“Stand tall, reach high, and dream big.”
CONTENTS

LEADERSHIP
Mindy Nelson .................... President
Karee Hunt .................... Secondary VP
Stephanie Cottam ................... Middle VP
Andrea Graham ................... Elementary VP
Amber Horrocks ................ Secretary

ADVOCACY
Holly Todd ....................... Past President
Troy Wakely ...................... Past Secondary VP
Randy Evans .................... Past Middle VP
Katrina Beddes ................ Past Elementary VP

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Middle VP Elect ............... Chessie Owens
Elementary VP Elect .......... Lynette Schiess

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Stephanie Cottam ........... Member
Tyrel Reynolds .......... Member
Sheila Allen ................ Member

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Andrea Graham ................ Magazine
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Shanna Coleman ............... Magazine
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Rondi Jensen ................ Website
Torya Jesienouski .......... Social Media
Ashley Whitning ........... Social Media
Rondi Jensen ............ Technology
Karee Hunt .................. Critical Issues/Best Practices
Kathy Bitner ................ Ethics
Tyrel Reynolds ............... Ethics
Chandra Walker ........... RAMP
Lillian Tsoie-Jensen ...... Human Rights
Tom Sachse ............. Annual Summit
Mindy Nelson ............. Bylaws
Karee Hunt ............. Bylaws
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Mindy Nelson ........ Finance
Julie Scherzinger ........ Finance
Lena Puro ........ Membership

COMMITTEE CHAIRS
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Laurie Bartlett ............ Nominations/Elections
Michelle Glaittli ........ Nominations/Elections
Randy Evans ............... Archives
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Troy Wakely .......... Photographer
Annette Houston .......... Members at Large
Ashley Whitning .......... Members at Large
Holly Todd ............. ASCA Relations
Mindy Nelson ........... ASCA Relations
Katrina Beddes ......... ASCA Relations
Mindy Nelson ........ ASCA Relations

................................ Leadership Development Institute
................................ Lynette Schiess ........ USCA C.A.R.E.S
................................ Annette Houston ....... USCA C.A.R.E.S
................................ Monique Hadley ............
................................ Government Relations, Chair
................................ National School Counselor Week
................................ Jennifer Godin ...........

................................ National School Counselor Week
Stephanie Cottam .......... Scholarships, Chair
Annette Houston .......... Scholarships
Michelle Riddle .......... Scholarships
Troy Wakley .......... Scholarship Fundraising
Rondi Jenson .......... Scholarship Fundraising
Lillian Tsoie-Jensen ....... Bike Rally
Mandy Soltys .......... Scholarship Fundraising
Julie Scherzinger .......... Corporate Sponsors
Camille Odell .......... Corporate Sponsors
Kristi Becknell .......... Corporate Sponsors

INTERPROFESSIONAL
RELATIONS
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Michelle Riddle ............... UHEEA
Nance Karpowitz .......... JACTE
Lillian Tsoie-Jensen .... USOE
Momi Tuua ................ USOE
Kristi Becknell-Orchard .... UT Futures
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Valerie Ross ........ Mountain
Ashley Whiting .......... Southwest
Nancy Karpowitz .... Wasatch South
SHELLA ALLEN ......... Non-Traditional

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I LOVE MY COUNSELOR

MOVING ONLINE FOR RESOURCES

USCA FALL CONFERENCE 2016

SAVE THE DATE
WHEN:
October 6th & 7th
10/6: 8am – 9pm
10/7: 8am – 4pm
JACC
1229 N 4th Ave
Phoenix, AZ

BOOK REVIEW

LEGISLATIVE OUTREACH

A LETTER FROM THE PRESIDENT
First Lady, Michelle Obama, launched an initiative for students to “Reach Higher.” Her purpose was to help every student actively strive toward their future by completing post-secondary training. She says “In today’s economy, a high school diploma just isn’t enough. Students have to reach higher.” This is not a new concept for school counselors, especially in Utah. Utah school counselors have been promoting post-secondary education for many years. (To learn more about the First Lady’s initiative you can go to https://www.whitehouse.gov/reach-higher.)

I would pose this twist to the Reach Higher Initiative. Are you reaching higher? Change the First Lady’s statement to say “In today’s economy, a school counseling degree just isn’t enough. School Counselors have to reach higher.”

Professional School Counselors are all busy. Most have caseloads that are unreasonable, others are assigned duties that make us cringe, and we take on roles and responsibilities that use more time than expected. But aren’t other professionals busy too? Would you go to a doctor who never took classes or attended conferences to learn the newest medical strategies? Would you go to a mechanic that never learned how to work on your hybrid vehicle? Would you even go to the movies if they were still silent and black and white? The world is changing and, as a school
counselor, it is our responsibility to “reach higher,” to not just be proficient, but excel in the changing world.

