

*Our Vision: That all schools will have fully implemented Comprehensive Guidance and Counseling Programs that advance the academic, career, and personal/social development of all students.*

*Our Mission: To work collaboratively with counselor educators, the Missouri School Counselor Association, the Missouri Association for Career and Technical Education and other stakeholders to develop and provide resources and meaningful professional development that support professional school counselors and career services personnel in their efforts toward full implementation of their programs.*

### **The Guidance and Counseling Services Staff:**

**Rene' Yoesel** - 573-751-0857 [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov)  
**Tom Schlimpert** - 573-751-6875 [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov)  
**Loree Curtman** - 573-751-4383 [Loree.Curtman@dese.mo.gov](mailto:Loree.Curtman@dese.mo.gov)

## **Announcements**

Resources and information provided in the Guidance Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the Guidance and Counseling Services Section or the Department of Elementary and Secondary Education.

### **Welcome Back!**

Once again, we want to welcome you back! Hopefully, the fast and furious first days of school have passed and you are settling into a great year! As a school counselor, your role helping students and adults is challenging, rewarding and significant. It's a big job! Please look to your peers for encouragement and support. Rene, Tom, and Lore'e are here to help as well! Missouri guidance and counseling has a proud history! Honor that tradition with professionalism, integrity and a can-do attitude! Have a great year!

### **Guidance System of Support (GSOS) Fall Workshops**

Responsive Services is the focus of the fall GSOS workshops. Join us to review the newly revised DESE resources and share your own treasures that address crisis plans and small groups. This program is designed to collaborate with peers and share materials. [Fall GSOS Registration](#)

### **Guidance and Counseling for Administrators Workshops**

These regional workshops are designed to help building and district administrators who supervise school counselors better lead and support guidance and counseling programs. Using the framework of *Program + Personnel = Results*, administrators will work through the resources to address and evaluate each of these components, including the IIR, new counselor growth guide and Student Learning Outcomes (SLO's), PRoBE, and principal/counselor relationships. Please encourage your administrators to attend! Counselors are certainly welcome! [Guidance and Counseling for Administrators](#)

## Missouri Connections

[Missouri Connections](#) has made some significant changes to passwords! Click on the "Resources" tab at the top of the page for "What's New in 2015" and the "**Fall Workshop**" training schedule. Go to [Training Calendar](#) for dates and registration information.

Contact Jackie Coleman at 573.634.0043, Monday – Friday from 8:00 am – 4:30 pm, or [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com) with questions, support or if your school/site would benefit from a more in-depth or specific training or webinar.

## Guidance Digest Distribution System

The Guidance Digest Listserv has been very successful and will continue to be used this year. Please encourage people to sign up. There are still Missouri school counselors who don't know about this wonderful resource! <http://lists.mo.gov/mailman/listinfo/guidancelistserv>  
Contact Rene' Yoesel at [rene.yoesel@dese.mo.gov](mailto:rene.yoesel@dese.mo.gov) with questions.

## DESE Guidance and Counseling Website

An abundance of quality guidance and counseling materials and resources are located on the DESE Guidance and Counseling website <http://dese.mo.gov/college-career-readiness/guidance-counseling>  
Contact Tom Schlimpert at [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov) regarding materials, resources and the organization of this site.

To locate the Guidance and Counseling tab on the DESE website, go to:

- <http://dese.mo.gov/>
- "Educators " tab - on the top light blue ribbon (Scroll over, don't click on)
- "Guidance & Counseling" on the left side of the drop down menu
- Note the Program Components in the center box and the alphabetical listing of sources in the right column

## Counselor Evaluation

The new counselor evaluation materials are located on our DESE Guidance and Counseling page at [Counselor Evaluation](#) and can be accessed through the Educator Evaluation page <http://dese.mo.gov/educator-growth-toolbox/model-evaluation-system>. Updated evaluation materials and forms will soon be posted.

