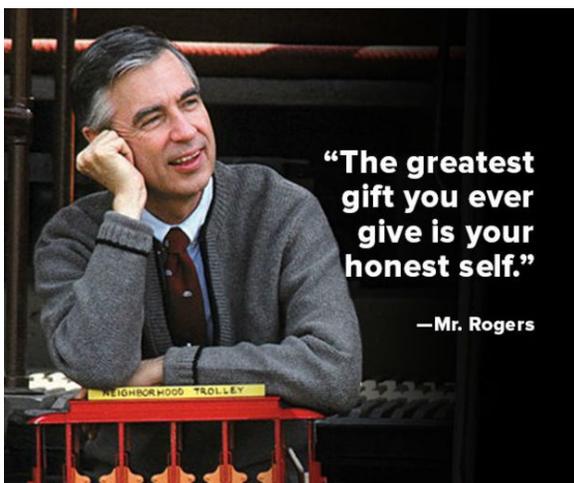
Twitter: @SDSCounselors

Pinterest: SDSCA Board



Mark Your Calendar

- ◆ **November 4th:**
SD Invest: Real World Readiness Presentation 9:00– noon at SDSU in Brookings ([click here](#) for info)
- ◆ **November 4th & 5th:**
Counselor Connections Workshop at SDSU in Brookings ([click here](#) for info or to register)
- ◆ **February 6th-10th:**
National School Counseling Week (for details, ideas, or to order material [click here](#))
- ◆ **March 16th– 19th:**
ACA National Conference in San Francisco ([click here](#) for info)
- ◆ **May 4th-6th:**
SDCA Conference at the Best Western Ramkota in Sioux Falls (details coming soon)
- ◆ **July 8th-11th:**
ASCA Annual Conference in Denver ([click here](#) for info)



“The greatest gift you ever give is your honest self.”

—Mr. Rogers

Renewed?

**Membership in SDCA and SDSCA runs from JULY 1– JUNE 30!
Have you renewed?**

RAMP con't

Implementing a comprehensive school counseling program is a PROCESS. Don't try and do this overnight. Find something that you feel is manageable to implement. Add things to your program and keep them going. This is extremely overwhelming if you try to do it all at once. One thing at a time. Breathe. Congratulate yourself on that one thing. Add one more. Repeat. Personally, I was working on my program for 6 years before I thought that I got it “right”. Here are some recommendations to start your program, whether you want to go all the way to RAMP or begin your journey to a comprehensive school counseling program.

Let me preface this by saying this is not the “only” way to do this. There are countless ways and probably many better, but this worked for me and my program. Year one, I began by inviting members to be on my advisory council. Members should represent staff, community members, parents, and administration to name a few. Set one goal this year and measure it. Make sure it's a SMART goal. This goal should address attendance, achievement, behavior, or school safety. Involve your advisory council. Find a problem you need to solve, plan an intervention, do your pre-post test/survey, and you will know whether it was effective or not! Easy peasy. This year should also be a time to complete your program audit to see what you are already doing, things in progress, and what you need to begin. Choose one you feel you can do and implement that. Congratulate yourself. If you can, add one more. Repeat.

The following year, set two SMART goals for your program. Make sure to report the results of your first goal to your advisory council, get their feedback, share needs assessment results with them and have them help you set these two goals. Review your program audit to see what else you can implement this year. Choose one or two if you wish. Keep setting small tasks for yourself to complete--break it into chunks so you stay focused and don't get overwhelmed.

Year three looks like year two, but keep adding to your already awesome program by reviewing your program audit and keep chugging away to move the components that are in progress to fully implemented parts of your program. After this process becomes comfortable, you have components in place, and you can show how your students are different as a result of your program, you have made it!!

Along the way, you will need some help. The best resources out there are from ASCA. They have three books that will really help you to get this party started. *Making Data Work* by Young and Kaffenberger (2009) is a great way to see how you can take a problem through the intervention and measure for success. If you are uncomfortable with data measurement, this is the book for you. *The ASCA National Model (Third Ed.)* is the bible of comprehensive school counseling programs and will have all of the information for you in one place. Another new book released is the *ASCA National Model Implementation Guide: Foundation, Management, and Accountability* which I haven't read, but should include more application examples and may be a more how-to manual for counselors that want to start their comprehensive program.

