

Special points of interest:

- Message from Secondary School Counselor of the Year on page 4
- 5 Tips to Improve Critical Thinking, link to resource materials page 2
- Candidates for LSCA Office announced page 3
- By-Laws Changes Approved on page 2
- Giving Thanks, see page 5
- LSCA Award Winners begin on page 5 with some pictures on page 10
- New Leadership Roster on page 11

Presidential View

LSCA: Higher and Higher

By Royce Hooks, Sr., LSCA President



It's me again for another edition of

the Cajun Counselor. I would like to first tip my hat to all who attended the LCA Conference earlier this month and make it another one for the record books. I hope that you all gained crucial and valuable information in the

professional development you received from all those who presented. I think it is important that you can take back to your school or private practice at least one change in one of your thought processes or that you implement something new and more effective.



As President of LSCA I would also like to thank our Guest Speaker for the Luncheon, Dr. June Williams. What a wealth of knowledge and practical resources to help us help students with use for the traumatic events. I am also grateful for our other presenters, Mr. Floyd Collin Henry Jr. who represented the ASVAB program and Ms. Juterh Nmah from LOSFA. Ms. Nmah provided updated information well needed for our school counselors. Remember the Go Alliance online course is a free CEU opportunity for school counselors. Contact Ms. Tیرهکا Cobb from LOSFA if you are interested in signing up. The course provides a wealth of information. I hope



(Presidential View, continues on page 2)

Upcoming Event

LSCA Executive Board Meeting
February 24, 2018
Woodlawn Middle
14939 Tiger Bend Road
Baton Rouge, LA 70817

LSCA's Mission:

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



<https://www.youtube.com/watch?v=dItUGF8GdTw>

Featured Link

5 Tips to Improve Critical Thinking

Vinetta Frie, Cajun Counselor Newsletter Editor

In any article you read about what employers look for in college and university grads, it is the ability to think critically. In my College Study Skills class at Baton Rouge Community College, I am not simply trying to help students experience greater success in the classroom or in their GPA, but life skills as well. Critical thinking is thus an important concept.

There are many, many videos — of varying lengths — to impart basic information about how to think critically. Your featured link for this quarter is a less than 7 minute video! There are also a number of excellent **TED Talks, some by “student” aged speakers, which** could be very accessible to your students. And Google images includes many clips which could be used as great discussion starters.

Hope this gives you some great ideas to begin or to continue this important topic with your students. 🙌

Past LSCA President, Dr. Reshelle Marino, honored at the LSCA Luncheon for her service in 2016-2017.

Photo by Vinetta Frie



Presidential View, continued from page 1

those who won the creative centerpieces as door prizes **are enjoying their school tool kit boxes!** A “shout out” to Ms. Denise Latour, LSCA President Elect, for doing that as well.

For those school counselors who did not get a chance to attend the Conference or the Luncheon I encourage you to join us in advocating for our profession. As you know, if we do not advocate for our profession, who will? If you are like many of the individuals I met at the Conference who asked how they could become a more active member, I welcome you share your expertise and your ideas! Please email me at Royce.Hooks@yahoo.com. Are you thinking of seeking an elected or appointed LSCA office in the near future? Share your what office or position that interests you with me at the same email!

LSCA has a good partnership with Ms. Charlotte Smith, Counselor Connect, to implement topics vital to our profession throughout the year. LSCA continues to enjoy an effective partnership with the Louisiana Department of Education, LDOE, through the Task Force on Bullying & Integrated Medicated. As LSCA President I will serve as your representative with the Task Force. I will keep you guys informed of what the next steps are and I will need your feedback on these.

(Presidential View, continued on page 4)

Proposed By-Laws Amendments Approved

By Brenda Eccles, By-Laws Committee Chair



Thank you, LSCA for voting to approve the five changes proposed to our By-Laws. As a result, the By-Laws were updated and copies shared with LCA and ASCA. Thank you again. 🙌



We have to embrace obstacles to reach the next stage of Joy.

— Goldie Hawn



Meet our WINNING candidates ...

LSCA Officers Announced

By Dr. Reshelle Marino, LSCA President 2016-2017



It was such a humbling experience to serve as Past-President at this year's LCA Conference. It was such a joy to watch my colleagues 'run the LSCA show'. To walk alongside such inspiring women and men who share a passion for school counseling was so rewarding. It was with great pride that I was able to facilitate the nominations and elections process this year. Thankfully, Tara Washington assisted me in counting the ballots. We had over 100 votes this year for the upcoming vacant positions. That's right! Over 100 people took the time to vote for our new board members. Thank you for your dedication to maintaining our level of excellence in LSCA.