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# Program Components

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## CURRICULUM

### Guidance Curriculum

The Comprehensive Guidance and Counseling Program curriculum framework is organized around the three strands of Personal/Social, Academic, and Career Development. K-12 unit and lesson plans address each of the guidance and counseling GLEs. [Guidance and Counseling Curriculum](#)

**Missouri Connections** also has quality career development lesson plans and activities. Log on to Missouri Connections and explore "Activity Map" in the JR version, "Plan" in the high school version and "Classroom Activities" in the "Tools for Counselors and Teachers" in both versions.

## INDIVIDUAL STUDENT PLANNING

### The Entitlement Creed Video

Excellent video to kick off career education <https://www.youtube.com/watch?v=8cPuH8jg5nQ>

### VR - PETS

Through federal WIOA authorization, Missouri Vocational Rehabilitation Services (VR) has created PETS (Pre-Employment Transitions Specialist) to work with students with disabilities who are 16-21, currently enrolled in high school, and are potentially eligible for VR, not VR qualified/eligible students. PETS will use Missouri Connections, develop Personal Plans of Study and complete the pre-employment metrics required by this program. DESE Guidance and Counseling and the College and Career Consultants have been working with this new program to collaboratively coordinate this work with schools and students. PETS will be contacting high schools with qualified students. [PETS](#)

### Employment Research

[CTE Research Review: Jobs, Jobs and More Jobs](#) provides links to four current studies on the latest employment projections. Interesting data and insights for career planning.

#### Missouri 2030 An Agenda to Lead

Missouri Chamber of Commerce and Industry

<http://mo2030.com/app/uploads/2015/02/Final-Plan-web.pdf>

“unless Missouri changes the way we are preparing people for the jobs of the future, the current mismatch between employer skill needs and the talents of the workforce will widen.”

Missouri 2030

Missouri Chamber of Commerce and Industry

#### The ABC's of Missouri Career Grades

Missouri Department of Economic Development

MERIC

<https://www.missourieconomy.org/pdfs/abcs10-20grades.pdf>

#### State of St. Louis Workforce 2015

St. Louis Community College and St. Louis Workforce

<https://www.stlcc.edu/forms/SSLW2015report.htm>

## RESPONSIVE SERVICES

### New Law

[SB 341](#) regarding child abuse and neglect hotline number posters went into effect on Aug. 28. It requires every public and charter school to post a sign containing the toll-free child abuse and neglect hotline number and an acronym to help children remember the number. The Children's Division has created signs for schools to utilize, which are available on their website.

<http://dss.mo.gov/cd/can.htm>

## Mandated Reporter

Missouri's Mandated Reporter requirements state that "All mandatory reporters shall, upon finding reasonable cause, directly and immediately report suspected child abuse or neglect."

([Section 162.069.3 RSMo.](#)) (Section 210.115 RSMo.)

## Resource Numbers

- **National Suicide Prevention Lifeline**  
1-800-273-TALK (8255) <http://www.suicidepreventionlifeline.org/>
- **Missouri School Violence Hotline**  
1-866-748-7047 <https://www.schoolviolencehotline.com/>
- **Missouri Child Abuse or Neglect Hotline**  
1-800-392-3738 <http://dss.mo.gov/cd/can.htm>
- **Missouri Kids First** <http://missourikidsfirst.org/>
- **National Dating Abuse Helpline** 1-866-331-9474, text "loveis" to 22522, or <http://www.loveisrespect.org/>
- **Trevor Lifeline**  
The Trevor Project offers the Trevor Lifeline, a national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people (ages 13-24), available free at 1-866-488-7386. Help can also be accessed through chat on line or text, find more information at: <http://www.thetrevorproject.org/pages/get-help-now>
- **Access to Crisis Intervention**  
The Missouri Department of Mental Health provides the Access Crisis Intervention (ACI) line that is staffed by professionals who can respond to adults, youth and families experiencing a mental health crisis 24 hours per day and 7 days per week. The link below provides a map with regional call numbers. <http://dmh.mo.gov/mentalillness/progs/acimap.htm>
- **National Dating Abuse Helpline** 1-866-331-9474, text "loveis" to 22522, or [www.LoveIsRespect.org](http://www.LoveIsRespect.org)

