



Focus on NDCA

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NDCA Turns to Online Options To Save Time, Money and Environmental Resources

Greetings NDCA Members! It's been an exciting time of change for NDCA. This FOCUS is our first "online only" newsletter. Going with this option provides many benefits for NDCA . We greatly reduce our use and costs of paper, postage and time spent putting paper copies together for mailing.

This summer NDCA held its first online board meetings through WIMBA. We owe a big thank you to Bruce Wold for all of his efforts in getting us set up to use WIMBA. We had a very successful board meeting online and NDCA benefited in many ways by holding our board meeting online. We eliminated travel, meal, lodging and paper copy expenses. We also saved valuable time by reducing our board meeting from the planned 7 hours to 1 and 1/2 hours. We will still be able to meet face to face as a board each year at the midwinter conference.

During our board meeting Bryn Halgrimson updated us on her plans for our 2011 NDCA Mid-Winter Conference. Bryn has been hard at work organizing and arranging an awesome conference for us. Thank you Bryn! Be sure to check out Bryn's information and updates on the conference in the FOCUS .

Have a great fall season!

Sincerely,

Kris Long, NDCA President

www.ndcounseling.org

You Asked For It!

Bryn Halgrimson, President Elect

I have always been warned that I should be careful what ask for as I just might get it; and not in the way I expected. Kind of like when you were told that if you kept making faces, one day your face will stay that way (if you are still wondering, that one isn't true). In reviewing the 2010 evaluation comments, I discovered many things asked for by our membership and thought it would be fun to make some of those requests come true in 2011 and hope that this is what you really wanted!

Following is the list of things to anticipate:

- The New Member and First Timers Orientation will be at 1:00 p.m. This will enable those individuals with Division and Board meetings/ brunches on Sunday morning to attend both.
- The Keynote speaker will begin 2:15 p.m. to allow for some extra travel time for those coming on Sunday, and to cut down on the chance you might miss the beginning of or the entire Keynote.
- The NDCA Board meeting and Awards Social have been moved from Tuesday morning to Monday afternoon.
- There will be concurrent content sessions on Tuesday morning before the Endnote Speaker. This schedule actually allows for one more set of sessions so there is plenty of room for presentations.
- It isn't a Super Bowl Weekend! It has been scheduled for February 6, 2011. Okay, I could take credit for this, but being the honest person I am, I will tell you that I really didn't have any say in this. It does work very nicely in my favor to address this particular request.

In the fall edition of the Focus, look for the following:

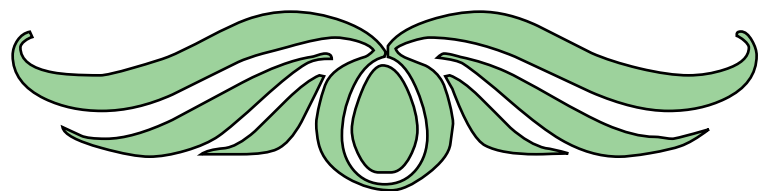
- Official schedule for the 2011 Conference
- Review of Keynote and unveiling of Dr. Britzman's content session
- List of presentations by membership to start your "to attend" list
- Overview and tips on Networking at a conference

It's not too early to schedule January 30 through February 1, 2011 on your Calendar! Create possibilities for yourself!

Future Trends in Higher Education

Pam Schorsch-NDECA

1. The college population will continue to increase.
2. Future college students will be more culturally and ethnically diverse.
3. Female college population will increase.
4. Lifelong learning and collaboration between business and education will be the norm.
5. Technology is creating new educational paradigms.
6. The influence of for-profit schools on higher education will increase.
7. Community colleges will take on a more significant role.
8. Federal, state, and institutional funding policies will change.
9. International students will continue to come to the US but their numbers will decrease and countries of origin will shift. More Americans will study abroad.
10. The retention of students will be as important as the admission of freshmen.



NDSCA...Digging in for 2010-2011

By: Amy Artz, NDSCA President

TGU Public Schools, K-12 School Counselor



The farmers are starting in the harvest fields in our county...a sure sign that summer is drawing to a close and we are headed back to school very soon. As I watch the farmers roll over the fields, hoping for a bountiful yield, I am reminded that School Counselors are doing much the same in their schools across ND. It seems to me that School Counseling is quite a bit like farming. Farmers work the ground, plant crops, and bring in the harvest to feed many mouths across the country. School Counselors are using Comprehensive Programs to deliver curriculum and services to students K-12 with the hopes of a bountiful "crop" at the end of the growing season. It's time to "Dig In" and get ready for another school year.

