

Counselor Chronicles



School Counseling: Helping Students Realize Their Potential
February 6-10, 2017

National School Counseling Week, sponsored by the American School Counseling Association (ASCA), highlights the tremendous impact that school counselors can have in helping students achieve school success and plan for a career. Assessing the needs and developing plans for all students gives school counselors the framework to address the *Academic, Career* and *Social/Emotional* development of students regardless of culture, disability, strengths and challenges. Every student counts! Implementing a comprehensive school counseling program is crucial to the development of each and every student.

“The school counselor can be a bridge between the student’s personal and social concerns and academic progress...the unique training that school counselors receive enables them to discover how each developmental area is intertwined with the others, understand how each issue interacts or interferes with the development in other areas and help students problem-solve and work through important issues that will ultimately affect their overall functioning.”

- Tamara E. Davis, *Exploring School Counseling* (2015)

Meeting the needs of all students is critical to school success. Ensuring a safe environment and being considerate of the mental well-being of students requires an awareness and sensitivity by all staff members. Counselors are enhancing their skills and providing support to all schools for the benefit of all students.

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CCPS SCHOOL COUNSELING MISSION

Carroll County Public School Counselors facilitate the academic, career, and personal/social development of all students. School Counselors are integral members of the instructional team. They directly impact student achievement by delivering comprehensive services that meet the needs of the 21st century school community.

CCPS SCHOOL COUNSELING VISION

Professional School Counselors are uniquely trained leaders who promote success for all students. They collaborate with school stakeholders using data-driven decisions to facilitate the success of the 21st century learner in an ever-changing society. As a result the student will:

- Achieve to his/her maximum potential
- Demonstrate academic, career and personal/social problem-solving skills
- Recognize and appreciate individual and cultural differences
- Develop communication, citizenship and employability skills to make positive contributions to the community
- Access human and technological resources for support and information.

ASCA Mindsets and Behavior Standards

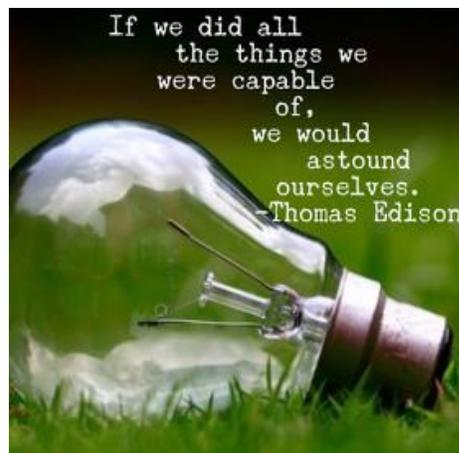
School Counselors are now implementing the ASCA Mindsets and Behaviors. These student standards allow the school counselor to assess the growth mindset of students and determine the behavior standards (Learning Strategies, Self-Management Skills and Social Skills) that best determine the needs of the students. This allows for a more focused and specific counseling approach in helping the student improve and further their potential.

PREPARING for LIFE BEYOND HIGH SCHOOL

School Counselors play a vital role in assisting all educators, administrators, teachers, parents and most importantly, students to prepare for their next step beyond high school graduation. Educational Career Plans (ECP's) are developed with each high school student beginning in ninth grade. Middle school counselors implement lessons and activities to explore career pathways with use of the Holland's Code and a trip to the Carroll County Career and Technology Center. Elementary counselors begin career development with career awareness activities and lessons.

High school counselors meet with students and communicate with parents to develop a plan that includes career pathway ideas and possible courses to support their choices. Students seek out their counselors to make adjustments and changes as they further develop and/or change their plans. Counselors meet regularly with students throughout high school as they progress toward graduation.

Many students select programs at the Career and Technology Center. Counselors **Bob Dean** and **Carrie Potts** are hard at work reviewing applications and meeting with students from around the county to discuss educational career opportunities at the CCCTC! The Career and Tech Center is an amazing place to prepare for a specific career field as well as get a head start on college!



