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Presidential View LSCA: Thanks for all you do!

By Royce Hooks, Sr., LSCA President



Dear Louisiana School Counselors, let me begin by saying it has been a pleasure working with you all as your Louisiana School Counselor Association President and the school counseling profession. I just want to thank each and every one of you for being on the front line and advocating for our profession. In this day, counselors are needed.

On behalf of your LSCA Executive Board we recognize the importance of LSCA members receiving as much as they can with their membership. If you have friends who are school counselors, but have not joined LSCA, please encourage them to check out our website, www.louisianaschoolcounselor.com and consider becoming a member! Remind them that members are eligible for nomination as School Counselor of the Year and receiving a plaque at our annual luncheon. Additionally, winners will be submitted for recognition on a national level through the American School Counselor Association! Just like Tara Washington of Woodlawn Middle School in Baton Rouge who after earning School Counselor of the Year was flown to Washington DC to take part in the School Counselor Year Awards with former First Lady Michelle Obama as the guest speaker. (See



Photo from <http://cdn01.cdn.justjared.com/wp-content/uploads/2018/02/>

(Presidential View, continues on page 2)

Upcoming Event

LSCA Executive Board Meeting
July 21, 2018
Drusilla Resturant
3482 Drusilla Lane
Baton Rouge, LA 70809

LSCA's Mission:

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



Featured Link

3 New Books on Executive Functioning

Vinetta Frie, Cajun Counselor Newsletter Editor

Julia Cook will be one of three keynote speakers at the 2018 LCA Annual Fall Conference in Baton Rouge October 4-7. She will also speak at our LSCA Award Luncheon AND provide a content session!! I hope this gives you a very good reason to attend! As I have done for many issues, I wanted to share what I hope will be a useful link: <http://www.juliacookonline.com/series/functioning-executive-ncyi/>

The three books in her new series help children explore developing better study skills, time management and personal organization. The link will allow you to explore this new series and all of her other 70 titles which have been translated into multiple languages and are used and loved world-wide. **And don't think these are only for elementary aged students!** I have used **Julia's books with college-aged students** because of their honest and disarming way of approaching difficult subject like appreciating diversity, sexual molestation, grieving, resiliency and more! I say disarming, because they touch the child in all of us. I have used them with college aged students! Take a look for yourself! 🙌



You keep your eyes on the prize, you try to do what's right and eventually, you'll reach your goal.
— Eric Holder

Presidential View, continued from page 1

the picture on page 8)

If your friend is not impressed by awards, remind that friend how we provide CE clock hours to school counselors at no charge as part of the **initiative, "LSCA Comes to You" presentation. If you would like to request a "LSCA Comes to You" presentation, please contact reshelle.marino@selu.edu with your request.**

Finally, I would like to encourage everyone to continue to advocate for your role as a school counselor. We can continue to work towards change by modeling all that we are trained to do. **We are "One team, one sound, one heartbeat -- We are Louisiana School Counselors. We provide academic, career, and social/ emotional services to ensure all students' success! Thank you for all that you do!** 🙌

Career Guidance and Planning

Brenda Eccles, By-Laws Chair



Discovering your career interest should begin at an early developmental stage and early age in life. As a child develops academically and socially, so should career readiness. Outlines ones knowledge, attitudes and skills ensures that a student is holistically being equipped to meet the early stages of challenges and demands that the world exposes children to today. By helping a student identify various career opportunities at their age appropriate levels, the school counselor will administer career guidance activities and resources in a one-on-one and group settings. Helping students explore various ways they can discover and implement meaningful opportunities, gives them the necessary tools to be successful as they grow older. Students learn to tailor their unique skills and interests in light of their level of understanding and personality. When they develop a strong foundation of principles and values, more than likely, students will want to know and understand their purpose in life and

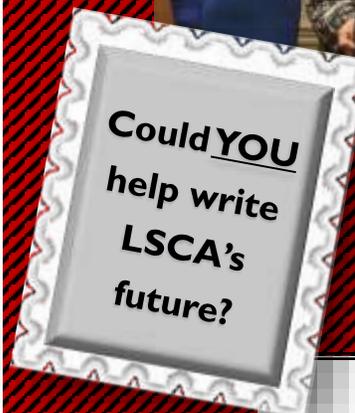
(Career Guidance, continued on page 4)



