

THE PIC

(Practical Ideas for Counselors)



South Dakota School Counselor Association

May 2018



Julie Nelson

SDSCA President-Elect

Southwest Middle School,
Rapid City

SDSCA

The mission of the South Dakota School Counselor Association is to unite, support, and empower school counselors.

Our Vision:

The South Dakota School Counselor Association supports and unites school counselors through advocacy, leadership, and collaboration. SDSCA empowers our members through professional development opportunities, ethical support, and resources to promote student success in the academic, career, and social/emotional domains.

Friends in School Counseling,

For those of you who don't know me, I am Julie Nelson and currently a middle school counselor in Rapid City. South Dakota is home to me, growing up in small town Philip. It is an honor to represent the interests of school counselors in South Dakota as the President-Elect of SDSCA.

In whatever I do, I believe in communication, networking and moving forward with what is working. A current priority for me is implementing a comprehensive school counseling program to improve school counselor identity. I am passionate about reaching students in the classrooms teaching social-emotional lessons while using small groups and individual counseling sessions to reach students in K-12 settings. I recently stepped outside my comfort zone by moving to a middle school setting last year after being in an elementary setting for 10 years; SDSCA has been a valuable resource for me then and now. Areas of inspiration for me include helping low-income, high achieving high school students get into the college of their dreams and advocating for our military connected youth.

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Please take a break this summer, because we know self-care is critical to coming back ready in the fall!

This quote reminds me of the passion I believe school counselors embody in their work each day: (Success) "is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose."

--Former British Prime Minister Margaret Thatcher

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SDCA Conference 2018

Counselors from around the state met in Pierre last month for SDCA's annual spring conference.



Dr. Griffith (far right), leads a discussion on human nature at Thursday's SDSCA's/SDMHCA's Pre-Conference Workshop.

Kicking off the three day event was the pre-conference session co-sponsored by SDSCA and SDMHCA (South Dakota Mental Health Counselor Association). "The ABCs of SFBT: An Introduction to Solution-Focused Brief Counseling", presented by Dr. Catherine Griffith, stocked participants' "toolboxes" with counseling techniques like the "Miracle Question", "Columbo Approach", and "Flipping the Coin" as well as providing some hands on experiences with several of the methods presented.

Later Thursday evening, the conference proper began with the opening keynote "Cultivating Ethical and Prosperous Organizational Cultures" by Dr. William Brendel. This session empowered counselors to work not only with their clients, but co-workers (and themselves) on fostering an improved moral climate of their organization and a clearer sense of purpose within their organization. Dr. Brendel is the co-director of the Project for Mindfulness & Contemplation at the University of St. Thomas, Minnesota. You can learn more about this project by [clicking here](#) or follow him on Twitter [@wtbrendel](#).

Dr. Griffith was back as Friday morning's keynote speaker, presenting "In Defense of Pop Culture: The Benefits of Incorporating Mass Media & Entertainment Discussion in Counseling". This session stressed the importance of not simply dismissing popular culture, but recognizing as a means of connecting with those we serve and using it to help empower them. For more on Dr. Cat Griffith and her work, please visit her website by [clicking here](#).

Friday also brought the SDSCA Luncheon. In addition to the time to network, reconnect, and socialize with friends and colleagues, SDSCA President Alyssa Krogstrand also gave her State of the Association address and President-Elect Julie Nelson revealed the recipients of the 2018 SDSCA awards. Outstanding school counselors and school counseling allies were honored with the presentation of six different awards. For the first time this year, SDSCA also honored an administrator who has shown a full awareness and appreciation of a comprehensive school counseling program and the school counselor who delivers it. A full list of award winners can be found on page 3.

Friday evening brought the SDCA Awards Banquet and Graduate Student Fundraiser. Attendees were able to participate in a silent auction, the proceeds used to fund graduate student scholarships. SDCA also presented outstanding counselors and counseling allies with awards as well. A complete list of these recipients can be found on page 4. The Last Call Rock Band, featuring retired school counselor and former SDCA President Dwayne LaFave, were on hand to provide a wide variety of favorite music spanning four decades!

The conference wrapped up Saturday morning with three more break-out sessions, in addition to the wide variety of topics covered Friday as well. All in all, a great time learning, networking, socializing, and being with those friends and colleagues who understand the world of counseling. Please [click here to view the 2018 conference program](#).

The conference returns to the Best Western Ramkota Hotel in Sioux Falls May 2nd-4th, 2019. Mark those calendars, because SDSCA would love to see you there!

2018 SDSCA Award Recipients

Each year, SDSCA is proud to honor outstanding school counselors and allies of the school counseling profession. Presented during the SDSCA Luncheon, taking place during SDCA's Annual Conference, these awards recognize individuals or groups who are making positive impacts in the lives of students in our state.