Educational Career Plan (ECP) - SAMPLE

Subject/Credits	Grade 9 & Earlier	Grade 10	Grade 11	Grade 12
English (4)				
Social Studies (3)				
Science (3)				
Math (4)				
Phys Ed (1)				
Health (0.5)				
Financial Literacy (0.5) or Software Applications (1)				
Foundations of Technology (1)				
Fine Arts (1)				
World Language (2) or Advanced Tech (2) or Completer Program (4-6)				
Electives				
Total Credits (25)				

Carroll Community College and Dual Enrollment

Many CCPS students take advantage of the central county location of Carroll Community College by enrolling in Dual Enrollment courses. Students who are eligible attend the community college while still enrolled in their high school. Currently, there are **197** students enrolled in the Dual Enrollment program!

College Fair

The 39th annual College Fair was held on October 10, 2016, at Carroll Community College. Once again, a record number of representatives set up their tables to speak with students and parents. Attendees also had the bonus opportunity to see and tour Carroll Community College! Additionally, area high schools hold college and career readiness events in the evenings for all students and parents.

Professional Development

Ongoing training is important for school counselors to stay abreast of opportunities for students as well as skills to meet critical needs of students. The new “Lauryn’s Law” is now in effect to require and insure that school counselors have specific, current training for social/emotional needs.

Some of the PD that counselors received in the last year include: ♦ Middle States Regional Forum ♦ Supporting LGBTQ Youth and Families ♦ Developing the Mindset for Success ♦ Advanced Mindfulness Techniques that Change the Brain ♦ “On the Spot” Techniques for Children/Adolescents with Emotional and Behavioral Problems ♦ Peer Mediation: Train the Trainers ♦ MSCA Conference ♦ Job Corps Open House ♦ Risky Business: Prevention to Recovery ♦ Wired Differently ♦ School Refusal Behavior ♦ Trauma-Informed Care ♦ SHIP Conference

Focus on Mental Well-Being and Character Development

Character Education is fully implemented in Carroll County Public Schools. Each school has a program or initiative in place that is integrated with the school climate and curriculum. So the Character Development Steering Committee recently collected data to determine the needs and direction of implementing Character Development. The data and responses clearly indicated that responding to student behaviors and those students who have challenging behavior needs is the top priority. The steering committee developed two comprehensive trainings that are relevant to all school staff who interact with students.

Each of these trainings was offered on several different dates and times with approximately 200 school staff in attendance. School counselors, school psychologists, teachers and intervention specialists made up each training team. Please contact any team member for additional information or support.

“Almost every student you meet may be fighting a battle you know nothing about. Stop, think, then make your response accordingly.”

--Robert John Meehan

<i>Mental Health in the School Setting</i>	<i>UD(SE)L: Strategies for Creating Trauma-Sensitive Classrooms</i>
<p>This training examines the impact of mental health issues within the school setting. An overview of mental health issues and various diagnoses is discussed. Participants have the opportunity to examine examples and discover effective tools and strategies. Additionally, participants will examine their own awareness of mental health and the impact of working with students who have mental health concerns. Tools and strategies to respond to students, as well as building capacity for self-care, is explored.</p> <p><u>Presented by:</u> Kelly Hamilton, Judy Klinger, Melissa Leahy, Danielle Midkiff, Suzanne Peters and Laura Shriver</p>	<p>More and more students are walking through our public school doors with personal, emotional and social deficits that post a challenge to their school success. Participants in this workshop begin to understand the nature of “trauma” and learn how “adverse childhood experiences (ACE’s)” can affect students’ brain functioning and day-to-day school performance. Participants explore opportunities to recognize and building resilience through practical strategies, daily interactions and specific instructional approaches.</p> <p><u>Presented by:</u> Cindy Hess, Jennie Noah, Jill Sergott-Pearce, Chris Snively and Lisa Spera</p>

In June 2016, **Frank Fiore, Tom Larrimore, Laura Moses and Judy Klinger** provided training to over 250 CCPS school bus drivers and assistants on “How to Prevent Problem Behavior on Your School Bus.” As we all know, bus drivers and bus assistants can play an important part in a student’s life, and these trainings were designed to assist them in creating and fostering a safe, welcoming bus experience.

