



# Grad. Student Newsletter Winter 2015

## WSCA Updates

The 2015 WSCA Conference is going to be held February 17<sup>th</sup>, 18<sup>th</sup>, and 19<sup>th</sup> at the Monona Terrace in Madison, WI.

Register before January 23<sup>rd</sup> to receive a discounted rate!

Did you know that you can get your conference fee waived if you volunteer for 4 hours!? If you would like to, sign up through this link:

<https://docs.google.com/spreadsheets/d/148pLmVjGxndWH3j-A0mW-7FHZJMLKY5o2TIEf9uaRPU/edit#gid=0>

A first year student membership to WSCA is FREE! After that, a year-long student membership is only \$25.

## WSCA Conference: 2015

Sponsored by the Wisconsin School Counselor Association

<b>When:</b>	Wednesday, Feb. 18 <sup>th</sup> & Thursday, Feb. 19 <sup>th</sup> Pre-Conference: Tuesday, Feb. 17 <sup>th</sup>
<b>Time:</b>	Tuesday: 9:30 a.m. - 4:30 p.m. (Grad. Student Social: 7PM @ Ian's Pizza) Wednesday: 8:00 a.m. - 6:30 p.m. (WSCA Social: 5:30-6:30) Thursday: 8:00 a.m.- 11:00 a.m. (President's Lunch at 11:00 a.m.)
<b>Where:</b>	Monona Terrace Conference Center Madison, WI
<b>Cost:</b>	Conference: \$75 for student WSCA members (If post-marked before Jan. 23 <sup>th</sup> . After: Additional \$35 fee.) <b>Register at <a href="http://wscaweb.org">wscaweb.org</a></b> Pre-Conference: \$130 (no student discount) <b>Graduate Student Volunteers: Do NOT register for Conference. (It will be taken care of for you.)</b>
<b>Included in Cost:</b>	All Sectionals are held at Monona Terrace. (Food is not included.) Pre-Conference is a separate fee. (Lunch is included for Pre-Conference ONLY.) This does not include the graduate student class that is offered.

## WSCA Day on the Hill

**WSCA Day on the Hill-** This is a FREE pre-sectional on Tuesday, February 17<sup>th</sup> from 1:30-5:00. You can practice advocating for the profession, and you will have the opportunity to meet with and talk to legislators.

### *Reasons to Attend Day on the Hill:*

**Educational:** This sectional allows students and professionals the chance to learn more about legislation and how it affects the school counseling profession.

**Professional:** This sectional helps you understand how to talk with legislators. The goal in these types of communications is to help legislators understand how important school counselors are and why we are needed now more than ever.

**Unique Experience:** This sectional provides the chance to meet with a State Legislator and a State Senator.

**Cost-Efficient:** This sectional is free of charge!

## WSCA Conference: 2015, Cont.

Sponsored by the Wisconsin School Counselor Association

### Reasons to Attend Conference

- ✓ **Networking:** This is a great opportunity for graduate students to network and meet other professionals in the school counseling field. Participating in the graduate student poster session during this event allows students to get their ideas and research out there for others to see.
- ✓ **Meeting Other Graduate Students:** Conference is our chance to meet other students. This is our opportunity to get to know one another as colleagues.
- ✓ **Professional Development:** Conference is a great place to attend different sectionals that address hot topics in the school counseling world.
- ✓ **Shopping:** Conference has a plethora of vendors who sell great resource materials for school counselors. There are other vendors who sell jewelry and other fun things as well.
- ✓ **Fun:** There are nightly opportunities to attend the different socials available. Tuesday night will be the Graduate Student Social at Ian's Pizza from 7PM-8:30PM. Wednesday night is the WSCA Social event with snacks and beverages available from 5:30-6:30PM. Also on Wednesday night there are different university socials.

