



WSCA Updates

For current happenings on the **2013 WSCA Annual Conference** as the planning progresses check out our wscaweb.org

WISCONSIN SCENE!
Network with Statewide School Counselors Today! The Wisconsin School Counselor Association is excited to announce the addition of "Wisconsin SCENE" to the American School Counselor Association discussion board, ASCA SCENE, located at www.schoolcounselor.org/SCENE

Here is the great news: WSCA offers a **FREE** student membership for first-year graduate students in school counseling programs here in Wisconsin! After that, each year's membership costs only \$25.00!

Comings and Goings

- The WSCA Graduate Student Committee Meeting will be held on November 2, 2012 at UW-Oshkosh from 10:00am-12:00pm
 - Check with your school's WSCA Graduate Student Representative for more information! You may attend virtually via Google Hangouts!
- Attend 2013 Fall Summit on Friday, October 25, 2013 from 9:00am-4:00pm at CESA 3, Fennimore, WI.
- Don't forget to register for the 2014 WSCA Conference, February 18-20
 - Volunteer 4 hours at the conference for waived registration fee
 - Contact Meg Plicka at meg.plicka@gmail.com to sign up

A Message From the WSCA Grad Student Representative

Fellow Graduate Students,

A new school year has begun and with that starts a new year for the WSCA Graduate Students. So far all of our Regional Co-Chairs and Student Representatives have been hard at work in order to make improvements and bring new ideas to the Graduate Student Section of WSCA. There are many exciting things happening this year, one of those things is the development of Education Corner.

Education Corner is a new way to provide us with the up to date and need to know information that is going on in the professional world. These topics are vital for us, as future School Counselors, to know more about but may only get touched on in our education. Topics such as PBIS, RIT, Evidence Based Practice, Data, and more, will be covered. Two types of videos will be available in Education Corner. One type will be the short and basic 101 version of the topics. During our meetings we bring in Guest Speakers to talk about various topics, due to time constraint, often these speakers only get a small amount of time to talk and answer questions. Starting at our November meeting we will be taping the guest speakers and posting the videos on Education Corner. If I learn that more information is wanted on the topic spoken about, the guest speaker will be approached about doing a longer and more detailed video on the topic. This will be the second type of video on Education Corner. These will be more detailed videos on the topics we need to know the ins and outs of as school counselors. Education

Corner was an idea I thought of while attending Summer Academy back in August. It occurred to me that I had little or no idea about many of the topics that were talked about. It dawned on me that if I didn't know, there is a chance my fellow Graduate Students did not know either. The goal is to help make graduate students more aware of major topics to help prepare us for the professional world. I am very excited about this project and I will need some help to make it a success. If any of you would be interested please let me know.

There are many more exciting things to be involved in this year. One way is volunteering for our Annual Conference., There have been a few changes made since last year. One new change is that we are cutting down the number of hours required to volunteer in order to have your fee waived. This year we will only require 4 hours of your time to have your fee waved. We are also looking into giving those who participate in the Graduate Student Poster Session an hour of time to credit towards your volunteer hours. We are trying to give more Graduate Student the chance to attend Conference and get more student participation in the Graduate Student Poster Session. If you decide to do a Poster for the Graduate Student Poster Session and are chosen to present at Conference, you will earn one hour of volunteer time. That means you will only have to complete 3 hours of time instead of 4. Proof will need to be given to me to verify your participation. Online Sign Up sheets for the Registration Booth and T-shirt Booth will be

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emailed out to those interested. In order to sign up you must email me at meg.plicka@gmail.com. I will then send an invite for the sign-up sheets. Also check out www.wscaweb.org for more details about Conference and Pre-Conference. Pre-Conference offers a great opportunity for a FREE sectional called Day on the Hill. This is a great opportunity to learn how to speak with legislators, and then take part in meetings with ACTUAL legislators to promote School Counselors importance in schools. This is a great opportunity all should check into. Also don't forget to check out the Scholarship Opportunity; applications and requirements are due by Nov. 1st!

Lastly it is important for me to have someone to proceed me come July 2014. If you are interested in the Graduate Student Representative position please contact me directly via email. Applications, a resume, and 1-2 recommendations with the person who is recommendation's contact information are due to me by Nov. 7th. In order for your application to be considered you must have everything listed above.

Mindfulness in Education

By: Grace Schmid, University of Wisconsin-Stout

Mindfulness is becoming one of education's newest and hottest topics. Mindfulness is the practice of being aware of your present moment. Putting full attention on your present thoughts, feelings, and being aware of these without any judgment.