## SYSTEM SUPPORT

### Gysbers Success Designation

This award recognizes outstanding school guidance and counseling programs. Recipient schools will be recognized at the MSCA Fall Conference as part of the Norm Gysbers Gayla recognizing Dr. Gysbers and his distinguished career. [Gysbers Success Recognition](#) Honor your guidance and counseling program and Dr. Gysbers with your application!

### Counselor Certification

Questions about certification? Go to Certification – Student Services.

<http://dese.mo.gov/educator-quality/certification/student-services>

### DESE/MSCA Mentoring Program

Full certification requires two years of mentoring. The Department and MSCA have collaborated to develop a mentoring program for new school counselors who are in need of a mentor or have a mentor but would like to participate in this structured program designed to assist new counselors in more fully implementing their programs. If you would like to participate or need additional information contact Dr. Jan Ward, state mentor chair, at [jward@semo.edu](mailto:jward@semo.edu) Dr. Rene' Yoesel at [rene.yoesel@dese.mo.gov](mailto:rene.yoesel@dese.mo.gov) is the DESE contact.

## College and Career Consultants

Your regional College and Career Consultant is a valuable resource to support your guidance and counseling program. See [College and Career Consultants](#) for more information and contact information.

## MSCA and MoACTE: Your Professional Organizations

If you have not done so, be sure to join or renew your membership with your professional organizations. MSCA and MoACTE not only provide outstanding conferences and other professional development activities but also advocate for school counselors and CTE at the state and national levels. It is important to note however, that YOU are MSCA and MoACTE as demonstrated through your membership and support. Additional information can be found at:

[MSCA Membership](#) [MSCA Region Information](#) and [MoACTE Divisions](#)

## Missouri Virtual Instruction (MoVIP)

The Missouri Virtual Instruction Program (MoVIP) is currently accepting applications for medically fragile students. If you have a student that is homebound for medical reasons, a state funded program is available for the student to take MoVIP courses. Students can take up to six credits per semester through the medically fragile program. The costs of the courses are covered by 2015-2016 fiscal year appropriations, rather than local funds. Students will be taught with a certified teacher for each course, and district personnel would not be required to make home visits for MoVIP students. If you are interested, please visit <http://movip.org/medically-fragile-students.html> for additional information.

Visit [www.movip.org](http://www.movip.org) for more information.

## Missouri Department of Higher Education Newsletter

The Journey to College [Monthly Reminder](#), is an electronic resource produced by the Missouri Department of Higher Education and is packed full of postsecondary tips directed toward Missouri's students and their parents.

Subscribe to the Monthly Reminder at <http://dhe.mo.gov/ppc/reminders2.php>.

## DESE New List Serve for Teachers

DESE has created a new list serve for teachers, similar to the one we use for counselors. Sign up if you are interested and share with your staff. <http://lists.mo.gov/mailman/listinfo/mo-public-school-teachers>

**ACT Missouri's** mission is to reduce underage drinking and substance use. This year's theme, *Your Actions Matter*, will empower youth, adults, and communities to work together on this mission. Please help us get the campaign rolling by entering our Art and PSA Contests! The contest is open to all Missouri students Grade 1-12, and entries may be submitted electronically.

<http://www.actmissouri.org/annual-events/red-ribbon-week/>

# Conferences and Professional Development Opportunities

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## Guidance System of Support

The Missouri [Guidance System of Support](#) (GSOS) is a collaborative state-wide initiative designed to support all K-12 counselors in fully implementing a Comprehensive Guidance and Counseling Program.