Research Grant Recipient Announced

By Wendy Rock, Ph.D., LPC-S, NCC, NCSC, LSCA Research Grant and Scholarship Chairperson

The LSCA Governing Board wishes to extend its sincerest congratulations to our research grant recipient, Dr. Christopher T. Belser. The LSCA research grant supports research in the area of school counselor effectiveness, the transformation of the school counseling profession, or school counselors and student outcomes. Research grant recipients receive \$500 toward the cost of their research. In addition, research grant recipients are expected to submit a brief summary of their research at the annual LCA conference in the form of a content session presentation, poster session, or report at the LSCA Board meeting. Dr. Belser is an Assistant Professor of Counseling at the University of New Orleans. Please join me in congratulating Dr. Belser! 🙌



Counselors of the Year and Outstanding Advocate who were recognized at our different Annual LSCA Awards Luncheons



There is no top. There are always further heights to reach.

— Jascha Heifetz

have the meaningful success in life that supports their beliefs and values which leads them to successful careers.

Planning a career should not be a last minute decision when you're in high school about to graduate. When a student is introduced to various career exploration at an early age, it allows them time to develop those interests as well as discover their like or dislikes in areas that they may or may not be drawn to. That is why when you plan a career readiness mindset, you should think of it as a hobby; something you would want to always enjoy doing. Money alone should not be the only driving force for choosing a career; instead, having a passion, a desire and love for what you want to do in life should also be a determining factor.

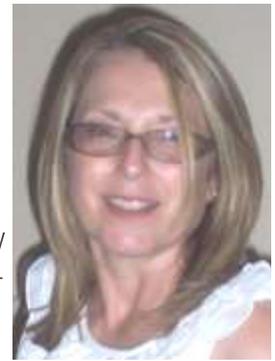
Being introduced at a young age to various careers and being taught how to explore career options can help you determine a good path for you to reach your academic, social and career goals. Early preparations such as taking interest inventories throughout your developmental stages, job shadowing different businesses and occupations will spark further interest and establish the foundation for you to plan your career future. Take advantage of discovering career clusters that you might want to pursue in life. Knowing and understanding the educational requirements that are needed to pursue your career will help you reach your future goals. Further researching the job demand, and market locations for your career will also direct you to a satisfying career future. Your school counselor serves a vital role and **contributes to a student's success.** Your school counselor can incorporate the necessary tools and assessments that can lead you to a concrete career future. 🙌



Ah, but a man's reach
should exceed his grasp,
or what is a heaven for?
— Robert Browning

Are You a Learner or a Non-Learner

By Denise Latour, President-Elect



In *Perfectly Yourself*, Matthew Kelly shares these words from Benjamin Barber:

There are people who learn, who are open to what happens around them, who listen, who hear the lessons. When they do something stupid, they don't do it again. And when they do something that works a little bit, they do it even better and harder the next time. The question to ask is not whether you are a success or failure, but whether you are a learner or non-learner.

Originally I intended to use this quote with my students. However as I struggled to develop this article, I realized these words embody the life of a school counselor. We listen and observe, assess needs and develop guidance activities. When we find something that resonates with our students, we are inspired and motivated to do more.

As a school counselor there are many ways to become a learner -- participate in professional development opportunities; become an active member of your local, state, and national professional organization; present at your state or national conference; or supervise an intern.

The Louisiana Department of Education will have a counselor strand at the 2018 Teacher Leader Summit to be held in New Orleans from May 29 to June 1. Plan to take advantage of this free opportunity to increase your knowledge and learn new skills.

As the school year draws to a close, and you begin to experience fatigue or burn-out, I hope this quote from St. Frances de Sales will provide some comfort.

Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You are perfectly valuable, creative, [a]worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. 🙌

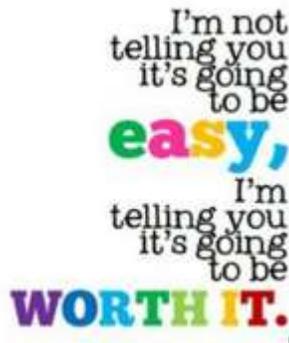


Advisory Council Meetings 101

By Tristen Bergholtz, Middle Level Vice President

Are you implementing a comprehensive school counseling program (CSCP)? Do you want to implement a CSCP? Do you need **buy-in or support from your school's teachers and administrators**? An advisory council is an excellent way to promote your school counseling program. An advisory council meets at least once each semester, is run by the school counselor(s), and includes a **representative sample of your school's staff (i.e., a teacher from each grade level, a teacher from each subject area).**

The purpose of the advisory council is to provide the school counselor with feedback on their program goals, results, and make recommendations about how the school counseling program can better address the needs of the students. The advisory council is a great tool to promote your role as a school counseling advocate for the elimination of non-school counseling duties, and increase support for your CSCP.