Articles about mindfulness and its practices have been popping up everywhere from blogs, popular magazines, and even in academic journals. A number of curriculums have even been created that have their roots in mindfulness research. The Hawn Foundation, for one, has created the Mind Up! curriculum that teaches children social and emotional skills that link to mindful practices and other neuroscience research-based methods. Mind Up! helps to give children the tools for emotional regulation and stress relieve. The curriculum also has tools to teach children things such as mindful eating and listening. There are also several online resources that have lessons or other curriculum activities for schools on mindful practices, such as mindfulschools.org.

As a future school counselor, it is my opinion that these curriculums seem very beneficial and useful. In my opinion I feel that mindfulness can have powerful effects and can help kids beware of their present feelings and thoughts. Teaching mindfulness to my students is something I would like to try out in the field. I hope that mindfulness practices increase as more research is done. Why not try a little mindfulness in your life today?

I look forward to a great year working with all of you. My goal as Graduate Student Representative is to make this group even bigger and better than before. The only way I can do that is with your help, your ideas, your concerns, and your input. So I encourage you to provide me with feedback and contact me with any ideas you may have. We are all a team and we need to work together to make this group great. I want to really make this group better than before, more professional, more fun, and more beneficial for all of us. We are all trying to be the best School Counselors we can be. In a way, we are on this educational journey together. We only get to be Graduate Students for so long, so let us make the most of it.

Megan (Meg) Plicka
Wisconsin School Counselor Association
Graduate Student Representative 2013-2014

The links provided below are dedicated to the subject of practicing mindfulness in schools. They provide helpful tips and access to curriculums and other mindfulness research.

The Mindfulness in Schools Project
<http://mindfulnessinschools.org/>

Mindful Schools: Integrating Mindfulness into Education
<http://www.mindfulschools.org/>

The Hawn Foundation: MindUP Curriculum
<http://thehawnfoundation.org/mindup/mindup-curriculum/>



Graduate School: A Lesson in Initiative

By: Allison Cunningham, Concordia University Wisconsin

A lot has changed in the ten years since I started my undergraduate degree in secondary education. In 2003, Facebook was just beginning, UGG boots were in style, and congress still had a decent approval rating.

While life has changed a lot, the biggest change for me was my attitude about school. As an undergraduate student, my primary objective was to earn the grade. Like a lot of students, I was all about the bare minimum. I would calculate the lowest score I'd need on an assignment to maintain my A. When I was a college freshman I learned quickly how to evade the textbook requirements. After all, spending \$100 on a used textbook meant sacrificing 20 trips to Taco Bell!

When I began my master's, I promised myself that I would change this behavior. I vowed to do all of the reading and then some. Quickly I realized that this wasn't a requirement for many of my classes. While it was always there in the syllabus, most of my professors assessed us over material

discussed in class or outside projects. This meant I could easily pass the course without burdening myself with hours of outside reading; however, once I began engaging with the course text, I was pleasantly surprised with how it was supplementing our class activities, assisting me in discussion, and challenging me to view my prospective career in a new way.

One year into my program and I've come to the conclusion that success in graduate school is more a measure of initiative than grade point average. While I could have passed some of my classes by not buying a textbook, I wouldn't have learned as much. Taking initiative allowed me to gain more from my courses and feel better prepared for my practicum experience.

I encourage all graduate students to find ways to enrich their coursework by looking beyond the minimum requirements outlined in the syllabus. Between conferences, lectures, journal articles, videos, and books, there are plenty of opportunities for you to take initiative and supplement your own graduate school experience!

Insight from the Field

By: Grace Schmid, University of Wisconsin-Stout

As I get further into working with my supervisor at my practicum site at Altoona Middle School one recurring thought I have is what I wish I would have known before coming here. Things I wish I would have known before I got to graduate school, got further into the program, and as I continue towards graduation. I also feel like I have a list of advice I would give to someone else going into this field and graduate school as I move through the program. Things like, actually do the readings for classes and do not forget to take care of yourself. To go a little further with this idea, I thought it would be neat to ask a counselor practicing in the field right now for a piece of advice for us graduate students.

Dave Reidt is the high school counselor at Eau Claire North and I asked him to give me the best piece of advice he could think of for someone like me, preparing to go into the field. Here is what he said:

“Probably the one thing I can't say enough about is to get out there and network! Actually, this starts when you're accepted into the graduate program and

you start interacting with your classmates who have the same career goals...that of becoming a school counselor. Building professional relationships with each other can help start lifelong connections that can offer support, ideas, and suggestions once you get that first job. We currently have 5 counselors at North High School and there isn't a day that goes by that one counselor seeks out advice or suggestions on any given topic. If your first job places you as the only counselor it's nice to have someone you know to call. Other networking opportunities include your professors, meeting others in our field when attending professional conferences such as WSCA, and don't forget your practicum and intern placements!”