*Support your profession!  
Be part of this valuable Professional Development opportunity!*

## Missouri Safe Schools and Colleges Conference

September 29 - October 1, Tan-Tar-A

[Missouri Safe Schools & Colleges](#)

## Missouri Mental Health Counselors Association (MMHCA)

September 24-26, Inn at Grand Glaize, Lake of the Ozarks.

[Missouri Mental Health Counselors Association](#)

## Missouri School Counselor Association (MSCA) Fall Conference

November 8-10, Tan-Tar-A

[MSCA Fall Conference](#)

## Missouri Association for Career Services (MACS) Fall Conference

September 17-18, Columbia's Courtyard by Marriott

For registration information contact Stacie Wild at 660.596.7256 or [swild@sfccmo.edu](mailto:swild@sfccmo.edu)

## Missouri Project Lead the Way State Conference

November 1 & 2, Timberland High School, Wentzville

[pltw.mst.edu/stateconf/conferenceregistration/](http://pltw.mst.edu/stateconf/conferenceregistration/).

## 2015 Prevention Conference

November 17-18, Lodge of 4 Seasons

[Substance Abuse Prevention Conference](#)

## Missouri Coordinated School Health Coalition

TBD

[Missouri Coordinated School Health Coalition](#).

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator–Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*

## *Happy Thanksgiving!*

As the holiday season approaches, Rene, Tom, and Loree would like to express our appreciation and admiration for each of you! Championing the cause of School Counselors is a privilege and our passion. We appreciate the work that each of you do for your schools and your students.

*You inspire us every day!*

Our wish is that you will make time to pause and reflect on the bounty with which you have been blessed. Take pride in what you do, enjoy your time off and be thankful!

### **Your School Counseling Services Staff:**

**Rene' Yoesel** - 573-751-0857 [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov)

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### **Name Change**

Aligning with the American School Counselor Association (ASCA) and the recommendation of Norm Gysbers and MSCA, we have officially changed our title to **School Counseling** and **School Counselors**, to more accurately reflect the program and the work being done in schools. School counselors will no longer be using the terms guidance or professional in their title. Please be patient as we start making changes to our documents and materials

### **Smashing Success**

*Congratulations to MSCA* for another tremendous fall conference! The time and talents invested created a high quality program with lots of opportunities to learn, network and re-energize. The Gysbers Gala tribute dinner for Dr. Norman Gysbers was equally meaningful and enjoyable.

*Such positive and affirming experiences!*

### **Successful Workshops**

Very positive evaluations and feedback were received for both fall workshops:

- The twelve School Counseling for Administrators workshops had a total of 298 attendees.
- The fall Guidance System of Support (now called the Counseling System of Support (CSOS) workshops focused on Responsive Services. Attendance totals are being finalized.

*Your attendance and support of these programs are critically important to maintain necessary resources!*

*Please support these efforts to support you!*

## Gysbers Award Winners

Congratulations to the 2015 Gysbers Success Designation Award winners who received Missouri's highest recognition for outstanding school counseling programs. Amidst the challenges, these school counselors and their schools have established high quality programs that make a difference for kids!

CONGRATULATIONS...

*Aurora R8 School District K-12 – Aurora, MO*  
*Columbia Public School District K-12 – Columbia, MO*  
*Eastwood Hills Elementary School – Kansas City, MO*  
*Forsyth Elementary School – Forsyth, MO*  
*Forsyth Middle School – Forsyth, MO*  
*Lexington Middle School – Lexington, MO*  
*Mt. Vernon Intermediate School – Mt. Vernon, MO*  
*Old Bonhomme Elementary School – Olivette, MO*  
*Ozark High School - Ozark, MO*  
*Pilot Grove School District K-12 – Pilot Grove, MO*  
*Republic School District K-12 – Republic, MO*

## Breaking Traditions Poster Contest

Students are invited to create a poster that celebrates the annual Breaking Traditions Award competition winners. The poster should be motivational and inspire students to discover nontraditional careers. Contest details and materials can be found at [Breaking Traditions](#). Contact your regional [College and Career Consultant](#) (CCC) with questions.