How does a school counselor reach higher? Here are just a few ideas:

- Do you look at your student population and disaggregate the data so you can pinpoint the specific needs of your students? Are you finding ways to allow equitable access for all students so they can achieve their full potential?
- Have you attended a conference session that left you energized and ready to tackle the world? Did you change the way you work because of the session?
- When you attend a conference, are you there, actively participating? OR are you thinking “at least I’m out of the office?” Can you say you have learned or been reminded of at least one thing?
- Have you implemented a program or strategy in your work placement that had a significant impact on your students? Have you presented or shared that idea with counselors across your district, the state, or the country? Have your written an article to be published in a professional magazine so others can learn from your experience?
- Since your degree, have you taken course work specific to school counseling such as the classes in the College and Career Readiness Certificate or the AI/AN trainings? Whether you are a brand new counselor or a veteran of 30+ years, these courses can help you look at your students and job differently.
- Ask yourself, have your changed your practices in the last 20 years? Students have changed. Are you keeping up with the students? Are you relatable to them?
- Have you volunteered in your professional association? USCA is always looking for volunteers. Every counselor in Utah has something to share with the other professionals. Are you sharing your talents and skills?

When I graduated with my School Counseling degree I thought I was prepared for the world. Walking into my counseling assignment, I knew I wasn’t. Nearly 20 years later, I recognize my counseling degree just isn’t enough. If I am to make a difference for students, I must “Reach Higher”. If I am going to help students “Reach Higher”, I must “Reach Higher”.
Dr. Lynn Jensen worked valiantly in his thirty-year career at the Utah State Office of Education in school counseling, career and technical education, career development, and Utah’s Career Resource Network. Dr. Jensen redefined the role of Utah School Counselors from a services orientation for some students to a comprehensive program model for all students.

Dr. Jensen initiated state-wide school counseling reforms in the early 1980's. By 1998, counselors in nearly all secondary schools in Utah implemented the Gysbers’ Missouri Model for Comprehensive Guidance, initiated by Dr. Jensen. Guidance programs throughout the state met the stringent program standards required for this model. During this time, Dr. Jensen, school counseling practitioners, and Career and Technical Education leaders secured on-going funding from the Utah State Legislature to implement the reform and maintain continuing guidance program standards.

Dr. Jensen was passionate about students
and the important role counselors had in serving all students. He worked diligently to ensure that students had access to the information they needed about school and work. His vision and efforts provided the tools and services needed for students to make informed choices and decisions about their future. Dr. Jensen was a significant mentor to many. He believed in counselors, he had high expectations for them, and he helped set the stage for amazing, once in a lifetime opportunities in school counseling and guidance for professional school counselors.

Dr. Lynn Jensen passed away peacefully in June 2006 after a valiant two and a half year battle with cancer. In honor of his contributions to the Utah Comprehensive Guidance Model, each year we recognize four Utah Seniors with the Lynn Jensen Memorial Scholarship Recognition Award for $1,000, as well as recognizing the outstanding support from the students’ school counselors.

This year the following students and counselors were honored during a reception at the Utah State Capital during school counselor appreciation week in February 2016:

1. Devin Glenn from Karl G. Maeser, along with his counselor Mrs. Krystal Anderson.
2. Annie Stephenson from American Fork High School, along with her counselor Tyrel Reynolds.
3. Victoria Olsen from Syracuse High School, honoring her counselor Kimberly Moore.
4. Israel Garcia from Ben Lomond, honoring his counselor Stephanie Christensen.

We congratulate these students for their outstanding scholarship applications and the tributes to their school counselor’s supporting role in the educational process.
The InterWeb is a marvelous place for counselors to find resources, tools, and helps for guiding students in the right direction. In fact, sometimes it is hard to know where to start. We’d like to share a few of our favorites with you.

Savingforcollege.com has a terrifically simple College Cost Calculator which allows you to input your student’s age (and other specifics) to find out how much you need to save each month to be able to afford your dream school. There are many other easy calculators out there but this is one of the best!

Pinterest.com is practically a household name, but did you know that it is one of the absolute BEST places to find counseling resources of all kinds, including videos, worksheet, books, games, toys, lesson plans, group activities, office decor, and much, much more! If you aren’t using this as a virtual filebox, you really need to check it out!