On July 1st, 2018 pictured below are the LSCA Members who will transition to LSCA Executive Board Members. Congratulations ladies!



President-Elect-Elect:
Dr. Ariel Mitchell



Middle Level
Vice President:

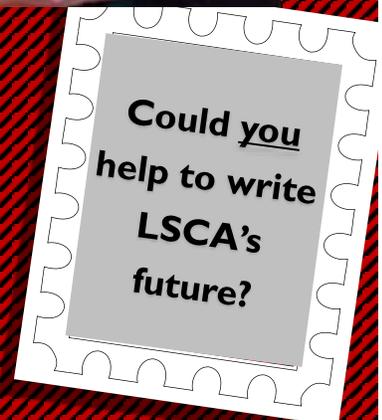


Post-Secondary
Vice President:



Every dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.

—Harriet Tubman



Past LSCA Presidents; (top to bottom)
Michael Lefort, Dr. Alice Cryer-Sumler,
Dr. Sundry Barjon and Robin Olivier,
Frank Phinney and Dr. Jennifer Curry

issues.

While the LSCA Track resulted in a lot of topics presented at the conference that were useful to School Counselors, **it's not too early to think about what YOU thought was MISSING!** Do you have a topic that you would like see presented or better yet, a topic YOU would like to present, please contact our Vice President Post-Secondary Education, Dr. Ariel Mitchell at amitch11@xula.edu.

On behalf of LSCA would like to thank all LSCA members who voted by mail or in-person at the table. LSCA is really on the move as new members and members renewing their membership increase our numbers. **Remember that if you would like a "LSCA Comes To You" in your district on a topic of interest to you, feel free to contact us.**

Last but not least I would like to thank all of the LSCA Executive board members for all their hard work, planning, meeting, and cooperating in getting all the necessary tasks done. **As we know "team work makes the dream work!" While I am blessed by this effective LSCA team, I know that some of you work in areas where you may feel like a team of one. I want you to remember that you don't have to be alone. Through advocacy, you can form alliances in your schools and you can reach out to LSCA. You are critical to the students you serve. Without you, how will they achieve their dreams? So if it's been a while since you've heard it from someone inside your respective schools, as your LSCA President, I offer you my sincere thanks. I appreciate you and your worthwhile, valuable and much needed work. Let's keep striving for success and take our profession to higher heights and to the next level.** 🙌



Do not fear mistakes.
You will know failure.
Continue to reach out.

— Benjamin Franklin

On Being A Change Agent

By Anne Phillips, Secondary School Counselor of the Year 2017

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."

— Barack Obama

My year as Louisiana's High School Counselor of the Year has been filled with personal and professional changes. From the time I was nominated to the time of the luncheon, I became engaged and married to my best friend, moved from cajun country to CENLA (that's Central Louisiana for those unfamiliar with the heart of our state), and changed positions from Acadiana High School in Lafayette Parish (Go Rams!) to Bolton High School in Rapides Parish (Go Bears!).

Change, even positive ones, are difficult. Counselors know this well. We are often the supportive listener and go-to resource as individuals, families, or members of a system struggle with transition. The heart of a school counselor's job is to promote change: helping students strive for new academic heights, helping them break destructive patterns in behaviors, thoughts or relationships, and advocating for changes within our schools and school systems. Whether it is through a listening ear, a small group discussion, a guidance lesson, a parent meeting, or advocating for our profession, we are perfectly positioned to promote positive changes. More than that, we are charged to do so by our ASCA Code of Ethics and through the National Model for School Counseling.