Special Contributions Award: Marion Blue Arm- TRIO/ Director- Educational Talent Search

Administrator Advocacy Award: Cella Hermsen- Principal, White River Elementary

Rising Star Award: Stephanie Mach -Mike Miller Elementary, Aberdeen

School Counselor of the Year: Ashley Seeklander– K-8 School Counselor, Groton Area

Orv Schmieding Award: Valerie Horacek– St. Lambert School, Sioux Falls

Eligible award recipients receive a complimentary one year membership with SDSCA. Ashley Seeklander will be submitted to ASCA for the opportunity to be selected as ASCA's School Counselor of the Year. The winner will be announced in early 2019.

Congratulations to all awards recipients and special thanks to all those who submitted nominations and to those who served on the awards committee!



Marion Blue Arm (right), with Patty Peacock, school counselor at Dupree Junior and Senior High Schools.



Stephanie Mach (left) with Shannon Knuppe, school counselor at Aberdeen Central High School.



Ashley Seeklander

For the complete list of award details and previous recipients, [visit our website by clicking here.](#)

Retirees, We Thank You for Your Service!

SDSCA would like to extend its gratitude to the following individuals for their service to the school counseling profession. We wish them good luck on what lies ahead!

- ◇ Colleen Campbell, Sisseton
- ◇ Kathy Cornelison, Rapid City
- ◇ Dr. Kelly Duncan, Northern State University
- ◇ Jerry Johnson, Rapid City
- ◇ Vickie Leibel, Colman
- ◇ Sandi Ohlen, Rapid City
- ◇ Dr. Celeste Uthe-Burow, Sioux Falls
- ◇ Donna Wayt, Florence



Congratulations...

To the 2018 SDCA award recipients:

- *E. Gordon Poling Administrator Award*–
Dr. Celeste Uthe-Burow,
Sioux Falls School District
- *Mary W. Lark Humanitarian Award*–
Margie Neugebauer
- *Mavis Booze Mentoring Award*–
Robin Svendsen,
Lewis & Clark Behavioral Health Services
- *Counselor of the Year*–
Stephanie Lund,
Lutheran Social Services

For a detailed list of the award criteria and previous honorees, please visit SDCA's website by [clicking here](#).

SDSCA Mentoring Program

SDSCA is proud to offer a mentoring program to SDSCA members who are newer to the profession or new to South Dakota. If you would like to participate as a mentor OR would like to be paired with an available member, please visit the Mentoring Program page at our website by [clicking here](#).

SDSCA would like to thank the following members for serving as mentors during the 2017-2018 school year:

- ⇒ Sheila Anderson, Britton-Hecla
- ⇒ Jeff Heavlin, Sioux Falls
- ⇒ Linda Johnson, Brookings
- ⇒ Kristen Konechne, Platte-Geddes
- ⇒ Julie Nelson, Rapid City
- ⇒ Yolanda Price, Hanson

School Counselor Spotlight

Simon Jamieson
Hot Springs Elementary School



How long have you been a school counselor?: 11 years.

Why do you enjoy being a school counselor?: That shared joy of the helping relationship and being a trusted adult friend to kids. Even back when I was a special education teacher, I could always see kids thrive when the relationship and trust were strong. Being a problem solver is a pretty cool job! Also, it makes me a better husband and father as I can share new strategies about living life (learned at conference!) with my family at home!

What advice would you give to anyone new to the profession?: Take the time to visit with all the staff individually so they can get to know you on a personal level. Every conversation, every plan you work on together, will only continue to benefit all kids.

Take time for yourself. Be bigger than your job. Be the most optimistic, rose-colored-glasses-wearing Pollyanna in your building!

What do you see as the biggest issues currently facing school counselors?: Budget concerns will continue as this new funding plan starts to show its impacts. Teachers and schools continue to be asked to do more and more with less time and resources. The challenge for counselors and all school staff is to help the community “own” their schools, invest time and money, and stay connected and supportive. Having said that, I am a firm believer in leaving your job at work. Often easier said than done, it takes practice and effort. I strive to be great at my job, but always be more than my job. This is an issue for counselors/teachers and one I am willing to coach others about.

Is there anything else you'd like us to know?: As I shared in email previously, I have been reduced to only half-time elementary counselor here. I now know that the other half of my time will be teaching high school special education. This is not what I want, but I will work hard to be the best I can be for our kids here with the time I have. I want to publicly thank my West River Counseling Association for their support as well as you all as a whole. If you, yourself need encouragement/support, I'd love to help. It is a true benefit that our membership feels like they can ask questions and get answers on the listserv!