One of the best career information sites we’ve found on the www is virginiacareerview.com. This very informative website has career information by grade level for elementary and middle school students, parents, and professionals. There are printables, career cluster information in various formats, games, and activities. Check it out and let us know what you think!

Ecampustours.com is a great website that allows you to take a virtual tour of major college campuses from the comfort of your own office or home. Just enter the name of the college or if you’re not sure you can search by zip code or state, and you can have an instant
360-degree view of the campus.

Looking for an interactive way to boost your emotions? Happify.com is a wellness site that allows you to choose a “track” that has been created by professionals and encourages you to participate in daily challenges and activities so that you learn the skills to become happy and find satisfaction with yourself, your world and your life.

You can find an easy Career Test for younger students at 123test.com/career-test/ This test is picture based and has very little reading. Your profile is created after selecting 15 items you like and 15 that you don’t. This is a fun way to start a conversation with students about college and career readiness.

If the above websites and apps are still not quite what you’re looking for, check out this great list on Greatist: http://greatist.com/grow/resources-when-you-can-not-afford-therapy Here you will find another jumping off point for finding even more sites and apps to explore!

Once you’ve found your favorites, be sure to follow us on Facebook, Twitter, or Pinterest to share your finds! We’d love to hear from you! You can find us at www.facebook.com/utschoolcounselor, www.twitter.com/uscatweets and www.pinterest.com/uscacounselor Happy Surfing, Counselors!
I love books and the ways they can transform our thinking. One book that I continually recommend to others is called, The Four Agreements, by don Miguel Ruiz. I read this book at a time in my life that was very stressful for me. I was working at a job with the State that I didn’t love. At that time, my children were very young and time-consuming. I read this book and felt so free afterwards.

Below is a summary of each agreement in the book:

**Be Impeccable with Your Word**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Impeccable means “without sin” and a sin is something you do or believe that goes against yourself. It means not speaking against yourself, to yourself or to others. It means not rejecting yourself. To be impeccable means to take responsibility for yourself, to not participate in “the blame game.”

Regarding the word, the rules of “action-reaction” apply. What you put out energetically will return to you. Proper use of the word creates proper use of energy, putting out love and gratitude perpetuates the same in the universe. The converse is also true.

Impeccability starts at home. Be impeccable with yourself and that will reflect in your life and your relationships with others. This agreement can help change thousands of other agreements, especially ones that create fear instead of love.

**Don’t Take AnythingPersonally**

Nothing others do is because of you. What others say and do is a projection of their own dream. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering.

We take things personally when we agree with what others have said. If we didn’t agree, the things that others say would not affect us emotionally. If we did not care about what others think about us, their words or behavior could not affect us.

Even if someone yells at you, gossips about you, harms you or yours, it still is not about you! Their actions and words are based on what they believe in their personal dream.

Our personal “Book of Law” and belief system makes us feel safe. When people have beliefs that are different from our own, we get scared, defend ourselves, and impose our point of view on others. If someone gets angry with us it is because our belief system is challenging their be-
lief system and they get scared. They need to defend their point of view. Why become angry, create conflict, and expend energy arguing when you are aware of this?

**Don’t Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

When we make assumptions it is because we believe we know what others are thinking and feeling. We believe we know their point of view, their dream. We forget that our beliefs are just our point of view based on our belief system and personal experiences and have nothing to do with what others think and feel.

We make the assumption that everybody judges us, abuses us, victimizes us, and blames us the way we do ourselves. As a result we reject ourselves before others have the chance to reject us. When we think this way, it becomes difficult to be ourselves in the world.

Take action and be clear to others about what you want or do not want; do not gossip and make assumptions about things others tell you. Respect other points of view and avoid arguing just to be right. Respect yourself and be honest with yourself. Stop expecting the people around you to know what is in your head.

**Always Do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Doing your best means enjoying the action without expecting a reward. The pleasure comes from doing what you like in life and having fun, not from how much you get paid. Enjoy the path traveled and the destination will take care of itself.

Living in the moment and releasing the past helps us to do the best we can in the moment. It allows us to be fully alive right now, enjoying what is present, not worrying about the past or the future.

Have patience with yourself. Take action. Practice forgiveness. If you do your best always, transformation will happen as a matter of course.

I believe that this book can help us all have peace of mind. I try to remember that when I do my best, I can’t feel guilty when I leave work with things undone and students with unmet needs. I can only do so much in a day. I always work hard on being impeccable with my word and making sure I stay out of the school drama that can sometimes crop up when things are stressful. This book is a great quick read and helps anyone.
I LOVE MY COUNSELOR!