## Missouri Connections

The new elementary component addressing grades 3-5 will be piloted in February with expected availability late spring. Reactions to the initial presentation at the MSCA Fall Conference were very positive! Contact Tom Schlimpert with questions.

**Interest Profiler Short Form** has been added to the assessment section. It provides similar results as the original with fewer questions. Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

## DESE School Counseling Website

DESE School Counseling website <http://dese.mo.gov/college-career-readiness/school-counseling> is the one stop shop for all Missouri School Counseling resources. Check it out!

To locate the School Counseling tab on the DESE website, go to:

- <http://dese.mo.gov/>
- "Educators" tab - on the top light blue ribbon (Scroll over, don't click)
- "School Counseling" on the left side of the drop down menu
- Note the Program Components in the center box and the alphabetical listing of sources in the right column

## College and Career Competency Framework with Competency Wheel

[College and Career Competency Framework](#) is an initiative that addresses intrapersonal, interpersonal and cognitive competencies that are essential for success at school and the world of work.

# Program Components

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## CURRICULUM

### School Counseling Curriculum

The Comprehensive School Counseling Program curriculum framework is organized around the three strands of Personal/Social, Academic, and Career Development. K-12 unit and lesson plans address each of the school counseling GLEs. [School Counseling Curriculum](#)

**Missouri Connections** has quality career development lesson plans and activities that are now located in the footer. Log on to Missouri Connections and explore

- "Activity Map" in the JR version
- "Plan" in the high school version
- "Classroom Activities" in the "Tools for Counselors and Teachers" in both versions.

## INDIVIDUAL STUDENT PLANNING

### STEM Event for Seventh Grade Girls

Your [College and Career Consultants](#) (CCC's) are planning the first ever STEM Event for Seventh Grade Girls at Missouri University of Science & Technology on Wednesday, March 23, 2016. Fifty girls from each region will be able to attend this hands on daylong event designed to increase awareness in STEM careers and enrollment in such classes. Contact your CCC for more information.

### Resources

[Individual Student Planning resources](#) contains Program of Study and Personal Plan of Study templates along with the high school Career and Educational Planning Guide template and links to Postsecondary Options.

### Grow Your Own

Cassville High School is offering classes through their FACS program to cultivate future educators! How often do you promote education as a viable career option?

<http://www.cassville-democrat.com/story/2247378.html>

### ACT

Student Fee Waiver information - <http://www.actstudent.org/faq/feewaiver.html>

ACT Fee Waiver Eligibility Requirements - <http://www.act.org/aap/pdf/FeeWaiver.pdf>

### ASCA Mindsets and Behaviors for Student Success

The ASCA Mindsets & Behaviors for Student Success: K-12 College and Career Readiness for Every Student describe the knowledge, skills and attitudes students need to achieve academic success, college and career readiness and social/emotional development.

<http://schoolcounselor.org/asca/media/asca/home/MindsetsBehaviors.pdf>

## **MGA 2016 Project 21 Scholarship**

The Missouri Gaming Association is pleased to announce the 2016 Project 21 Scholarship Program. The article, poster or video entry, completed application and other required documentation as outlined in the application must be received by MARCH 1, 2016. [info@missouricasinos.org](mailto:info@missouricasinos.org) Application link: [http://www.missouricasinos.org/tinymce/jscripts/tiny\\_mce/plugins/filemanager/files/2016\\_Project\\_21\\_Application.pdf](http://www.missouricasinos.org/tinymce/jscripts/tiny_mce/plugins/filemanager/files/2016_Project_21_Application.pdf)

## **Earlier FAFSA, Easier Process**

The new FAFSA schedule enables many students and their parents to fill out the FAFSA form earlier than they previously could. Beginning Oct. 1, 2016, students and families will be able to complete the form for the 2017–18 academic year at the same time they complete their college applications. (Previously, the FAFSA became available each year on Jan. 1.) To facilitate this change, students and their families will be able to use their previous year's tax return (for example, from 2015) when applying for financial aid, rather than being required to wait to submit the FAFSA application until after they have completed the current year's return (for example, for 2016). This in turn will enable colleges to send out financial aid notifications earlier, and students to have more time to make informed decisions about their college choices.