The changes in my life this year have helped me grow. Being nominated as a School Counselor of the Year provided the perfect opportunity to reflect on my work and myself as a professional, and it increased my confidence in being an advocate for my students and my profession. Is there any better time to face new challenges than after such reflection? In the midst of the strife of our times and the business of our jobs, it is vital that we each reflect upon ourselves and our work. Reflection helps us grow as professionals and gives endurance, clarity and direction to our passion of helping students. Change is difficult, but promoting change is at the very heart of being a school counselor. I encourage you to reflect upon and embrace the many ways in which you are an agent of change. 🙌



Giving Thanks

By *Tristen Bergholtz*

I hope you all had a great conference and learned a lot from the school counseling leaders we are lucky enough to have in our state. I attended several sessions presented

by school counselors that prompted me to really think about my role as a school counselor, ways of conceptualizing presenting issues, and how to promote professionalism and collaboration within the field a few of which included:

- Roundtable Discussion: Bring RAMP to Louisiana Schools by Katherine Taylor (2016-2017 RAMP Winner)
- Facing the Elephant in the Room: Children Living with Domestic Violence by Ellen Decuir and Missy Frye
- Building Trauma Sensitive Schools by Dr. Stephanie Eberts, Elizabeth Sandridge, and Ashanti Shepherd
- Iron Sharpens Iron: Moving from Success to Significance via the Social Media Platform by Dr. Mariama Cook Sandifer and Dr. Dymphna Davis

The session that struck a chord with me the most though was the Opening Session. Dr. Kevin Fall spoke about mentoring and focused on the 3 Ps that lead to a successful mentor/mentee relationship: 1) passion, 2) presence, and 3) pathfinders. I have been fortunate to **have several role models, but Dr. Fall's presentation** helped me hone in on a few of the key players in my development as a school counselor and pinpoint what exactly they did to help me along the way. Some of you may have had the opportunity to work with some of the mentors that have helped me pursue my school counseling career: Passion-Tara Washington, Middle School Counselor, Past-President of LSCA, and Louisiana's 2017-18 Middle School Counselor of the Year, is can make anybody want to be a school counselor and become an advocate for school counseling. Presence-Chris Belser, Counselor Educator at UNO and former middle school counselor, is always willing to lend an ear, help problem solve, and provide a list of resources,

(Giving Thanks, continued on page 6)

In Recognition of Outstanding Professionals

Submitted by:

*Dr. Deona Austin and
Dr. Alice Cryer-Sumler*



As the school counselors entered

the Louisiana School Counselors' Luncheon this year, their eyes were drawn to the yellow school bus centerpieces on the tables. This was a quick reminder of the transportation that delivers the students each day. Within in each yellow school bus box, there were lots of resources that are useful resources for counselors in their work with the students. In addition to the centerpieces capturing their attention, we couldn't help but notice the counselor nominees sitting and enthusiastically chatting with their families and school staff. There was a lot of laughter and excitement because we all knew before the end of the luncheon; all nominees would be introduced and we would know which counselors would represent each school level.

We believe that our School Counselors are the **"heartbeat" of our schools.** Of course, our School Counselor of the Year Program strives to recognize and honor school counselors who are running top-notch, comprehensive school counseling programs at all levels as well as administrators and advocates who support school counselors. This year the following school counselors are our winners in each category.

Elementary School Counselor of the Year
Tamara Keys – Brentwood Elementary School
Calcasieu Parish

Mrs. Key's goals this year addressed social skills and anger management. She addressed social skills through morning announcements each day. Each week, she focused on one skill and encouraged the students to demonstrate it throughout the day in and out of the classrooms. The 4th and 5th graders were engaged in social skills classes for several Fridays in collaboration with the Dean of Students and Special Education Pupil Appraisal Facilitator. Her second goal focused on anger management. She helped the students with understand-

(In Recognition, continued on page 6)

ing that it is ok to get angry but learn alternative ways to express their frustrations. She partnered with Parenting Partners to encourage parents to be more involved in their children's successes in school as well as create positive and consist discipline and structure. Parenting classes were offered each semester of the 2016-2017 school year. Parents were honored at a graduation celebration where their family members and friends were able to attend. Her hope is that she will continue to impact the lives of her students.

Middle School Counselor of the Year
Tara Washington – Woodland Middle School
East Baton Rouge Parish

Mrs. Washington is striving to become a RAMP school. Once her school receives this recognition, she plans to assist other schools with this designation as well. The goal of her counseling programs is to address the needs of the whole child with their social/emotional, academic and career development. She supports all students by providing classroom guidance, small group opportunities and individual counseling for special concerns. Several opportunities to provide support to the family are provided throughout the year: Parent Night, High School Night, Career Development Lessons to all students on the third Thursday of each month and collaborate with the high school counselors on a regular basis in reference to graduation requirements, registration, Individual Graduation Plans and FAFSA.