Farmers get into the field as soon as possible in the spring, in order to prepare the ground for another growing season. They spent the winter planning, fixing machinery, and anticipating the growing season. School Counselors prepare to provide services to students in the areas of Academic, Career, and Social/Emotional through trainings, graduate study, networking with other professionals, and planning within their own school districts. We anxiously anticipate the start of another "growing season" as we watch our colleagues and students return for another school year. We review our plans for the year, much like a farmer plans the crop rotation.

The planting begins with the first bell on that warm August day when school begins. The bounty, however, may not be harvested until much later. Farmers plant many seeds with the hopes that something will grow and mature into a viable crop. They pray for rain, spray for disease and weeds, and hope for the best! School Counselors also plant seeds, yet wheat and sunflower yields are not the goal. Seeds of knowledge, academic skills, career planning, and how to become a well-rounded person are on this crop rotation, guided by Standards and Curriculum. After the seeds have been planted and roots take hold in the ground, plants search for nutrients to grow and thrive. School Counselors and Educators provide the time, love, and attention it takes good producers to bring in a bountiful crop. We provide students with opportunities to take chances, make mistakes, fall on their faces and get back up, and support them all the way. The planting, unlike farmers, happens throughout the year, not just at the start of the year.

The smell of harvest is in the air, maybe not for all of you, but for most of the state harvest is here. Farmers have a fairly predictable amount of time for the growing season. School Counselors may see parts of the harvest as the days pass by, yet much of the bounty may not be ready for years down the road. My mother is a School Counselor in ND, and I remember one day a former student of hers told me how much he appreciated her guidance in High School. He is now successful in his career and is happy with his life. I think this speaks to the example of waiting for the bounty to come in. School Counselors may not see immediate results or bounty, but down the road it might appear. We can give students the tools and skills to grow a bountiful future whether it is college or workforce preparation, communication skills, or simply how to get along with others.

I hope that your 2010-2011 growing season is a successful one. Remember to work the ground, plant the seeds, and hope for a bountiful harvest. I am excited to be the NDSCA President. Please do not hesitate to contact any of the NDSCA Board members or myself with comments, concerns, and ideas to better our profession. Welcome back farmers...I mean School Counselors!!

Closing Keynote Conference Speaker



"The Lost Art of Dreaming"

In today's busy world, do we spend enough time alone with our dreams? We are often so caught up in planning the details and setting specific goals, we forget about the importance of establishing a heart connection to those outcomes. That's the difference between a goal and a dream. That's also what it takes to create new possibilities for ourselves and our future. We'll explore where those new opportunities lie and how we can change our thinking to achieve them.

Rebecca Udem is a business coach and corporate consultant with Dale Carnegie Training of ND. She works primarily with businesses in the Carrington, Jamestown and Valley City area. She is active with the Chambers of Commerce of Jamestown, Valley City and Oakes and she serves on several boards in the community. Rebecca and her husband, Jeremiah, live in Oakes where they love spending their free time with their 1 year old son, Andrew, and their dog, Tyke, just enjoying the simplicity of rural life.

CCE UPDATE

CCE will soon introduce a new coaching certification. Although several organizations currently offer certifications for coaches, the new CCE credential is distinguished by a master's degree entry portal and is especially suited for former mental health clinicians whose career path has led to professional coaching. Additional portals likely will include a path for coaching professionals with other types of master's degrees as well as an entry point for individuals with bachelor's degrees. The coaching certification process will require completion of a specialized examination developed from the knowledge base and skill set central to the work of professional coaching and adherence to an ethical code established for the new credential. CCE expects to launch the grandparenting application as soon as early Fall 2010.



Creating Possibilities:
**For Today,
For Tomorrow,
For a Lifetime**

**Mid-Winter Conference
January 30 - February 1, 2011
Ramkota Best Western
Bismarck, ND**

**Mark Your Calendar
We'll See You There!**

NDSCA Summer News

By: Amy Artz, NDSCA President

The leadership of the ND School Counselor Association was busy this summer attending conferences and leadership trainings. Thanks to the support of the NDSCA board, Past-President Dotti Dixon-Schmeling, President Amy Artz, and President-Elect Jason Marotkze, attended the ASCA Delegate Assembly and Annual Conference and ASCA LDI (Leadership Development Institute). The opportunities provided the leadership time for discussion and networking with other School Counselors from across the country.

The ASCA Delegate Assembly and Annual Conference were held in Boston in early July. Two delegates, Dotti Dixon-Schmeling and Amy Artz, represented NDSCA. The Delegate Assembly gathers School Counselors in State Association leadership together to make decisions and to support the workings of the ASCA Board. The ASCA Board, in turn directs the ASCA staff to take actions for the benefit of ASCA members and School Counselor Advocacy. The Delegates attended sessions on Ethical Standards Revisions and Ethical Standards for Association Leaders. The ASCA National Standards are being revised, with a public release scheduled for sometime possibly this year. The current ND Standards should be aligned after the ASCA National Standards are released. The ASCA Annual Conference was an exciting opportunity to listen to dynamic keynote speakers, attend break-out sessions, and network with school counselors from across the country. Mark your calendar's for the ASCA Annual Conference to be held in Seattle, WA next summer, June 25-28. The Keynote Speakers at the 2011 Conference will be Sally Ride, Patty Duke, and Jodee Blanco.