## **Scholarship Search and Contest**

Help your students pay for college with **Scholarship Search**. It's one of the free tools in [SallieMae.com/PlanForCollege](http://SallieMae.com/PlanForCollege) that can help families and students understand how to pay for higher education and create a financial plan for all years of school.

How do your students plan to pay for college? That is the question students ages 14-18 will answer as a part of Sallie Mae's "Make College Happen Challenge." The contest will reward 10 high school students who creatively communicate their plan to pay for college in videos, photos, essays, songs or poems. [www.makecollegehappenchallenge.com](http://www.makecollegehappenchallenge.com).

## **RESPONSIVE SERVICES**

### **Resources**

[Responsive Services](#) provides links to bullying information, School Wide Crisis Planning and an extensive array of small group counseling process guidelines, student referral needs assessments, lessons plans, and support resources.

### **Mandated Reporter**

Missouri's Mandated Reporter requirements state that "All mandatory reporters shall, upon finding reasonable cause, directly and immediately report suspected child abuse or neglect." ([Section 162.069.3 RSMo.](#)) (Section 210.115 RSMo.)

## SYSTEM SUPPORT

### MSIP5

MSIP 5 is used to distinguish the performance of schools and districts in valid, accurate and meaningful ways. APR outlines performance based on five standards for K-12 districts and charter schools:

1. **Academic achievement**
2. **Subgroup achievement** (includes students receiving free/reduced price lunch, African American and Hispanic students, English Language Learners and students with disabilities)
3. **High school readiness** (K-8 districts) and **College and Career Readiness** (K-12 districts)
4. **Attendance rate**
5. **Graduation rate** (K-12 districts)

MSIP5 provides a *tremendous opportunity* for school counselors to demonstrate the relevance of school counseling to impact student performance. *Have you explained to your administrator how school counselors impact all five performance standards as well as district and building improvement plans?* For more information see <http://goo.gl/W4Vya9>

### Counselor Certification

Questions about certification? Go to Certification – Student Services.  
<http://dese.mo.gov/educator-quality/certification/student-services>

### School Counselor Evaluation

All of the [School Counselor Evaluation materials](#) have been updated and posted. Creating effective and meaningful Growth Plans and Student Learning Outcomes improve the practice and impact of the school counselor while educating and engaging administrators. Everyone, including the kids, benefit when school counselors learn, grow and enhance their performance.

### 2016 Missouri Youth Leadership Forum

The Missouri Youth Leadership Forum announces the 14th annual statewide youth leadership forum for high school students *with disabilities*, ages 16-21, to be held at the University of Missouri campus in Columbia. The Forum is a unique training program that cultivates leadership, citizenship, social and career development skills. Students can apply now for the 14th annual Missouri Youth Leadership Forum scheduled for July 12-16, 2016. <http://disability.mo.gov/gcd/yf.htm>.

Deadline for submitting the application is March 1, 2016.

If you have any questions, please contact the Governor’s Council on Disability at [1-800-877-8249](tel:1-800-877-8249).

### Engaging and Re-engaging Students and Families

Enhancing motivation is a central concern in all efforts to improve schools and is a foundational consideration in unifying and developing a comprehensive and equitable system of learning supports. The 2015 National Initiative for Transforming Student and Learning Supports, provides free access to the Center’s continuing education modules.