High School Counselor of the Year
Katherine Taylor – St. Scholastica Academy
Archdiocese of New Orleans

Mrs. Taylor is very excited about the achievement of her two goals during last year with her students. First, she began the implementation of a Comprehensive School Counseling Program. Secondly, she collaborated with administration, teachers and staff to assess their needs. She proudly reports an increase in overall student achievement. She attributes their success to

In Recognition of Outstanding Professionals,
continued in next column

tools, and books to help counselors help their students. Pathfinder-Dr. Jennifer Curry, Counselor Educator at LSU and Past-President of LSCA, provides school counselors with endless opportunities to further the research and data related to school counseling, suggest leadership positions, and provide any support she can offer to see school counselors and their programs succeed. I am forever indebted to these three people for thinking I could accomplish more than I ever thought I could. Thank you!

Who has provided you with similar support? I challenge you to thank your mentors because you're likely to find that just as much as they meant to you, you meant a lot to them too. 🙌

providing school wide classroom guidance, targeted small groups and closing the achievement gap interventions for outlying students. She has an Advisory Council that she meets with on a regular basis. The council completed a school wide attendance survey. As a result some students were targeted with special interventions for attendance. She has a good collaborative relationship with her administration and staff at her school.

Advocate of the Year
Michael Hill
Administrative Coordinator of Pupil Appraisal
Calcasieu Parish

In addition to overseeing the testing and placement of current and incoming IDEA students in the school system, Michael Hill is very passionate about his leadership role as an advocate for school counselors in the school system. As we know counselors wear many hats such as 504 coordinator and testing coordinators, Mr. Hill realized that counselors were spending an enormous amount of time with the 504 process: collecting the data, writing all the reevaluations as well as the annual reviews and IAP. When he looked closely at this process, he saw it as a concern for school counselors who could not meet with students because their time was tied up managing the 504 process. He took this concern to the superintendent and advocated for **this to be removed from the counselors' responsibility**

(In Recognition, continued on page 7)



In Recognition, continued from page 5

ties.

The superintendent approved the hiring of seven 504 screening specialists. He is assertive when he needs to be but does it with compassion and understanding.

Administrator of the Year

Ms. Dana Schmersahl,

School-Based Administrator,

J. Wallace James Elementary School – Lafayette Parish

Not only does Ms. Schmersahl support the counseling department at her school and the implementation of a comprehensive counseling program, she expects it! She includes the counselors as a part of the school leadership team, which gives counselors a voice at the table where decisions are made that affect all of the students in the school. The counseling team has aligned its **program goals with the school's goals because that is the best way to create systemic change.** The Counseling department is very successful at implementing the ASCA model largely because this principal has a counseling background and knows the importance of every part of the ASCA model including classroom guidance, small group counseling, individual planning and responsive services. She is not willing to negotiate any part of the Comprehensive school counseling model. She understands that counselors need to be available to the students and parents and tries very hard not to let things get in the way of that. She is truly an advocate for students, and it was evident as she advocated for keeping elementary counselors in the schools in her district.

Mrs. Tara Washington will represent our Louisiana School Counselors Association in Washington, DC. in January. She had the highest overall score. Congratulations, Mrs. Washington.

*In Recognition of Outstanding Professionals,
continued in next column*



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 application readers were exceptional. Each reader reviewed at least two applications with some counselors filling –in and reading three or four. We could not implement this Awards and Recognition Program without their support. When you see the following counselors, please tell them “thank you”: Dr. Sundy Barjon, Brenda Eccles, Shelia Lawson, Jill Lockhart, Renisha Oubre, Denise Peinado, Anne Perrone, Jenny Petty, Ann Phillips, Dr. Mariama Sandifer, Lyn Smith, Jose-



Only a man who know what it is like to be defeated can reach down to the bottom his soul and come up with the extra ounce of power it takes to win when the match is even.