The ASCA LDI (Leadership Development Institute) was held in late July in Hawaii. The President and President-Elect from each state was invited to participate in four days of leadership training and association management. Amy Artz and Jason Marotkze attended as the ND Delegation. Topics at this training included Policy Governance, Leading a Productive Board Meeting, Association Management, Working with the Media, and using Technology in your Association. This training is held each year in late July, with the destination of Georgia for next year.

It would be safe to say that Dotti, Amy, and Jason appreciated the opportunity to attend the conferences this summer, and hope to use the enthusiasm built to move NDSCA into the future to the benefit of all members!

School Counseling Excitement Abounds in Boston and in North Dakota!

Written by: Dotti Dixon Schmeling, Ph.D.

Fireworks filled the air as the Boston Pops played patriotic songs for the enjoyment of all on the 4th of July! For many counselors, we enjoyed the fireworks from the 50th floor of the Provident Life Building in downtown Boston, as we socialized and witnessed the artillery of millions of sparkling lights celebrating our Nation's Birthday. But, when the smoke cleared and the last bright light vanished into the night sky, the excitement of 100 years of school counseling remained.

There are three exciting school counseling issues that immediately come to mind as our profession moves forward. The first item of excitement is that the American School Counselor Association has developed new National Standards for Students, and the final product will likely be available by the end of the year. We will continue to focus on Academic, Career, and Personal/Social strands at all levels, but in addition we will have 5 Constructs which likely will include: Motivation, Self-direction, Relationships, Self-Knowledge, and Social Consciousness. In addition, there are plans for assessments at each level in each of these areas. [See ASCA National Standards for Students (June, 2010 Draft) chart]

Secondly, I had the opportunity to visit with Lela (Lee) Bunch, PhD., Executive Director of the Missouri School Counselor Association, who shared a three-tiered visual that was developed in Missouri recently.

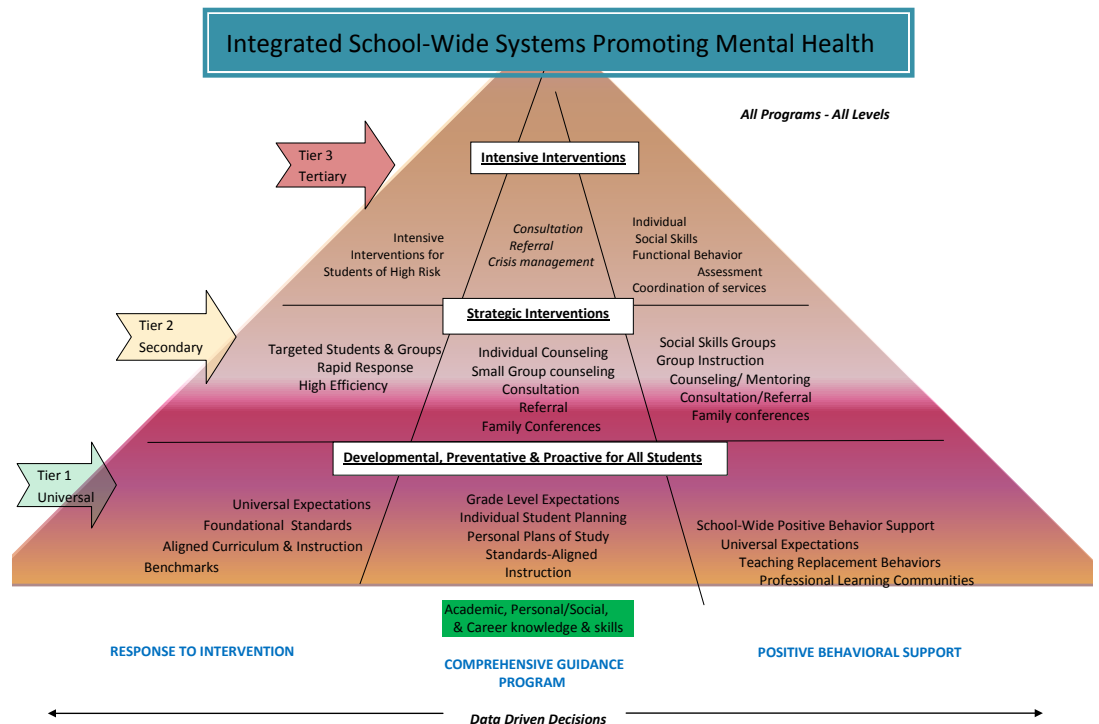
The pyramid, resembling Response to Intervention (RTI), shows that the Comprehensive School Counselor Program has been tiered to support all students and has been alive and well for the past 20-30 years! We have been given permission to use their visual, so please utilize this helpful and exciting triangular chart as you promote your Counseling Program. [Refer to Integrated School-Wide Systems Promoting Mental Health chart] Isn't it exciting to know that our profession leads the charge in educating students?