Steps to Starting an Advisory Council:

1. Secure a date, time, and place you can hold your advisory council meeting.
2. Invite potential members who will provide valuable feedback. Be sure to invite a **representative group of your school's staff. We have at least one teacher from each grade level, a special education teacher, our English as a Second Language teacher, our principal, a parent, a student, a representative from the district's central office, and a professor from our local university.** You don't

Above and Beyond

By Veronica Douglas, NCC, NCSC, LPC-S, LSCA President Elect-Elect



Wow what a school year! It's hard to believe that the end of the school year is upon us and now it's time to make sure that we tie up ALL loose ends and leave no work in the area of counseling undone. A helpful tip can include creating a list of **students with whom you didn't quite finish your work.** Be sure to include notes about where you left off with them and what more you can do to support them in the **fall. We've all heard the familiar cliché "It's not how you start... but how you finish."** **We must be intentional** about counseling and meeting the needs of our students. One of our constant goals includes ensuring our students are ready to move on to the next level and all this is to be accomplished while still managing our day-to-day responsibilities.

The good news is ... WE CAN DO IT!! And not only can we do it we can do it while reminding ourselves and others that we are not only professional school counselors, but we are truly *Difference Makers*. As we continue to make a difference in our various positions I want to encourage each of us to **"Go Above and Beyond."** **We are all aware that as spring break and spring fever are upon us, it is always tempting to maybe cut a corner here or there or find ourselves being guilty of procrastinating on those things that we really need to get done.**

This is a good time to make a list of the things we need to get done before the end of this school year. If **you've been putting it off or waiting for the best time to get started on end of the year tasks... well the time is NOW.** **Let's enjoy the excitement and newness of spring but let's not be guilty of doing less... let's do more. Let's do more than others expect us to do and let's be nicer than others expect us to be, because after all we are representing our proud profession of counseling and we are all in this thing together. Let's not only do more, but let's do it with energy, enthusiasm and great attitudes.**

(Above and Beyond, continued on page 6)

We provide an invaluable service to our schools and our students and this is a great time for us to **commit to go above and beyond. Let's finish the school year on a very positive note and once our work is done, let's all look forward to a great summer... remember... above and beyond.** 🙌



Spring Forward, Elementary School Counselors!

By Danielle Cole, Elementary VP

Spring can be a sign of a number of things: flowers blooming, frequent rain, and testing for the majority of our students. While many of us are preparing our students with skills to work intentionally to do their best and tips for test anxiety, we must also take the time to advocate for ourselves and our profession by actively participating in opportunities available to us.

The *Teacher Leader Summit*, held May 30-June 1 in New Orleans, will have a School Counselor track. Make plans to attend this free professional development and network with others in this field. **If you're looking for a way to reconnect and prepare for next school year, go "Reach for the Stars" with fellow school counselors at the ASCA Conference in Los Angeles, California, July 14-17, 2018.**

Actively participating in our profession is a great way **to be knowledgeable about what's current and give us a chance to collaborate with others.** We will be electing a new Elementary Vice-President in the fall to hold office for 2019-2020. **If you're interested or know someone who is, encourage him or her to get involved.** The more we know, the better prepared we are to advocate for ourselves. As the season of spring progresses, let us be like it and grow with one another to be the best so we can best serve our students. 🙌



just want people who will tell you you're doing everything well. You want to invite people who will make suggestions for ways you can improve your interventions and comment on aspects of the program that are working well. Bottom line — **don't just invite your friends.**

3. Make an outline of your presentation (this can later serve as your agenda J). Be sure to include slides about the purpose of the advisory council, **your program goals, the interventions you'll be implementing to reach these goals, other services or programs you're offering that semester,** and provide an opportunity for the advisory council to offer verbal and written feedback.
4. **Make it happen.** You'll probably be pleasantly surprised at how much value this component of a CSCP can add and by how many people support the work you do. 🙌

Welcome Spring!



