



IDAHO  
SCHOOL  
COUNSELOR  
ASSOCIATION

# Winter Update

FEBRUARY 2010

## SPECIAL POINTS OF INTEREST:

ASCA School Counseling Week Video Clip:  
[www.schooltube.com/user/SchoolCounselor](http://www.schooltube.com/user/SchoolCounselor)

Watch Rep. Linda Sanchez's video from the House floor speaking about the national resolution:  
[www.youtube.com/user/LindaTSanchez](http://www.youtube.com/user/LindaTSanchez)

Read Richard Wong's Blog about the week's events:  
<https://schoolcounselor.groupsite.com/join>

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## 2010 National School Counselor Week

On January 26, the U.S. House of Representatives passed H. Res. 1029, a resolution spearheaded by Rep. Linda Sánchez (D-CA), to honor the important role school counselors play in the lives of students across the country by declaring February 1-5, 2010, as "National School Counseling Week."

Rep. Linda Sánchez urged her colleagues to join her in this important effort during a floor speech, where she recognized two outstanding counselors from her district.

"Angela Castellanos of Santa Fe High School in Whittier, Calif., and Alex Paredes of Southeast High School in South Gate, Calif., are just two examples of counselors who do exceptional work



every single day to help our students reach their highest potential," said Rep. Linda Sánchez. "It is because of the unending dedication of counselors like Angela and Alex that children across our country succeed in becoming engineers, doctors, and even members of Congress."

Sánchez noted that California's student-to-school-counselor ratio is a dismal 945 students to one school counselor – almost four times the recommended

ratio of 250-to-one. School counselors play a vital role in the development of students on academic, social, and personal levels but unfortunately often find themselves the casualty of budget cuts.

"Our counselors do amazing, and often unrecognized, work," continued Sánchez. "Our communities are strengthened by the students who are championed by their school counselors. I hope that National School Counseling Week has a greater impact than just the recognition of outstanding counselors – I hope that it helps policymakers recognize that, to do well inside the classroom, students often need extra assistance outside the classroom." ~Provided by ASCA

## Armstrong: ISCA Leadership Changes

Three weeks ago my world changed with the unexpected resignation of Chris McNaught as the president of ISCA. According to the ISCA bylaws, the president-elect steps in to finish the term, which I will do. Then on July 1st, I'll start my own year long term. Chelsie Rauh's new position is president elect, and we will hold state wide elections shortly for a new president elect. The board and our by-laws

will continue to keep the organization running smoothly. We thank Chris for his years of service for ISCA and wish him well.

On a brighter note, several board members along with school counselors for the Bonneville and Boise School Districts joined together for our ISCA legislative luncheon on January 13<sup>th</sup> at Leku Ona, located near the Capitol in Boise. Twenty-two legislators from the Education

Committee and JFAC joined us for a delicious meal and a power point presentation given by Kim Johnson from the Bonneville School District. Our message was to educate legislators about school counselors and their role in their schools. We plan to put this presentation on the ISCA website so that you may download it and use it in your own school districts.

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# Plan Now for the Fall Conference



Kim Johnson  
(Bonneville)  
presents at the  
Legislative  
Luncheon

**ISCA Senior Scholarship applications are due April 1. High school seniors who are the children or grandchildren of a current ISCA member may apply for one of three \$250 college scholarships. See the website for more information.**

Mark your calendar now and start making your travel arrangements for the 2010 Fall Statewide Conference “**Counselors are Life Savers**” on October 7<sup>th</sup> and 8<sup>th</sup> in beautiful Coeur d’Alene, Idaho.

Keynote speakers will be Dr. Kent Hoffman and Dr. Lisa Bennett from Gonzaga University and Dr. Rand Walker, a Moscow-based clinical psychologist.

Early bird registration is between March 1 and May 15th and all early birds will receive a free ISCA t-shirt!

Register beginning March 1st  
[www.idahoschoolcounselor.org](http://www.idahoschoolcounselor.org)

## Upcoming ISCA Events Near You

### North Idaho

We are excited to have Dr. Bev Bengé, with the Regional Special Education Center at the U of I Center in CDA presenting at our third Lunch and Learn on February 18<sup>th</sup>. Dr Bengé will speak on the new guidelines and revisions to Section 504 and also review of RTI.

Our fourth and final Lunch and Learn for this school year will be April 29<sup>th</sup> with Professor Mona Griffith. Mona, a Professor at Gonzaga University, will be presenting on Ethics in School Counseling.

I have also finalized the North Idaho Counseling Association

Spring Conference, March 18<sup>th</sup> at the Coeur d’Alene Inn. Our keynote speaker is Kristin Souers from Gonzaga University. Kristin is a licensed mental health counselor in the State of Washington. Kristin is considered and expert in Complex Trauma Counseling with individuals and families. She presents on this subject in the Inland Northwest and Spokane Community. We are also fortunate to have Kristi Enger from the State Department of Education to explain our newly revised Idaho School Counseling Model.

~Cheryl Stranske

### Eastern Idaho

Our next mini-conference will be held on March 19<sup>th</sup> from 12:30-2:30 pm at Iona Elementary School in Iona, Idaho.