## WSCA Fall Summit: Anxiety Disorders (Part 1)

By: Erica Harbath (UW-Oshkosh)

The WSCA Fall Summit had two parts: anxiety disorders in children and satellite mental health clinics in schools. Dr. Michael Axelrod gave a presentation on helping children overcome anxiety. He worked as a school counselor and now works in a private practice working with children who have anxiety. This was helpful because he could relate to all of the school counselors in the room. One take-away from this talk was to not let children escape anxiety. This means that if they are anxious about coming to school, we have to make them come to school. (If we let them stay home it is only going to make their anxiety worse the next time.) He said that we should do this in small doses and gradually introduce whatever is making the child anxious. An example would be if a child is afraid to come to school, we could let them sit in the office for a little while and then slowly get them to go into their classroom. The gradual effect of helping someone with anxiety can be used in any situation with any type of anxiety.

He also said that we have to remember that anxiety is a normal part of life and we can't eliminate anxiety completely--and it is important to tell this to people who struggle with anxiety (and their parents). Oftentimes, children and their parents want to have their anxiety completely eliminated, and that is not possible. Going off of this, Dr. Axelrod said how important it is to get parents involved in the treatment. This can be done through homework that could consist of deep breathing or distraction techniques when the child is getting anxious.

### Pre-Conference

Tuesday, Feb. 17<sup>th</sup>

9:30AM-4:30PM

**Cost:** dependent on the sectional  
(No graduate student discount or opportunity to have registration waived.)

### Workshops:

- Academic and Career Planning
- School Transitions
- Data Driven Counseling
- Anxiety Disorders
- Love and Logic
- LGBTQ in Schools
- Activity Based Counseling Training
- RAMP It Up

Details available at [wscaweb.org](http://wscaweb.org)

## **WSCA Fall Summit: Mental Health Clinics in Schools (Part 2)**

The second half of the day was focused on Satellite Mental Health Clinics, which is something that I haven't heard about before. This is when a school brings in a LPC to work with students during the school day. The LPC charges the family through their insurance and pulls the child out of school to do the counseling during the school day. This is beneficial to both the LPC and the school. For one, the school counselor does not do traditional therapy in the school and it is helpful to have someone in the school who is able to provide therapy to the children. Secondly, it benefits the LPCs because they can almost guarantee that the child will be in school. (Oftentimes clients are "no shows" if they have to drive to the clinic.)

Overall, I enjoyed going to the Fall Summit. There were about 20-25 school counselors that saw the same speakers that I went to. This allowed for a more intimate discussion with both the speakers and the other counselors. In my opinion it was completely worth the \$40 student rate and I would be more than willing to go to both the Summer Academy as well as the Fall Summit next year. – Erica Harbath (UW-Oshkosh)

## **WSCA Fall Summit: WSCPAR**

By: Patty Dempsey (UW-Oshkosh)

I went to the Fall Summit in Wausau on Thursday, October 23 with the team from my high school site. We chose to receive more training on the WSCPAR and take advantage of the work time provided. The workshop provided a great overview of the purpose of the document as well as guidance in how to construct each of the sections of the WSCPAR according to the rubric. The day also provided time for gathering data and setting goals. I've seen a lot of counselors respond to talk of the WSCPAR and almost all of the counselors I've seen seem to be feeling a bit overwhelmed in general about how to get the data. Others are frustrated by not understanding the value of the WSCPAR. In a time when counselors are feeling pressure to continue to do more to serve the ever-increasing needs of students and families, I understand how counselors may see this as just another task on their already long to-do list. The more I learn about it, however, the more I see it as a tool that is really intended to be used a part of our advocacy. I hear too many scenarios about how administrators or districts or even teachers don't fully understand the role of the school counselor or know the impact of the counselor on the school.

This is one way to help send a clear and concise message on a few highlights of what we do. It isn't a comprehensive report and it is not intended to try to put on display everything we do. In this day and age of sound bytes and YouTube videos, however, this is a powerful way to send a clear message to our stakeholders about the value and impact of the school counseling program.

If you don't know about the WSCPAR or haven't spent much time with it, I definitely think it's worth the time to learn about it. Whether you submit it as a counselor for review to get an award or not, it can be a great way to help us have clear goals and strong finishes, while giving us a simple framework to document what we do. It also provides a template to help us communicate it in a way that helps people see and support what we do, too! To see what goes into a WSCPAR, visit <http://www.wscaweb.org>, click on the WSCPAR tab, and choose the link for the application and rubric.

