



Special points of interest:

- 📣 Articles LSCA members on pages 2, 3, 5, 7, and 8.
- 📣 Recap of how to apply for LSCA **Master's Level Graduate Scholarship** on page 4
- 📣 How To Write a Press Release about National School Counselor Week on page 8
- 📣 Counselors of the Year, recap on page 9
- 📣 Your Executive Leadership for 2018-19 featured on page 10

### Presidential View

## No Better Time Than Now!

*Denise Latour, LSCA President, 2018-19*

Happy National School Counselor Week! In July, I encouraged you to tell students, parents, co-workers, supervisors, and elected officials who we are and what we can do. There is not a better time than National School Counselor Week (Feb. 4 – 8) to do that. ASCA sponsors this week to highlight the unique contributions of school counselors and the positive impact we make.

Visit <https://schoolcounselor.org/asca/media/asca/NSCW/2019NSCWPromoToolkit.pdf> and [https://www.schoolcounselor.org/school-counselors-members/about-asca-\(1\)/national-school-counseling-week](https://www.schoolcounselor.org/school-counselors-members/about-asca-(1)/national-school-counseling-week) for sample media posts, photo/video challenges, a press release, a blank proclamation, certificates of achievement, and morning announcements.

**Don't forget to share your NSCW activities on MyLSCA-Louisiana School Counselor Association Facebook page.** 📣



## Louisiana LOVES School Counselors!!

*By Leslie Gilliland, LDOE Liaison*

My name is Leslie Gilliland, and I serve as the liaison between the Louisiana Department of Education (LDOE) and school counselors across the state. Part of that role includes supporting the work you do every day to attend to the academic, social, and emotional needs of your students.

Like you, I wish everyone understood the range of services you provide in

*(Louisiana Loves, continued on page 2)*



### Upcoming Event

School Counselor Week  
February 4-8, 2019  
We hope you find this special Cajun Counselor issue inspiring!

#### **LSCA's Mission:**

To support professional school counselors as they assist students and their families in their academic, career, and personal/social development.



## Ideas Galore for National School Counselor Week!

*Danielle Cole, Elementary VP*

This year's year theme of "School Counselors: Providing Lessons for Life", is aligned perfectly with what we do. A former

supervisor used to tell us during district meetings that we were often planting seeds that we might not get the privilege of seeing blossom in our students. Often times, we help students with their decision-making skills, role play the difference between responding and reacting, and the importance of cooperating and collaborating with others. These are skills that extend far beyond the school setting and carry over into personal and professional lives. National School Counselor Week is a great platform for us to share what we do and advocate for appropriate tasks for our profession.

Here are a few of my favorite things I've done with co-workers:

- Scavenger hunt for faculty using puzzle pieces and how they relate to services we provide within the ASCA model
- Thank you notes & treats for their support of the program
- Allowing students to share in their own words how school counselors have helped them and displaying it for stakeholders
- Daily announcements to coincide with a bingo game

The faculty would really buy in and be competitive! It helps them learn what we do through fun activities also.

A few things my counseling partner and I planned

*(Ideas Galore, continued on page 3)*



Artwork from <https://www.schoolcounselor.org/asca/media/asca/NSCW/HappyNSCW-lo.jpg>

[Louisiana Loves School Counselors, continued from page 1](#)

your school and in your community. Not everyone knows that school counselors do more than schedule students and administer state tests. School counselors collaborate with students, their families, and school leaders to ensure student success. School counselors make data-driven decisions to improve student outcomes and improve school performance. Most importantly, school counselors work with students to manage their emotions, work with their peers and teachers, and plan for their own success.

National School Counselor Week (NSCW) is the perfect time to highlight what you and other

**professional school counselors do every day.** I'm sure you are aware of the wonderful NSCW resources offered by the National School Counselor Association, but I hope that you will also make use of the Louisiana-specific assets from LSCA and the LDOE to celebrate your colleagues and the profession itself. Look for some new, original materials in a special edition newsletter from the Department, and watch for social media activity leading up to and during NSCW.