The topics will be announced soon and 2 CEU hours will be available. The cost is free to ISCA members and \$10.00 for non-members

Contact Kathlene Parsons at [parsonsk@d93.k12.id.us](mailto:parsonsk@d93.k12.id.us) if you have any questions

~Kathlene Parsons

## ISCA is Growing-- Thanks to You!

There has never been a more important time to be an active part of our organization and spread the word to other counselors in your district about the benefits of joining ISCA. New members can sign up on our website and you can renew your membership there too! If you have story ideas or would like to submit an article for future issues of the newsletter, please contact Jennifer Hill.

# Legislator Luncheon: President's Update (continued)

Our efforts were worthwhile as we all learned together from each other. Many of our legislators were surprised to learn that school counselors have master's degrees. Counselors were gratefully surprised to learn that many of our legislators have been teachers! We all thoughtfully listened to the presentation, answered questions and asked questions. Every one of us is concerned with the economic situation in which the State of Idaho finds itself but especially education. Our legislators asked that the counselors in their regions contact them and voice the needs and con-



**Chris McNaught with Representative Donna Pense**

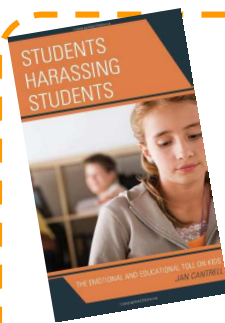
cerns that impact them locally. Next year they would like our Regional Vice-Presidents to attend the luncheon with us.

I encourage each of you to connect your regional board member, (see page 4) and invite counselors from Region 2 to run for the board position in their area. School counselors working together with their legislators will create the strongest alliance we can have to advocate for school counselors and students during this time of economic turn-down. This is our time to act with tenacity, courage, professionalism and positivism. Join me as we strengthen the profession of school counseling.

~Ginny Armstrong

*“Too often survival, not learning, is the primary objective of students that are harassed. So how can school personnel change that?”*

~Jan Cantrell



## Review: *Students Harassing Students*

I first heard about Jan Cantrell's new book *Students Harassing Students* when it was referenced during the Ethics discussion at the Fall ISCA Conference. Like every good school counselor has been known to do, I put it on my Christmas list and read it over the break.

The book is a quick read of 109

pages, but is loaded with current information that every school counselor needs to know when it comes to working with students who have been sexually harassed or are harassing others.

Each chapter begins with a scenario that could really take place in any school in Idaho and then uses the scenario to expound on the issues presented.

The book covers the basics of defining sexual harassment and ex-

plores the roles of school counselors, parents, teachers, and administrators. It also addresses issues like harassment of LGBT students, sexting, and internet issues.

The most helpful aspects of the book for me were chapters on legal issues, case history, and policy development. It gave me a new lens to look through when reading and revising our school's harassment policy.

~Jennifer Hill

# CollegeWeek Live! Virtual College Fair Option

If you are looking for a spring college fair to promote with your students, check out CollegeWeek Live!, a virtual nationwide college fair that students can log into anywhere that they have internet access. My students have been using this resource for the last two years and it has been a wonderful tool, especially for students that live in remote areas that do not have a national fair in their area. Students

can log in today and create an account and watch recorded video from the fall event, or they can log in on March 24-25 and chat live with reps from hundreds of different colleges across the country and internationally. There are also sessions available with expert speakers on admission and financial aid. [www.collegeweeklive.com](http://www.collegeweeklive.com)

~Jennifer Hill



# Final Thoughts from the President Elect

Through these tough times of budget cuts and minimizing budget expenditures, Idaho School Counselors still have many achievements to be proud of and look forward to in the future. It is with our accomplishments that brings us our very own week of recognition. Just recently both the U.S. House and Senate have passed resolutions declaring February 1-5th, 2010 as National School Counseling Week! In accordance with this national

week, Idaho too has declared February 1-5<sup>th</sup>, 2010 as Idaho School Counseling Week!

This week has been promoted in many Idaho education newsletters



**Counselors talk with their area Representatives at the Legislative Lunch in January**

including the Professional Technical Career Connection newsletter, as well as the State Department of Education and the Idaho Association of School Administrators (IASA) news-

letters. With such great exposure for school counseling in Idaho, we can continue our journey of advocacy for our profession and recognize colleagues and friends along the way.

Let us all take time to honor in our own way a fellow school counselor and congratulate them on all their hard work. I would personally like to thank you for all you do for the students of Idaho. You do make a difference! It is truly those who invest their time, energy and passion into the profession of counseling that make being recognized as a school counselor an honor.

~Chelsie Rauh

**“It is truly those who invest their time, energy and passion into the profession of counseling that make being recognized as a school counselor an honor.”**



The mission of the Idaho School Counselor Association is to promote excellence in school counseling by empowering professional school counselors to meet the needs of all Idaho's students and constituents.

[www.idahoschoolcounselor.org](http://www.idahoschoolcounselor.org)

**Ginny Armstrong, President**  
**Chelsie Rauh, President-Elect**  
**Chris McNaught, Past President**  
**Anne Jensen, Past President**  
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