Enjoy!

## **EZ Analyze: A FREE downloadable tool!**

By: Erica Harbath (UW-Oshkosh)

EZ Analyze is a free tool that school counselors can use to keep track of and disaggregate time spent by school counselors. EZ Analyze allows school counselors to generate reports on the time spent with students individually or in groups and helps summarize a school counselor's time in general. The time tracker uses an excel document to help school counselors keep track of their time. The time tracker is downloadable for free from <http://www.ezanalyze.com/tracktime/>. The time tracker allows you to put in students' names and notes to allow the school counselor to keep track of time spent with students. It is suggested that the time tracker be password-protected on a flash drive in order to keep the information secure.

The time tracker is aligned with the ASCA Standards, which allow the school counselor to see where his or her time is being spent. The time can be broken up into direct student services (individual student planning, responsive services, and school guidance curriculum) or indirect student services (parent contacts, meetings, collaboration, "fair-share responsibilities," and curriculum development). By categorizing time spent in different areas, EZ Analyze can generate graphs that break down the amount of time spent in direct and indirect student services.

EZ Analyze is a complex excel document that allows school counselors to see how his or her time is being spent and keep individual and group notes. This program allows school counselors to formulate graphs and calculate time spent in different areas related to school counseling. EZ analyze is an easy and free program that can benefit school counselors in many ways!

## **Saying Goodbye to Students and Internship**

By: Kristyn Brownell – (Marquette University)

As the fall semester came to a close, I found myself reflecting on many emotions surrounding the thought of my first internship coming to an end. These emotions range from excitement at starting another internship, to stress with the end of the semester rush, to surprise when thinking about how quickly the time has passed, to pride at seeing how I have grown throughout my internship experience. However, I could not help but notice that I am also feeling sad as my internship comes to an end. I found myself wondering what the experience is like for the students I work with. Will they notice I am gone? How will they react? How do I explain why I will not be at their school anymore?

Although we may think we are "just interns," during our time in schools, we make many connections with the students we work with that develop and grow over time. As the kids become familiar with us, they share more with us, trust us, and depend on us as someone who will be there for them--whether we are running group sessions with them, teaching them socio-emotional learning, or simply checking up on them in the hallway. Taking the time to reflect upon terminating our internship experience is crucial not only for our benefit, but for the students' benefit as well.

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## **Saying Goodbye to Students and Internship Cont**

For our benefit, it is important that we reflect back upon our experience. What was it like? What did we learn? What was most challenging? In what ways have we grown and in what ways can we continue to grow? Asking ourselves questions like these will make us more conscientious of how we spent our time at internship and potential skills we can work on as we continue our journey to becoming professional school counselors. We can also communicate with our supervisors for feedback and/or for an evaluation of our performance. Some programs require performance evaluations, but I also think taking the time to sit down with your supervisors and talk together about the time you spent at their site can be beneficial. It gives us the opportunity to thank them for what they have taught us as well as allowing us to obtain feedback and advice for the future. Plus, it is never too early to start building a professional network!

Before the end of our internships, there are little things we can do for students' benefit to help make them aware and understand why we will no longer be a daily presence in their lives. Although it may be wishful thinking on my part, hoping that the students I work with will miss me, I think it is beneficial to let students you work closely with know you will be leaving a couple weeks prior to the end of your internship. This way, they are not blindsided and confused when you are not there anymore. Consulting with your supervisor on specific ways to go about this (as all students are different) could be helpful. Overall, I know I will be telling my students when I am leaving, why I am leaving, and letting them know how much I have enjoyed spending time with them, learning from all of them, and that I will miss them very much, but that I know they will do great things without my help—thus ending my first internship experience on a positive note.

For more tips and advice regarding practicum and internship, look to educational resources! *A Guide to Practicum and Internship for School Counselor Trainees* (Studer) is a particularly helpful book to reference in preparations for practicum, internship, and entering the school counseling career world.

## **~ 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.**