“Hobble Creek Elementary would love to nominate Eric Gappmayer. Mr. G, as the students know him, is a wonderful asset to our school. Mr. Gappmayer can always be found on the playground playing football, basketball, turning a jump rope, or visiting with students. Hobble Creek students love Mr. G and he is a big part in making sure that we have a safe school by teaching students how to be respectful, kind, and brave.

“Mr. Gappmayer is willing to lend a hand for a variety of tasks and is always checking in to see if there is anything more he can do. We are grateful that we have Mr. G at our school and appreciate all that he does on our behalf.”

Submitted by Mike Johnson
I would like to nominate Ron Jensen for School Counselor of the year. He has served here at Barnett School for many years. I really appreciate his advise in dealing with children’s behaviors. He always has their best interest at heart.

He presents a character-ed book once a month in my class that are dynamic. He holds a meaningful discussion afterwards with the students helping them to become more aware and to internalize the concepts in the book. He always has an a follow-up activity that reinforces the concepts.

I appreciate how he is aware of all the students and their needs. We need more people like Ron Jensen. I feel that he is worthy of this honor.

Thank you,
Submitted by Clea Comte, Kindergarten, Barnett School

Teresa Winkler is the school counselor at Foothills Elementary School in Nebo School District. This is her first year at Foothills and she has jumped right in to foster positive relationships with students, parents and teachers. It is evident she loves her job and cares about her students and their families. She teaches social skills in each classroom during the year and attends our monthly collaboration with grade level teams to offer support to teachers that have struggling students and share her expertise. We are lucky to have Teresa at our school!

Submitted by Keri Huntsman, Principal, Foothills Elementary, Home of the Falcons!!!
Legislative Outreach is a USCA-sponsored event held each year to inform and educate school counselors throughout the state about the legislative process and current legislation. This year, the focus was on advocating for students and the school counseling profession; how to better familiarize ourselves with the legislative agenda and navigate the political arena; best ways to communicate to legislators how important school counselors are to student success; and how school counselors can promote their programs and ensure the sustainability of these services. We were pleased to have Representatives Francis Gibson and Darrin Owens, along with Bryan Kohler, join us this year.

Representative Gibson, currently Education Interim Committee chair (District 68), was a strong supporter of House Bill 198, which provided funding for additional college and career readiness training made available to school counselors. He strongly encouraged school counselors to take advantage of the training provided through House Bill 198. Results of school counselor training and successes will lead to additional opportunities to present positive results and data to legislatures, increasing awareness of school counseling and the positive impact that counselors have on student success and positive outcomes for schools. He spoke to STEM careers, reminding us that, in Utah County alone, there are over 2500 jobs available that pay $60,000 per year requiring a 2 year certificate or less.

Representative Owens (District 58) is one of our own. He is a counselor at Juab High School and was just recently appointed by Governor Herbert to fill a vacated position in the house. His charge was for school counselors to advocate and inform legislators about our profession and for school counselors as a group to investigate ways we can have a strong voice on Capitol Hill.
Brian Kohler made several suggestions for school counselors to advocate for our profession at the state capital including a) be prepared to speak up, advocate and educate, b) listen to the loud public and c) build strategic alliances.

The message taken from our speakers for Legislative Outreach 2015 was clear – First, learn who your area representatives and stakeholders are. Second, Educate legislators and stakeholders on the school counseling profession and how school counselors directly impact positive student outcomes. The USCA board has made a concerted effort to increase the presence of school counselors and discussion of the school counseling profession at the state capitol during the legislative sessions and through relationships established during Legislative Outreach.

I thank those of you who have attended Legislative Outreach Session and invite those of you who haven’t been able to attend to join us on capitol hill next year. The knowledge and experience gained is well worth the effort.
When deciding our theme for the 2016 Fall Conference I remembered an article written by Rhonda Williams, Ed.D entitled School Counselors: Superhero or Super Stressed? As school counselors, we are uniquely positioned to provide critical interventions, deliver college and career resources and lead our school in providing a positive school climate. These tasks cannot be delegated or ignored; they are critical in providing an equitable education for all students. “At times, especially during a crisis, it seems school counselors need to be super human, with the power to predict which students might become violent, identify parents who might pose a threat to others and ascertain which students are a danger to themselves or others. Enter Super School Counselor, faster than a speeding student, more powerful than an irate parent, able to leap over angry teachers in a single bound.” (Williams, 2007)