The American Foundation for Suicide Prevention (AFSP) is represented by chapters in all 50 states and is dedicated to saving lives and bringing hope to those affected by suicide. On September 17, 2016, several counselors and intervention specialists participated in the AFSP’s “Out of the Darkness Walk” to raise suicide awareness as well as funding to support suicide prevention. Thank you to **Kristin Cavey, Caitlyn Hewitt, Jennie Kempf, Laura King, Judy Klinger, May Novalis and Jill Sergott-Pearce** for helping to bring attention to this worthwhile cause.



Behavior Support Specialists



Our Behavior Support Specialists are working with more and more elementary students who exhibit social, emotional and behavioral issues that are disruptive to learning. These highly sought-out professionals help students and their support systems to identify strategies that can help them gain control over themselves and their own school success.

In addition to their daily responsibilities, the BSS's also conduct the CPI training for CCPS. To date, over 250 staff have been trained in the 2016-2017 school year. Several additional trainings are scheduled for the spring of 2017.

Thank you to **Karen Alderman**, **Tammy Haller** and **Kim Trojanowski** for their specialized services!



We are so proud to announce that **PINEY RIDGE ELEMENTARY SCHOOL** was named a State School of Character by Character.org! Our own Piney Ridge was one of just 5 schools in Maryland to receive this prestigious award and one in 80 schools selected nationwide! They are moving on to the national evaluation process, and the National Schools of Character will be announced in May 2017 at a national press conference in Washington, DC. Congratulations to the staff of Piney Ridge Elementary School and good luck in the next step!

MARYLAND CENTER for CHARACTER EDUCATION

Congratulations to the following CCPS schools that were name Maryland School of Character by the Maryland Center for Character Education (MCCE):

Elmer Wolfe Elementary School

Oklahoma Road Middle School

Shiloh Middle School

Francis Scott Key High School

Piney Ridge Elementary School

South Carroll High School

Mechanicsville Elementary School

Robert Moton Elementary School

West Middle School

MARYLAND SCHOOL COUNSELOR of the YEAR NOMINATIONS

Lori Bucacink – Friendship Valley Elementary School

Kelly Doolan – Parr's Ridge Elementary School

Gwen Furano – Manchester Elementary School

Jennie Kempf – Winters Mill High School

Christie McCubbin – Westminster Elementary School

Suzanne Peters – Robert Moton Elementary School

Christina Snively – Piney Ridge Elementary School

Shaunti Taylor – Liberty High School



MARYLAND SCHOOL COUNSELOR of the YEAR SEMI-FINALISTS

Kelly Doolan – Parr's Ridge Elementary School

Gwen Furano – Manchester Elementary School

Jennie Kempf – Winters Mill High School

Suzanne Peters – Robert Moton Elementary School

Christina Snively – Piney Ridge Elementary School

Shaunti Taylor – Liberty High School

MARYLAND SCHOOL COUNSELOR of the YEAR

Mrs. Christie McCubbin

Westminster Elementary School

MARYLAND SCHOOL COUNSELOR ASSOCIATION

ADVOCATE of the YEAR

Mrs. Judy Klinger

Supervisor of School Counseling



School counselors from CCPS were recognized at the Maryland School Counseling Awards Gala on Friday, February 3, 2017.

L to R: **Kelly Doolan**, **Judy Klinger** (School Counseling Advocate of the Year), **Christie McCubbin** (MD School Counselor of the Year), **Suzanne Peters** and **Lisa Spera**.