— Muhammad Ali

Mini Minutes from the LSCA Conference Board Meeting

Dr. Sundry Barjon, Secretary

The LSCA Board Meeting was held at 8 a.m. on Sunday October 1st. A quorum was present, which allowed business to be conducted on behalf of our Association. This issue of the newsletter, much of what was discussed and approved at the meeting has already been reported. The results of the elections, the approval of the By-Laws Changes, the award winners honored at the annual luncheon and more. Additionally, the follow are highlights of the meeting:

- Jill Lockhart, Treasurer contacted the **Secretary of State to review the status of LSCA's** request for 501(C)-3 status. She will keep us posted on her progress
- Dr. Wendy Rock, Research and Grant Chair, reported that Research Grant information will be place in LACES newsletter. Scholarship applications will be available in the Spring.
- Cathy Smith, Technology Chair, reported that people have reached out wanting to add resources to the website. LSCA will not add resources to website.
- Social Media Chair, Tristen Berghotlz reported word of mouth seems to be the best way to post. Will ask members to follow on Facebook at the luncheon.
- Samantha Lathan, student representative, shared that as a result of the Qualtrics Survey on ACT 295 of 2012, many people did not know about the act.

Mini-Minutes, continued in next column



Only 32 people responded that they were reading the Cajun Counselor, according to the survey

- Veronica Douglas LSCA President Elect-Elect, and Denise Latour, LSCA President Elect, attended the LCA Board meeting in proxy for LSCA President Royce Hooks. They provided an update for the LSCA Board including the Mentoring Institute at Loyola, the need for an updated copy of the LSCA By-Laws, the approval of a new Affiliate, Louisiana Counseling Graduate Students, LACGS who after three years and complete certain prerequisites could become a new Division. LCA Government Relations Chair Dr. Mary Feduccia is to meet with LSCA Government Relations co-chairs Brenda Eccles and Dr. Jennifer Curry to discuss having David Tatman, LCA Lobbyist, monitor BESE/ State Register concerning DEA, TOPS and additional legislation of concern to school counselors.
- As proxy for Dr. Ariel Mitchell, who was unable to attend, Dr. Reshelle Marino reported that LSCA lost money on the 2017 Summer Institute due to low attendance. Idea on alternate ways to provide professional development in cost effective ways like a Crisis Workshop, webinar or bringing in a national speaker for a Pre-**Conference at next year's** conference. LSCA Comes to You is planned for October 19 in Rapides Parish. The presentation will focus on RAMP and will be taped to present to the membership as a free service, including free CEUs.
- Brenda Eccles, Government Relations co-chair reported that changes in TOPS criteria are being discussed.
- Next Board meeting will occur on February 24 between Baton Rouge and Lafayette.





Who doesn't like a bargain?

Denise Latour, President Elect

I have a few questions for you:

- ⇒ Are careers an area of interest for school counselors?
- ⇒ **Do school counselors need CEU's?**
- ⇒ **Would you like to earn 14 CEU's for free?**

If you answered yes to the above questions, I would encourage you to add LCDA to your LCA membership. What is LCDA? LCDA is the acronym for the Louisiana Career Development Association. Dues are only \$10 a year.

This year LCDA is initiating "Career Smart" which is a collaboration with the National Career Development Association (NCDA). This collaboration will allow LCDA members to view four new (live or recorded) webinars for free and earn one CEU for each webinar. Members are also allowed to earn 10 additional CEU's by viewing previously recorded webinars. To view current webinar topics visit

<https://ncda.org/aws/NCDA/pt/sp/webinars>

and visit LDCA's website,

<http://www.louisianacareerdevelopment.org>

to learn more about the organization and to check out the links to career resources. 🍷



This photo was taken by Lisa Hibner, LCDA President at the LCA Fall Conference in October. If you enlarge the picture, you can see more information about LCDA and what you will get if you add this division to your membership. Just remember to continue to list LSCA as your primary division!





Remembering Our LSCA Awards Luncheon....



Middle School Counselor
of the Year:
Tara Washington



Elementary School Counselor
of the Year:
Tamara Keys

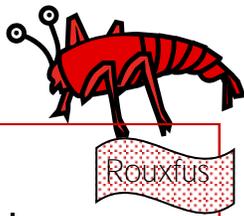


High School Counselor
of the Year:
Katherine Taylor



Outstanding High School Counselors
from across the State!





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@ebrschools.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@jdpbsb12.org

Committee Chairs

Awards Co-Chairs:

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

Austin White, *Audit*
austin@northdeltamanagement.com
Audit Committee: Royce Hooks, Jill Lockhart, Reshelle Marino, Tara Washington

Hallima 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 Chair*
Wendy.rock@att.net

Tristen Bergholtz, *Social Media*
tristenbergholtz@yahoo.com

Cathy Smith, *Technology/Website*
catz80@gmail.com

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