On days when our stewardship seems overwhelming, drawing upon critical self-care skills is necessary to replenish our reservoir. “Like any other superhero, school counselors have limitations, and our own kryptonite seems to be lack of self-care. How can we be expected to do all and save all without looking at saving ourselves? Our own limitations can manifest into burnout or impairment.” (Williams, 2007) In an effort to be a superhero, we often feel weak if we need help, whether that is conferring with a colleague or seeking emotional support through counseling. “If we choose to ignore the impact this stress has on us, it may manifest into providing inadequate services to the very people we are trying so hard to help. In our effort to be super counselor, we overlook our own kryptonite – avoidance of our own emotional reactions and need for support.” (Williams, 2007)

We decided to focus our fall conference on providing resources that will help you in your role as Superhero, but also provide ways for you to de-stress, and focus on self-care. As we send out our call for presenters, please consider sharing your tricks of the trade. We learn best from practicing professionals, and often spend critical time unnecessarily reinventing the wheel. We look forward to seeing you October 6th and 7th at the USCA Fall Conference at JATC-South Campus in Riverton.
USCA FALL CONFERENCE 2016

SAVE THE DATE

USCA FALL CONFERENCE
2016

YOU'RE A SUPERHERO

School Counselor

WHEN:
October 6th & 7th
10/6 4pm - 8 pm
10/7 8am - 4 pm

JATC
12723 S Park Ave
Riverton, Utah
Thank you for being a member of the Utah School Counseling Association. During School Counselor Week, I sent an email with the following questions: What is it that brought you to the profession? What keeps you motivated to work hard for kids every day? As we close this school year, and prepare for the next, this is a great time to remember the valuable work and support you provide the administrators, teachers, parents, and most importantly students. It is easy to get caught up on our short comings as we reflect on things we want to improve for the next year, and although this is important for our own growth and development as professionals, it is equally important to reflect upon our successes.

This year USCA has seen an increase in membership, showing a continued need to provide support, collaboration, and professional development to members. The USCA board is working hard to continue offering support to members, and to increase this support throughout the state. As we close out another year, here are a few of USCA’s accomplishments:

- Increase in membership to more than 940 members.
- Creation of USCA Cares, a team of volunteers who reach out to school counselors who have/are experiencing school tragedy.

Our image is positive, the public is more cognizant of the vital role of a counselor in student success and the profile of counselors is increasing.
• Additional presentations, vendors, and sponsors at the 2015 Fall Conference, and even more for the upcoming 2016 Fall Conference in October, including an additional evening and college credit.

• Increase in the number and amount of scholarships given to students, through the Lynn Jensen Memorial Scholarship. Funded by the generosity of USCA members like you, and the work of USCA Board volunteers. Four students were awarded $1,000 each.

It continues to be an exciting time to be a school counselor! Our image is positive, the public is more cognizant of the vital role of a counselor in student success and the profile of counselors is increasing. Thank you for the work you accomplish each day, and thank you to all the USCA Board members who donate valuable time to ensure that Utah’s school counselors are supported and appreciated. Let us all continue to advocate for school counseling, knowing as we do so, we advocate for ALL students!
Regina Hartley—Why I hire people others ignore
Throughout her 25-year career at United Parcel Service (UPS), Regina has worked in talent acquisition, succession planning, learning and development, employee relations, and communications. When people are given the opportunity Regina has seen how people with passion and purpose will astound you.

Tyron Howard—Why Race and Culture Matter in Schools, Closing the Achievement Gap in America’s Classrooms
Associate Professor for the Graduate School of Education and Information Studies, and Director of Center X at UCLA. Dr. Howard's research is concerned with issues of access, equity, and increasing the academic achievement of culturally diverse students. In his recent book he shows how adopting greater awareness and comprehensive educational understanding of race and culture can improve outcomes.

Sim Gill—Restorative Justice
Restorative justice is an approach to justice that focuses on the needs of the victims and the offenders, as well as the involved community. Restorative Justice is a growing social movement to recognize peaceful approaches to harm, problem-solving and violations of legal and human rights. In schools, Restorative Justice is a growing practice in schools around the country that empowers students to resolve conflicts on their own and in small groups.

Todd Savage—Understanding Gender Diversity
Todd has held several leadership positions in the National Association of School Psychologists, including his current position, Program Manager for Professional Development. Todd oversees many programs including the PREPaRE Workgroup. Todd’s scholarly research interests include culturally-responsive education and psychology practices, lesbian, gay, bisexual, and transgender issues in education, and crisis prevention and intervention.

Highlights:
- Over 130 breakout sessions and mini-sessions
- Over 20 C-level Utah Industry Executives will be highlighting careers and STEM opportunities
- Keynote presentations and feature presentations
- Vendors and collaboration between departments

Learn more about the conference at:
http://utahstudentsuccess.weebly.com