Continued on page 4

RAMP con't

Shameless plug for Andrea Diehm, SD DOE school counselor liaison-she has so many resources that will help counselors with their programs. The new version of the South Dakota School Counseling Model is being rolled out soon complete with templates for you to use (for FREE!) as well as the annual calendar already emailed to school counselors to use as a guide when planning your school year. Take advantage of the FREE SD Invest Year 4, Day 2 Repeat (featuring Dr. Trish Hatch) and if you already have, go to the SD Invest Year 5 (also FREE!) Keep looking for all of her resources and professional development opportunities in your inbox.

Technology is a fabulous resource for you to utilize when conducting needs assessments, gathering data, and making sense out of your data. I use Google Drive for their forms, docs, and sheets: I can survey staff or students, keep track of student responses to questions, they have a quiz feature, and many more things that will make your life easier. There is a handy feature in forms that shows a summary of responses where you get pie charts and graphs with a single click! You can always search Google for RAMP applications and see how other schools who have a program in place are doing things.



Elizabeth receiving her RAMP recognition plaque from ASCA chair Julie Baumgart. (photo courtesy of ASCA)

Use teachers and administrators in your district as a resource. Your program goals are essentially SLOs. Teachers have been writing and working on these for awhile now, and are great to collaborate with if you have questions and want to talk goals and how to measure them with someone face to face.

Implementing the South Dakota Comprehensive School Counseling Model is a process, but achievable and worthwhile. It is extremely intimidating if you don't break it up into manageable pieces. Do what you can. Small goals you reach will add up to big differences in your program and in your students. Utilize all of the resources available to learn how you can make a positive impact for your students through a comprehensive school counseling program. Go forth, and good luck!

RAMP Resources

Want even more help achieving RAMP status? SDSCA will have a limited number of ASCA publications available for purchase at Counselor Connections, November 4th and 5th.
Cash or check only, sorry– no pre-sales.

[The ASCA National Model \(3rd ed.\)](#) SDSCA price \$30

[The ASCA National Model Implementation Guide](#) SDSCA price \$30

[Making DATA Work \(3rd ed.\)](#) SDSCA price \$15

School Counselor Spotlight



Katie Heavlin
Roosevelt High
School,
Sioux Falls

SDSCA Technology
Chair

How long have you been a school counselor? : Just started my 9th year!

What do you see as the biggest issues currently facing school counselors?: Advocacy– Learning that it is okay to talk about what we do and how we do it.

What advice would you give to anyone new to the school counseling profession?: Keep going and ask questions, 9 years and I still ask!

Dustin Pickrel

May Overby
Elementary
Aberdeen

SDSCA
Graduate Student
Liaison



How long have you been a school counselor?: 3 years

Why do you enjoy being a school counselor?: I enjoy being around kids and as a school counselor I am fortunate to work the entire building. The feeling of helping someone through a difficult time and watching them succeed is gratifying.

Who are your inspirations or role models in life?: My role models are my parents, I want to follow in their life success and make them proud.

Have you ever attended an ASCA national conference?: Not yet...Denver, here I come!



Alyssa Krogstrand

SDSCA President-Elect

School Counselor
T. F. Riggs High School,
Pierre



Our next board meeting will take place Saturday, November 5th, following Counselor Connections.

Members are welcome to attend.

Unite. Support. Empower.

ASCA Conference– Denver

By: Alyssa Krogstrand

Now is the time to attend professional development at the American School Counseling Conference! The conference is in Denver July 8-11, 2017. I think it would be fabulous if we could flood Denver with the amazing counselors from South Dakota. The South Dakota School Counselor Association will be providing a stipend for all members who attend the ASCA conference. This is a great time to fill your tool box and network with some great counselors. ASCA has helped by putting out a [customizable justification letter](#). I have had the opportunity to attend the conference in Boston, Seattle, and New Orleans. I always take away great ideas and resources that are practical and useful. Some examples (I have many more) include:

- I went to a S.O.S. (Solving Our Stress) session and received a handout that I use often when I am working with my students.
- I was able to dig into the new Ethics that ASCA released last summer. It is helpful to me to hear and learn the big differences of the new versus the old.
- Learning about the national policies and organizations that are available to support what I am already doing.
- Great time to get to know other counselors in our state and other states that I can reach out to when in need.

I can't wait to see everyone at ASCA in Denver! Mark your calendars now.



The Energize is Back!

If you attended the South Dakota Invest workshop in November 2014, you are probably familiar with Carl "Energizer" Olson. Carl is bringing his blend of entertainment and education back to South Dakota the week of November 14th. To learn more about Carl or to contact him about visiting your school, please visit his website at www.energizerolson.com