Finally, for excitement closer to home, please consider setting a professional goal of submitting

your School Counseling Program for the Award of Counseling Excellence (ACE) award this year (December, 2010 deadline) or start this year and plan to be ready to earn this prestigious award no later than next year (2011-2012). There are twelve parts that must be included, they are listed on the web-site, and include the following items: Statement of Philosophy, Mission Statement, Calendar of School Counseling Activities, Advisory Council, Program Audit, Crosswalking Tool, External Needs Assessment, Program Goals, Classroom Curriculum Results Report, Guidance Curriculum Results Report, Closing the Gap Results Report, and Small Group Counseling Curriculum.

There is an abundance of research showing that by implementing all twelve of these steps in your Counseling Program, positive things happen and students are better off as a result. In addition, you will have an accountability system of which you can be proud, and your school counseling program will be recognized at the awards ceremony during the Mid-Winter Conference. Obtaining the ACE award will be exciting for you, your school, and for the state of School Counseling in North Dakota! Best of all, the students you serve will be better off as a result of your comprehensive school counseling program.

Historically, our profession has come a long way. Thankfully, we have continued to evolve with the times, and luckily, we continue to experience excitement as we move into decade two of the twenty-first century. From our founding in Boston 100 years ago to our current day, school counseling programs continue to lead, advocate, and collaborate for students. This is exciting news.



NSCA National Standards for Students (June, 2010 DRAFT)

Construct	Academic	Career	Personal Social
Motivation	All students will understand their intrinsic and extrinsic motivations and use them to guide academic planning.	Students will envision a successful future that will motivate their academic and school success.	All students have a clear and compelling vision of themselves as successful adults and use that vision to guide current decision-making and achievement-oriented behavior.
Self-Direction	All students will demonstrate the initiative and skills they need to guide their own academic learning.	Students will engage in self-directed education and career planning for success in school and across the life span.	All students will demonstrate the initiative and skills they need to lead a healthy, productive and balanced lifestyle.
Relationships	All students will demonstrate the ability to collaborate and recognize when they need academic help, identify sources of help and approach others for help.	Students will lead and collaborate with others in ways that demonstrate integrity and ethical behavior to prepare them for the work place.	All students will create and maintain satisfying, respectful and mutually beneficial relationships with peers as well as parents, school staff members and other adults.
Self-Knowledge	Students will accurately determine what factors are responsible for their academic successes and failures (e.g., ability, persistence, luck) and adjust their behavior accordingly.	Students will demonstrate knowledge of personal skills and talents, values, and interests that guide their educational and career decision making.	All students will understand their unique characteristics, skills and talents, values, and interests and will use this information in planning for personal growth and enrichment.
Social Consciousness	Students will contribute to an environment that promotes equitable access to rigorous academic opportunities for all students.	Students will demonstrate knowledge, skills and attitudes necessary for responsible participation in diverse work settings and in the global community.	All students will act in ways that promote fairness, respect and equity.

Nourish Your Body and Mind

Pam Schorsch-NDECA

Fall semester is fast approaching after a too short summer. It may seem like there is not much time left over to eat right and exercise after taking care of all of our students and clients. Setting up some simple nutrition and fitness habits can keep you healthier, happier, and help you fight off the latest flu and extra pounds.

Eating breakfast, yes we all have heard this, but it really does give you an energy jumpstart to the day and it helps cut down on cravings later. Plan and prep in advance for that munchies attack and the late work nights you know are bound to happen. Try fruit or nuts or baked treats instead of only pizza and processed foods. Cut up some veggies for a crunchy snack. Make wise choices when you order if you didn't have a chance to pack a lunch. The healthier foods will help stabilize your energy levels throughout the day.

Drink plenty of water. It helps your body eliminate wastes and helps reduce hunger. More money in your pocket for you!

Look on that walk to class or your next meeting as a chance to move and burn a few calories. Take advantage of student/staff discounts at most local clubs to work out. Invite a friend to go with you to stay committed and have more fun. You may also discover a whole new set of friends.

Take breaks to clear your mind. You can also fit in a short walk or a few jumping jacks and stretches to make down time more effective. You will be more consistent the more you stick to your plan. Remember, all of these nutrition and fitness tips also have the advantage of helping you cope with stress. And as care takers of the world, who couldn't use a little help in that area?