Please know that we truly respect what you do, and remember Louisiana hearts School Counselors! 





Candid picture of LSCA members enjoying each other's company at the LSCA Award Luncheon

### Ideas Galore, continued from page 2

for this year include using cards from the board game LIFE and tie them into the three domains, have a photo booth for students during lunch with fun props and signs about our profession, and thank the teachers for letting us “pop” into their classes with bags of popcorn. I hope these ideas are helpful and that everyone has a successful School Counseling Week!



## National School Counselor Week and Advocacy

By Laura Smestad, MA, LPC, NCC

National School Counseling Week is such a wonderful opportunity for us to advocate for our profession! To start off the week last year, I put a basket of treats in the teacher's lounge, and I attached a sign that said, “Happy National School Counseling Week! Collaboration between school counselors and teachers is a huge part of ensuring that our students reach their fullest potential. Here's a snippet of what you helped accomplish so far this school year:” I then included some of my process data from the year,

*(National School Counselor, Continued on page 5)*



Ideas for bookmarks!!!

Counselors light the way.



Find shelter under the school counseling umbrella.



Need someone to listen?  
See your school counselor.



These ideas came from the ASCA Website, many years ago. They are oldies but still goodies!

# Announcing the LSCA Scholarships for Master's Level Graduate Students in School Counseling Programs



Dr. Stephanie Eberts,  
Scholarship Chair

LSCA invites nominations for its two annual scholarships. Self-nominations are welcomed and encouraged. Two (2) graduate students currently pursuing **their Master's Degree in School Counseling will each be awarded a \$1000.00** scholarship to further their education. Additionally, winners will be asked to serve on the LSCA Board. The application deadline is March 8, 2019. Instructions for completing and submitting the application portfolio are provided below.

APPLICATION PORTFOLIO must include the following:

1. Completed LSCA Scholarship Application Form (provided below).
2. Completed typewritten essay of no more than two double-spaced pages addressing the following: [Current trends in education focus on exploring data, accountability, and progress monitoring as a way to evaluate school counseling programs and school counselor effectiveness. Considering the current trends, what role do you believe data, accountability, and progress monitoring should play in evaluations? How could a school counselor be impacted by the three above-mentioned components as it relates to the compass performance evaluation?](#)

Reference: <http://www.louisianabelieves.com/docs/default-source/key-compass-resources/2014-2015-compass-counselor-rubric.pdf?sfvrsn=16>

3. Two professional letters of recommendation. One letter must be from a current academic advisor or professor and include a statement acknowledging your current enrollment in the program.
4. Proof of LSCA membership.

*The completed Application Portfolio must be postmarked by March 8, 2019.*

*Stephanie Eberts  
Louisiana State University  
Peabody Hall 122  
Baton Rouge, LA 70803*

*You may also email your application to Dr. Stephanie Eberts,  
Scholarship Chair at [seberts@lsu.edu](mailto:seberts@lsu.edu)*

**[Editor's Note:** This is a reprint of an article from 2009! The information is still pertinent!]



## Suggestions and Timelines to Prepare for National School Counseling Week

*Adapted from the ASCA Website by Gerra Perkins, Ph.D., LPC, NCSC*

It is not too early to be thinking about National School Counseling Week. ASCA encourages you to observe this week with special targeted activities that will help you reach out to the school board, your own school faculty and administrators, the parents and children whom you directly serve and the community. National School Counseling Week provides you, as a counselor, with the perfect opportunity to raise awareness of the wide array of school counseling services you provide on a day-to-day basis. During this celebration and the weeks leading up to it, you can visibly highlight ongoing counseling programs and the unique contributions of school counselors.

Below you will find a timetable and some suggested ideas. Remember to pick those that best suit you and your school. National School Counseling Week is a time to be an advocate for yourself by sharing the many incredible things you do daily.