**Module I:** *Motivation: Time to Move Beyond Behavior Modification*

<http://smhp.psych.ucla.edu/pdfdocs/engagei.pdf>

**Module II:** *Strategic Approaches to Enhancing Student Engagement and Re-engagement*

<http://smhp.psych.ucla.edu/pdfdocs/engageii.pdf>

**Module III:** *Enhancing Family Engagement and Re-engagement*

<http://smhp.psych.ucla.edu/pdfdocs/engageiii.pdf>

**Module IV:** *Embedding Engagement and Re-engagement into a Unified and Comprehensive System of Student and Learning Supports*

<http://smhp.psych.ucla.edu/pdfdocs/engageiv.pdf>

## New Council Aims to Boost Students' College and Career Readiness

Nine organizations have joined forces to form the Council of National School Counseling and College Access Organizations, with the goal of supporting every United States student with college and career preparation, access, and success.

[http://www.cacrep.org/wp-content/uploads/2012/10/Press-Release-CNSCCAO\\_Final\\_CACREP-Bio.pdf](http://www.cacrep.org/wp-content/uploads/2012/10/Press-Release-CNSCCAO_Final_CACREP-Bio.pdf)

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## Conferences and Professional Development Opportunities

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### Missouri Coordinated School Health Coalition

December 3-5, Lodge of 4 Seasons

[Missouri Coordinated School Health Coalition.](#)

### Missouri Alternative Education Network (MAEN) 2016 Annual Conference

July 18 –19, 2016, Lodge of Four Seasons

[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

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## Interesting Insights

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### Tidbits:

- More Missouri Graduates Take the ACT Exam <http://goo.gl/iFhOND>
- According to *How America Pays for College 2015*, almost a third of college costs (30%) were covered by scholarships and grants in 2014/15.
- "I Am Career Tech" video - <https://www.youtube.com/watch?v=0tuvpFakfm0>
- Create the Future video - Suli [https://www.youtube.com/watch?v=cbwtD4n\\_QPY&app=desktop](https://www.youtube.com/watch?v=cbwtD4n_QPY&app=desktop)
- Navy Seals believe that during a crisis, people do not rise to the occasion; they sink to the level of their training. The Seals are famous for intensive and focused training so they are mission ready. How does this insight apply to school counselors and educators?

***“A meaningful life is about realizing potential, overcoming adversity and giving back for the common good.”***

Dr. Simon Ip, Chairman, The Hong Kong Jockey Club

*Another example of why school counselors are critically important! Let your light shine!*

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*Our Mission: To work collaboratively with counselor educators, the Missouri School Counselor Association, the Missouri Association for Career and Technical Education and other stakeholders to develop and provide resources and meaningful professional development that support professional school counselors and career services personnel in their efforts toward full implementation of their programs.*

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## **Announcements**

Resources and information provided in the Guidance Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the Guidance and Counseling Services Section or the Department of Elementary and Secondary Education.

### **Guidance System of Support (GSOS) Fall Workshops**

The reviews for the fall GSOS workshops focusing on Responsive Services have been very positive. Check the link for information, dates and locations of remaining workshops. [Fall GSOS Registration](#)

### **Guidance and Counseling for Administrators Workshops**

These regional workshops are designed to help building and district administrators who supervise school counselors better lead and support guidance and counseling programs. Counselors are welcome!

[Guidance and Counseling for Administrators](#)

### **Missouri Connections**

[Missouri Connections](#) has made some significant changes to passwords! Click on the "Resources" tab at the top of the page for "What's New in 2015" and the "**Fall Workshop**" training schedule. Go to [Training Calendar](#) for dates and registration information. Contact Jackie Coleman at 573.634.0043, Monday – Friday from 8:00 am – 4:30 pm, or [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

### **St. Louis National College Fair**

Free admission, financial aid and college admissions information. Sunday, October 18 from 1:00 -4:00 at St. Louis University - Simon Recreation Center

<http://www.nacacnet.org/college-fairs/students-parents/Pages/default.aspx>

## Principal Appreciation Month

October is the official month to let your principals know how much they are appreciated. Remind them of the gift they have in their outstanding school counselor!