It must be borne in mind that the tragedy in life **doesn't lie in not reaching your goal.** The tragedy lies in having no goals to reach.

— Benjamin E. Mays



Stronger Together

Vinetta Frie, LCA President Elect

Although I am Cajun Counselor Editor and LSCA member, as I write this, I am “wearing” my LCA hat. On Thursday, March 22, I and Dr. Christine Ebrahim represented LCA on a telephone conference call with the executive administration of ACA. Moments before the call, The American School Counselor Association and the American Counseling Association decided to redefine their 65-year association. Like in relationships between human couples, this action was preceded by years of discussion on how each association wanted to be recognized by the other. But I must admit, my mind shifted to listening for what impact would this national decision have on our state associations.

ACA President Gerald Lawson and ACA Executive Director Richard Yep were quick to point out that the change was amicable as both agreed to continued collaboration in the future to serve the needs of school counselors. In no way does ACA place restrictions on state level divisions to have a national affiliate in ACA for state divisions to remain affiliates in state branches, like LCA.

Article continues in next column



LCA & LSCA have long been recognized – from what I hear our relationship is strongly *envied* by other state associations – for having a close relationship. One only has to look at the list of past and current LCA Presidents to see how many have come from our division; remember at least 5 LSCA former members have also been LCA President: Dr. Iman En Nabut Nawash, Pat Thomas, Karen Pique Moran, Kay Robinson!

LSCA’s voice, vision, and mission have been long intertwined with those of our “sister” state divisions during the 50 years of LCA’s existence. No doubt there will be future discussions among LSCA and LCA about what these actions taken at the national levels of our parent associations might mean to us here on the ground in Louisiana. I hope that as “50-year-old adult siblings” we will continue our long-standing relationship for at least another 50 years!

As we celebrate the Golden Anniversary of the Louisiana Counseling Association, I have been reflecting on what accounts for our longevity. I remember the theme Frank Phinney chose for his presidency, **“Better Together” and the puzzle pieces we used as a symbol.** I think his theme is particularly appropriate for this time. Not only are we better together, but **stronger too ... at least in my opinion!** 🙌

There are TWO ladies you might recognize below! Former First Lady Michelle Obama is in the middle of the front row at the School Counselor of the Year Award ceremony. Two rows back, the second person to the right of Mrs. Obama is our Tara Washington, Middle School Counselor from Woodlawn in Baton Rouge.





We are looking for the best of the best...

Nominations for LSCA Annual Awards Sought

Dr. Deona Austin, Dr. Mariama Cook Sandifer, and Dr. Alice Cryer-Sumler, Awards Co-Chairs

The Louisiana School Counselor Association is accepting nominations for counselors who are implementing the Comprehensive School Counseling Model, which involves service to all students on a regular basis through individual counseling, group counseling and school counseling core curriculum. Awards and recognition are presented in the following categories: Elementary School Counselor, Middle/Junior High School Counselor, Secondary School Counselor, and Post-Secondary Counselor.

We are also accepting nominations for those persons who have made outstanding contributions to school counselors/field of education with a special emphasis on the school counseling profession. Awards and recognition are presented in the following categories: Advocacy, Administrator/Supervisor, Legislator, Writing (Professional Publication).

Please notify your nominee of the nomination so he/she can complete the application in a timely manner. Nominations with accompanying paperwork must be uploaded at www.lscaschoolcounselorawards.org no later than April 30, 2018.

Nominees for Counselor of the Year must be current LSCA members. All nominees will be recognized at the annual LSCA Awards Luncheon, so their families, colleagues, and nominators, can be invited to attend the luncheon which occurs during the LCA Fall Conference on Sunday, October 7, 2018 at the Crowne Plaza, 4728 Constitution Avenue in Baton Rouge. Luncheon tickets can be purchased through LCA by emailing Diane Austin at lca_austin@bellsouth.net before July 30, 2018.