### Four to Six Weeks Prior to National School Counseling Week

#### Get organized

- Develop your own personal theme for the **week. ASCA's theme for 2019 is** School Counselors Providing Lessons for Life.
- Choose several events/activities you would like to do during the week.
- Get yourself a countdown calendar to write in dates and deadlines for various activities and follow up.

*(Suggestions and Timelines, continued on page 6)*



Celebrate School Counselor Week

February 4-9, 2019

Learn how to create a press release for your city or parish on page 8!

### National School Counselor Week, continued from page 4

including number of individual sessions, classroom lessons, parent meetings, and small group sessions. This was a great way to inform school staff of what I have been doing all year while also recognizing that I could not do it without their support.

To ensure the parents at my school were included in the week, I utilized my weekly posting in our school newsletter to educate them on what school counselors **do (while kindly pointing out why we're no longer called guidance counselors!)** and to remind them of the services I can provide for their children. After I sent out that article, I received so many phone calls and e-mails from parents seeking help because they were **reminded that there was someone at their child's school** who could assist them with the issues they were experiencing.

I also posted an infographic in the school office and in the hallway describing how the role of the school counselor has changed over the years. This infographic **can be found on the ACA website, and I'm linking it [here](#)** in case you want to use it at your school!

**One of my favorite things I've read about National School Counseling Week** is that it is called School Counseling Week, not School Counselor Week, which **means that it's not designed to be a time for us to be** celebrated as individuals (even though we deserve that!) but rather to advocate for our amazing profession and increase awareness of the great work that is done by school counselors across the country. What an awesome opportunity!





## Celebrate School Counselor Week

February 4-9, 2019

Use the information and pictures on page 9 to promote the LSCA and national recognition of school counselors and state legislators!

**Especially note those from your “neck of the woods!”**

### *Suggestions and Timelines, continued from page 5*

- Order any promotional items (i.e. ribbons, buttons, balloons) that you want to distribute to staff, school board, parents or students during National School Counseling **Week**.

#### Get publicity

- Contact your school board to determine available outlets to recognize National School Counseling Week. These might include the superintendent's monthly newsletter, parish wide meetings, etc.
- Investigate the possibility of having your superintendent issue a proclamation for National School Counseling Week. If this is possible, arrange for a date for the signing and arrange to have a photographer present. Coordinate public relations efforts with superintendent's office to send out a photo of the proclamation signing to the local press.
- Contact the PTA president at your school to let him/her know that you would like to speak about the role of the counselor in the school during the February PTA meeting.
- Talk to your principal to get on the agenda at a February faculty meeting to highlight the school's counseling program, discuss any new counseling programs, ideas, and reiterate school counselors' commitment to helping the school's teachers.
- Organize a group of counselors to visit local

*Article continues in next column*

state representatives to talk about school counselor legislative concerns.

### Three Weeks Prior to National School Counseling Week

#### Promote National School Counseling Week

- Talk to the PTA President or Newsletter Coordinator about including a piece about you and the program in the newsletter
- Discuss National School Counseling Week in your weekly classroom guidance lessons.
- Contact local radio stations to see if they will run a public service announcement (PSA) about National School Counseling Week.
- Contact your local newspaper (generally the community or education reporter) about an article that would tie into coverage of National School Counseling Week.

### Two Weeks Prior to National School Counseling Week

- Consider hosting a poster contest that revolves around your theme. Distribute information to students so the posters will be ready to be posted on February 1st.

*(Suggestions and Timelines, continues on page 7)*



This newsletter is the work of many LSCA members! It is easy to see the great articles and appreciate their authors. I welcome three new volunteers to the newsletter team — Sarah Barnes, Layla Touchet and Laura Smestad — to the four original members who always work quietly in the background — Claire Barry, Dr. Wendy Rock, Cathy Smith and Katherine Wolf! Cathy Smith who pulls double duty as she is also LSCA Technology/Website Chair; for this issue she also took the wonderful pictures from the Awards Luncheon! Thanks to the entire team! You help to keep our association informed!