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School Counselor Spotlight con't



Stephanie Mach

Mike Miller Elementary School, Aberdeen

How long have you been a school counselor?: 5 years.

Why do you enjoy being a school counselor?: I love being a school counselor because I get to work with students. I enjoy watching them grow and learn new things. I want to make a positive impact on my students' lives and be their advocate who supports them in academic, social, and behaviors.

What advice would you give to anyone new to the profession?: Having a mentor is a great idea. It can be overwhelming at times and having someone to talk to about situations or get advice is so helpful!

Who are your inspirations or role models?: My parents have inspired me to be in this profession. My mom is a special education teacher and my dad is a school counselor. They are the most compassionate, loving and supportive parents. I have been extremely blessed!

Is there anything else you'd like us to know?: I think the best thing about my position is how well the principal and special education teacher work together. We are all on the same page and supportive of each other. We have a kids first mindset and it has been so positive for our students.

Rachael Anderson

John Harris Elementary School, Sioux Falls

How long have you been a school counselor?: 2 years.

What do you see as the biggest issues facing school counselors?: We have a rising awareness and rate of mental health crisis with kids— especially in the elementary grades— but not a rising understanding and support of school counselors (including ongoing struggles with huge student-to-school counselor ratios).

What advice would you give to anyone new to the profession?: There are so many places to go in school counseling— find a place where you can believe that you are making an impact and even on those hard days you'll know it's worth it.

If you weren't a school counselor, what else would you do?: I would bake all the things!



THANK-YOU!

We would like to express our gratitude to the following board members, who will be leaving the board July 1st. Thank you for your time, dedication, and service!

- * Tobin Bakkedahl
- * Lexi Seeley
- * Courtney Van Zee
- * Kelly Jones
- * Patti Lake-Torbert
- * Dustin Pickrel
- * Randi Hartman

2018-2019 SDSCA Board of Directors

- * President: *Julie Nelson*
- * Past President: *Alyssa Krogstrand*
- * President-Elect: *Yolanda Price*
- * Secretary: *Kim Goebel*
- * Treasurer: *Jeff Heavlin*
- * Secondary VP: *Shannon Knuppe*
- * Middle Level VP: *Kari Brenner*
- * Elementary VP: *Amanda Bender*
- * K-12 VP: *Kendra Hotchkiss*
- * Gov't Relations Chair: *Ashley Seeklander*
- * Public Relations Chair: *Ashley Price*
- * Counselor Connections: *Anna Eidem*
- * Ethics/Bylaws Chair: *Dr. Daniel DeCino*
- * Counselor Ed. & Supervision: *Dr. Hande Briddick*
- * Membership Chair: *Jackie Pew*
- * Dept. of Ed. Liaison: *Andrea Diehm*
- * Graduate Student Liaison: ###
- * Technology Chair: ###
- * Mentoring Chair: *Danielle Schonebaum*

We look forward to a productive 2018-2019 serving our members and the school counseling profession throughout South Dakota!

= Vacant at time of publication



And That's The Game...

The final buzzer has sounded! It is now time to shake hands with the other players and begin to analyze the game film. I am truly grateful for the opportunity to have been the president of SDSCA this past year. I have developed networking contacts, learned some best practices, and created some wonderful friendships during the game. It is time for some recognition: MVP goes to my board, I could not have done this without all of you. The board is my sounding board and where the magic happens. Most improved player goes to the students we work with every day. The All-Star team is the other staff in the building we rely on; the Administration, Secretaries, Custodial Staff, Teachers, and the list goes on. Thanks again for the pleasure of serving as your President for the 2017 – 2018 year and I wish Julie Nelson a wonderful 2018 – 2019 year!

Alyssa Krogstrand

SDSCA President

T.F. Riggs High School,
Pierre

Alyssa Krogstrand

10 Years and Still Going Strong!!!

SDSCA is pleased to present the 10th Annual Counselor Connections Workshop, taking place November 2nd & 3rd on the South Dakota State University Campus in Brookings.

Mark your calendars now to attend and registration information will be coming your way this fall.

Help us make this the best Counselor Connections yet, by submitting a presentation proposal. Your wisdom, experience, and ingenuity helps create fresh, exciting, and beneficial learning opportunities for school counselors, counselor educators, graduate students, and others.

Please visit our website by clicking here, to get more information or get your application.

See you in November!

Heading to ASCA 2018?

For more information or to register for the conference, [please click here](#). Keynote speakers include: Tarana Burke (founder of the #MeToo Movement) and basketball legend Kareem Abdul Jabbar!



SDSCA members who attend the ASCA Annual Conference AND are members in good standing as of July 1st, 2018 are eligible to receive a \$150 stipend! Details soon.