The winner of each category (elementary, middle, secondary and post-secondary) will receive a plaque and paid membership to LCA and LSCA (one year.) National recognition will also be considered for our state level winners! For more information, please contact:

Article continues in next column

Dr. Deona Austin, daustin@winncpsb.org or (318)-628-3506; Dr. Mariama Cook Sandifer, msandifer@stcharles.k12.la.us or (504)-957-7726); or Dr. Alice Cryer-Sumler, acryer-sumler@stcharles.k12.la.us or (504)-376-4280.

We know there are counselors across our state who are doing great work – YOU also know who! **Why not nominate them ... or yourself? We need your application before April 30th!** 🙌



This newsletter is the work of many LSCA members! While we thank EVERYONE for their excellent articles, there are four very important volunteers who always work quietly in the background: Tristen Bergholtz, Denise Latour, Dr. Wendy Rock, and Cathy Smith! When Tristen, Denise, and Wendy complete proofreading, and I have made the needed corrections, our Technology/Website Chair, Cathy Smith posts your newsletter on the LSCA website. On behalf of all of LSCA, we all appreciate your meticulous work! 🙌



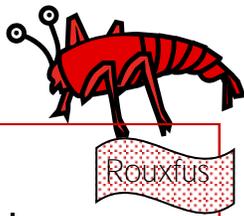
Our Painless Fundraiser Was A Great Success!

Jill Lockhart, LSCA Treasurer



You did something very important **when you registered for last year's LCA** Fall Conference and indicated that the Louisiana School Counselor Association is your primary division!! When you did that, you helped LSCA collect a larger percentage of the conference profit! Thanks to you, LSCA is adding \$9,053.46 to our treasury!!

Our conference rebate allows LSCA to continue to offer member services to you without increasing our dues! When you register this summer for the 2018 conference, please remember to indicate LSCA as your primary division!! 🙌



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. Please include LSCA Cajun Counselor in subject line.

Louisiana School Counselor Association's Leadership Roster for 2017-18

Elected & Appointed Officers

Royce Hooks, *President*
Royce_hooks@yahoo.com

Dr. Reshelle Marino, *Past-President*
reshelle.marino@selu.edu

Denise Latour, *President Elect*
denise.latour@tangischools.org

Veronica Douglas, *President Elect-Elect*
jarelle2npower@aol.com

Dr. Sundy Barjon, *Secretary*

Danielle Cole, *Elementary Level VP*
dtcole@lpssonline.com

Tristen Bergholtz, *Middle Level VP*
T.Bergholtz@ebschools.org

Tanya Hebert, *Secondary VP*

Dr. Ariel Mitchell, *Post Secondary VP*
Amitch11@xula.edu

Jill Lockhart, *Treasurer*
jill.lockhart@cpsb.org

Sharon Jackson, *Parliamentarian*
sharon.jackson@jdpbsk12.org

Committee Chairs

Awards Co-Chairs:

Dr. Alice Cryer-Sumler, Dr. Mariama Sandifer & Dr. Deona White
acryer-sumler@stcharles.k12.la.us
msandifer@stcharles.k12.la.us
daustin@winpsb.org

Austin White, *Audit*
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Audit Committee: Royce Hooks, Jill Lockhart, Reshelle Marino, Tara Washington

Halima Dargan, Counselor
halimadargan@gmail.com

Dr. Peter Emerson & Dr. Reshelle Marino
Ethics Board & Professional Certification

Jill Lockhart*, *Finance*

Brenda Eccles, *Policies/Procedures/By-Laws*
bdeccles@lpssonline.com

Brenda Eccles & Dr. Jennifer Curry, *Government Relations*

Samantha Lathan & Catherine Redden, *Graduate Student Rep.*
slatha1@lsu.edu
Catherine.erdden@selu.edu

Denise Latour, * *Leadership Committee:* Tara Washington, Jill Lockhart, Brenda Eccles, Cathy Smith

Denise Latour, * *Long Range Planning*

Dr. Reshelle Marino, * *Nominations & Elections*

Membership Committee: Denise Latour and all Vice Presidents

Dr. Ariel Mitchell, * *Professional Development*

Dr. Reshelle Marino, * *Program*

Vinetta Frie, *Publications*
frienews@yahoo.com

Wendy Rock, *Research Grant & Scholarship Chair*
Wendy.rock@att.net

Tristen Bergholtz, *Social Media*
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Cathy Smith, *Technology/Website*
catz80@gmail.com

*see first column for contact info

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