## Suggestions and Timelines, continued from page 6

- Send out a press release to local newspapers announcing National School Counseling Week.

### One Week Prior to National School Counseling Week

- **ASCA suggests thanking “those who have been especially helpful to you in promoting your school counseling program. Write them a thank you letter or give them a certificate of appreciation. Recipients might be your school principal, teachers who have been particularly helpful, a parent who may be particularly supportive, the PTA president, etc. If you plan to mail them, get them out by Friday so that recipients will receive them during National School Counseling Week.”**
- Distribute flyers to go home with students that tell about National School Counseling Week, the activities that are planned, a blurb about your role, and your contact information.
- Think about other ways to publicize National School Counseling Week (i.e., school website, school sign, emails to teachers, etc.)
- Arrange for the principal, a staff member, or a student to announce National School Counseling Week on the first day of National School Counseling Week.

### National School Counseling Week

If you've planned and implemented your activities on schedule, everyone should be aware that it is National School Counseling Week. Congratulations! This is your week to celebrate the very important role you play in



School Counselors at the 2018 LSCA Award Luncheon at the LCA Conference.

## Beginning Advocacy Conversations

Vinetta Frie, Cajun Counselor Newsletter Editor



Advocacy, as I am learning from the post of LCA President, does not have to be something far removed from our normal work of finding commonality and helping people to see options they did not before! In 2009 during the LSCA Presidency of Dr. Wendy Rock, on the occasion of National School Counselor Week.

As I see it, you can be reactive or proactive. I suggest the latter. Use this School Counseling Week as a jumping off point:

⇒ Hold a pot-luck with various groups, students, faculty, support staff, parents, etc. to find out what your office is doing well and what you could do better. Have a colleague who is sympathetic to counseling, but not responsible for it to conduct the meeting. You do not want to get defensive but to listen and learn.

⇒ Gather data — how many students have you seen this school year? What kinds of services have you provided? How many presentations have you given to students, staff, parents? How many professional presentations have you attended — or provided — to enhance job performance? Publicize this data at regular intervals in your school, among parents and other constituents.

⇒ Acquaint yourself with the ASCA Counseling Model. If you are already familiar, what aspects have you or could you incorporate into your current work setting? Can you tie any aspect to at least one need surfaced by your focus group(s)?

⇒ Make a presentation to your supervisor on the results of your focus group(s) and how you can meet a legitimate need in your school and improve services. If approved, make a similar presentation to the faculty and support staff to solicit their ideas and facilitate their buy-in. 

# Guide to Create a Press Release to Recognize School Counselor Week

*Adapted by Vinetta Frie from a similar article in 2008*

Following is a sample press release you can use for distribution to your local newspaper. Generally, the most effective use of the press release is to add a number of paragraphs on what your school and counseling department are planning as celebration week activities. Therefore, you will note that several paragraphs have been included where you can insert more personalized information if appropriate/available.

Contact:

Phone:

Address:

School Counselors Celebrate During National School Counselor Week, Feb. 4–8, 2008

National School Counselor Week, sponsored by the American School Counselor Association (ASCA), will be celebrated from Feb. 4–8, 2019, to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counselor Week highlights the tremendous impact that counselors can have in helping students achieve school success and plan for a career.