I know that I plan to take his advice and use it to my advantage. It's always good to have others you can turn to in the field and be able to consult with. I always appreciate getting any advice people want to give me and I really appreciate Dave for giving this to us.

~ Graduate Schools with WSCA Student Chapters ~

Concordia University, Lakeland College, Marquette University, University of Wisconsin-Milwaukee, Mount Mary University, University of Wisconsin-Oshkosh, University of Wisconsin-Platteville, University of Wisconsin-River Falls, University of Wisconsin-Stout, University of Wisconsin-Superior, University of Wisconsin-Whitewater, Winona State University.

All You Need To Know About Graduate Student Posters

WSCA Annual Conference

Questions not answered here? Contact the Post-Secondary Vice-Presidents:
Caroline Baker- caroline.baker@uwrf.edu; Carrie King- kingc@mtmary.edu
Or the Graduate Student Representative Meg Plicka- meg.plicka@gmail.com

WHY DO A POSTER PRESENTATION??

- Great networking opportunity
- Contributes to volunteer hours required to waive registration fees**
- **Contact the WSCA Graduate Student Representative or your campus rep for more information
- Looks good on a resume
- You become the “expert” on your topic
- You get to highlight and show off your hard work to interested professionals

WHAT KINDS OF PROJECTS CAN I PRESENT?

- Creative class projects
- Original compilations of resources or information
- Collaborative or independent research
- Curriculum design
- Hot topics in counseling
- Other ideas that might appeal to the profession of school counseling or graduate students

HOW DO I SUBMIT A POSTER PRESENTATION PROPOSAL?

Graduate Students are encouraged to (co)present at WSCA! A brief summary (no more than 100 words) of your topic and a picture of your poster display*** is required as your proposal. Please email those to the Post-Secondary Vice President (email address on the WSCA website) by February 1. If you plan to count this as volunteer time, you will need to submit your proposal as early as possible, but not later than Feb. 1. You will receive a response to confirm your submission and to offer immediate feedback.

I GOT ACCEPTED TO PRESENT! NOW WHAT??

For the WSCA Conference, you will use either a tri-fold presentation display board (available at book & office supply stores) on which to mount your information or a poster that can pin to an easel. You will set up your posters on the morning of the first day of the conference. Posters will be displayed on tables in the main level of Monona Terrace on February 19 & 20th, and the Post-Secondary Vice-Presidents will check in throughout the conference. Plan to visit and stand by your poster for at least an hour during the conference to answer questions as appropriate, and to assist the Graduate Student booth.

***Professional posters use the following guidelines:

- Include your title, author(s), a selected references section (your most important 2-3 references), and graphics - pictures, diagrams, figures, tables, etc. - these are usually more eye-catching and understandable than text
- Condense! You cannot possibly present everything you know on the topic in that small space!!
 - o Include only your important points, and use bullets rather than a paragraph format; complete sentences are not required
 - o The most common error is including *too much information* - **RESIST!!**
- Use larger section headings to help the casual reader quickly understand the poster's organization (e.g., Education, Treatment)
- Make your poster visually attractive
 - o Color is a plus, up to a limit (don't blind your audience)
 - o Use PowerPoint or another computer program to create the poster - no handwriting. Make your poster readable from **5 feet away** (at least 20-point font for the text and at least 75-point font for the title).
 - o No typos or spelling errors.

Presentation Tips

During the poster presentation, you will spend an hour during the conference standing next to your poster and provide a brief explanation of its content to people who come by. You will also answer any questions they have about the topic. Here are some tips:

- Be able to describe your poster topic within 2 minutes
 - If interested, people will ask you more questions and you can expand on the details.
 - Use your poster as a visual aid, pointing to diagrams or other sections.
- Remember that you are the expert on your topic – probably no one else on campus knows as much as you about your topic, so be confident!! (Don't panic!)
 - If you don't know the answer to someone's question it's ok to say you don't know. Keep the conversation going, though - ignorance isn't fatal, but just letting it hang in the air is pretty awkward. Instead, say "I don't know the answer to that - what do you think about it?"
- Sometimes presenters make the mistake of “hiding” next to their poster. Even if you're terrified, **act** confident and friendly: force yourself to smile, make eye contact, say hello, ask people walking by if you can tell them a little about your poster
- Dress professionally – if you look professional, you are more likely to feel and act professionally (e.g., better posture, better grammar).