It is fitting to identify a special week to honoring school counselors, who provide comprehensive school counseling programs to students across Louisiana. School counselors are actively engaged in helping students examine their abilities, strengths, interests and talents; for working in a partnership with parents as they encounter the challenges of raising children in today's world; for focusing on positive ways to enhance students' social/personal, educational and career development; and working with teachers and other educators to provide an educational system where students can realize their potential and set healthy, realistic and optimistic aspirations for themselves. Professional

*Article continues in next column*



*Above from L to R: 2018-19 Counselors of the Year: Dawn Stelly, Elementary; Brittany Pecor, Middle School and Robin Valerius, High School.*

school counselors are certified, experienced educators with a master's degree in guidance and counseling. The combination of their training and experience makes them an integral part of the total educational program. Daily, school counselors work toward their ultimate goal: to enable Louisiana students to become more successful in school and take their place as responsible and productive citizens.

School counselors nationwide will be participating in the week's festivities. Many school counselors will be hosting special events and activities to call attention to the myriad benefits of a comprehensive school counseling program.

As part of its celebration for National School Counselor Week, [name of school district or individual school] will be [list some activities]. Any parent or other community member with specific questions or concerns about school counseling programs should contact the individual counselor at his/her school. More general information can also be found on ASCA's Web site, [www.schoolcounselor.org](http://www.schoolcounselor.org).

The American School Counselor Association (ASCA) is a worldwide nonprofit organization based in Alexandria, Va. Founded in 1952, ASCA supports school counselors' efforts to help students by providing professional development, publications and other resources, and advocacy to more professional school counselors around the globe.



# Celebrating Louisiana's School Counselors

*Dr. Alice Cryer-Sumler, Awards co-chair*

Our nominees for this year are the following. The names in bold type indicate the winner in the category.

## Elementary School Counselor of the Year

### Nominees:

Kelle Falterman, Honey Island Elementary School, St. Tammany Parish

Jennie Hermann, Norco Elementary School, St. Charles Parish

Dawn Stelly, Ridge Elementary School, Lafayette Parish



## Middle School Counselor of the Year

### Nominees:

Cassandra Austin, S. J. Welch Middle School, Calcasieu Parish

Robin Wood Nall, Caroline Dorman Junior High School, Rapides Parish

Brittany Pecor, Edgar Martin Middle School, Lafayette Parish



## High School Counselor of the Year

*Article continues in next column*

### Nominees:

Raquel Augustus, Lafayette High School, Lafayette Parish

Royce Hooks, Sr., Edna Karr High School, Inspire NOLA, Orleans Parish

Sherre Morse, Oak High School, Rapides Parish  
Carol Mills, East St. John High School, St. John the Baptist Parish

Robin Valerius, Destrehan High School, St. Charles Parish



## Legislator of the Year

Senator Beth Mizell

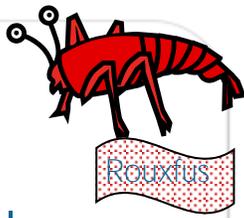
Senator Beth Mizell is passionate about reducing human trafficking in the Louisiana. She is very supportive of school counselors and believes they can assist her in her human trafficking prevention efforts. She believes we can save our children from these predators. Senator Mizell understands that school counselors are often taxed with other duties such as administrative paper work, test coordination, and SBLC duties, which prevent them from focusing on prevention efforts. She is supportive and committed to the role of the school counselor, serving all students by the implementation of a Comprehensive School Counseling Program based on the American School Counselors Association Model. She has many ideas about how school counselors can be instrumental in the prevention and reduction of human trafficking in the state of Louisiana. The Louisiana School

Counselors appreciate Senator Mizell and bestow the honor of School Counselors Legislator of the Year on her with pride and gratefulness.

At the end of our program, we recognized the counselors who have represented the Louisiana School Counselors in Washington DC in the spring over the last five years: Jennifer DeGruise - 2014, Cathy Smith - 2015, Denise Peinado - 2016, Tara Washington - 2017, and Dawn Stelly - 2018. 📣



Above from L to R: Counselors of the Year: Dawn Stelly, Elementary; Tara Washington; Denise Peinado, and Cathy Smith. Not pictured, Brittany Pecor, Middle School and Robin Valerius, High School.



# Cajun Counselor

The Cajun Counselor is the quarterly newsletter of the Louisiana School Counselor Association, LSCA. LSCA is the state branch of the American School Counselor Association, ASCA. LSCA is also the largest division in LCA, the Louisiana Counseling Association. Total LSCA membership now exceeds 900 members statewide.

Please submit articles to Vinetta Frie, Newsletter Editor, via her email, [frienews@yahoo.com](mailto:frienews@yahoo.com). Please include LSCA Cajun Counselor in subject line. Next deadline:

**January 26, 2018**

## Louisiana School Counselor Association's Leadership Roster for 2018-2019

### Elected & Appointed Officers

- Denise Latour, *President*  
[denise.latour@tangischools.org](mailto:denise.latour@tangischools.org)
- Royce Hooks, *Past-President*  
[royce\\_hooks@yahoo.com](mailto:royce_hooks@yahoo.com)
- Veronica Douglas, *President Elect*  
[jarelle2npower@aol.com](mailto:jarelle2npower@aol.com)
- Danielle Cole, *Elementary Level VP*  
[dtcole@lpssonline.com](mailto:dtcole@lpssonline.com)
- Dr. Dymphna Davis, *Middle Level VP*  
[phdddavis191307@gmail.com](mailto:phdddavis191307@gmail.com)
- Tanya Hebert, *Secondary VP*  
[tjhebert@lpssonline.com](mailto:tjhebert@lpssonline.com)
- Dr. Wendy Rock, *Post Secondary VP*  
[wendy.rock@att.net](mailto:wendy.rock@att.net)
- Amanda Duplatier, *Secretary*  
[Amanda.duplantier@gmail.com](mailto:Amanda.duplantier@gmail.com)

- Jill Lockhart\*, *Finance*
- Brenda Eccles, *Policies/Procedures/By-Laws and Government Relations*  
[bdeccles@lpssonline.com](mailto:bdeccles@lpssonline.com)
- Claire Barry & Katherine Wolf, *Graduate Student Rep.*  
[chbarrt@uno.edu](mailto:chbarrt@uno.edu)  
[kwold7@lsu.edu](mailto:kwold7@lsu.edu)
- Royce Hooks,\* *Nominations & Elections*
- Membership Committee:**  
Veronica Douglas and all Vice Presidents
- Dr. Ariel Mitchell, *Long-Range Planning*, [Amitch11@xula.edu](mailto:Amitch11@xula.edu)

Dr. Stephanie Eberts, *Professional Development, Research Grant & Scholarship Chair*

Veronica Douglas,\* *Program*

Vinetta Frie, *Publications*  
[frienews@yahoo.com](mailto:frienews@yahoo.com)

Cathy Smith, *Technology/Website*  
[catz80@gmail.com](mailto:catz80@gmail.com)

Dr. Wendy Rock,\* *Research Grant & Scholarship Chair*

\*see first column for contact info

### Committee Chairs

- Awards Co-Chairs:**  
Dr. Alice Cryer-Sumler & Dr. Deona White  
[acryer-sumler@stcharles.k12.la.us](mailto:acryer-sumler@stcharles.k12.la.us)  
[daustin@winppsb.org](mailto:daustin@winppsb.org)

To Be Announced  
*Ethics Board & Professional Certification*  
[wendy.rock@southeastern.edu](mailto:wendy.rock@southeastern.edu)



### Find us on Social Media



[Louisiana School Counselor Association](#): Find announcements about LSCA here [MyLSCA-Louisiana School Counselor Association](#): Connect, collaborate, and consult with school counselors all across the state of Louisiana



[@MyLSCA](#): Find announcements about LSCA, connect, collaborate, and consult with school counselors all across the state of Louisiana



Official website of LSCA, which includes info on LSCA leadership roles, awards, news and events, newsletters, scholarships, and more visit [www.louisianaschoolcounselor.com](http://www.louisianaschoolcounselor.com)