## Gysbers Gala

MSCA is proud to provide a tribute Dinner for Dr. Norman Gysbers, Missouri's own comprehensive Guidance and Counseling program guru, at the MSCA Fall Conference on Sunday, November 8, 2015 from 6:30-8:30 p.m. Registration and payment are required.

[Gysbers Gala](#)

## DESE Guidance and Counseling Website

An abundance of quality guidance and counseling materials and resources are located on the DESE Guidance and Counseling website <http://dese.mo.gov/college-career-readiness/guidance-counseling>  
To locate the Guidance and Counseling tab on the DESE website, go to:

- <http://dese.mo.gov/>
- "Educators " tab - on the top light blue ribbon (Scroll over, don't click)
- "Guidance & Counseling" on the left side of the drop down menu
- Note the Program Components in the center box and the alphabetical listing of sources in the right column

## DESE Electronic Mailbag

[Electronic Mailbag](#) is a convenient way to stay connected. Book mark this site! Current announcements include:

- Earthquake Drill Set for Oct. 15
- Survey for Teachers
- Gold Star and Blue Ribbon Schools
- Homeschooling

## Missouri Student Survey

The Missouri Student Survey (also known as the Safe and Drug-Free Schools Survey) will be administered during the 2015-2016 school year by the Missouri Institute of Mental Health.

Your participation will help provide meaningful results. [Administrative Memo LS-15-008](#)

Health Risk Behaviors among Missouri Middle and High School [Students Results](#) report from the 2013 Youth Risk Behavior Survey and 2013 Youth Tobacco Survey.

## Guidance Digest Distribution System

Individuals must personally register at <http://lists.mo.gov/mailman/listinfo/guidancelistserv>

Contact Rene' Yoesel at [rene.yoesel@dese.mo.gov](mailto:rene.yoesel@dese.mo.gov) with questions.

## Missouri Post Secondary Success

[Missouri Post-Secondary Success](#) is a multi-year college and career competency (CCC) improvement initiative that provides face-to-face professional development and online support to interdisciplinary high school and middle school teams. This is the project that uses the Competency Wheel that is being shared at the Fall GSOS workshops. See the website for information about the project, pilot and participating schools, resources and professional development options.

## Community Services Summit

The greater St. Louis 2015 [Community Services Summit](#) on October 27, 2015, 8:00 a.m. to 1:20 p.m. at Calvary Church in St. Peters provides professionals valuable resources and information on the topics most critical to working with children and families today.

## ACTE's CTE Month™ 2016 Video PSA Contest

ACTE offers schools from all over the country the chance to submit a 30-second public service announcement video informing viewers of the value of CTE and providing a glimpse of excellent CTE students and programs. The deadline for entry is **October 30<sup>th</sup>, 2015**. The winning school will receive \$500 and the second place school will receive \$250. The full rules are [here](#). We encourage you to visit our [CTE Month page](#) to find more information about the contest and hear about other ways to get involved with CTE Month 2016! February is CTE Appreciation Month.

## Samsung's Solve for Tomorrow contest for Missouri

This is a STEM-based education competition in which schools have a chance to win a share of **\$2 million in technology and prizes!** The challenge is for teachers and students to use STEM creativity and ingenuity to solve a problem within their community. Prizes will be awarded at each stage of the competition; from the 255 State Finalists to the final five National Winners. Additional significant prizes will be awarded to staff members. To enter, just answer a few short questions: [www.Samsung.com/Solve](http://www.Samsung.com/Solve)

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# Program Components

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## CURRICULUM

### Guidance Curriculum

The Comprehensive Guidance and Counseling Program curriculum framework is organized around the three strands of Personal/Social, Academic, and Career Development. K-12 unit and lesson plans address each of the guidance and counseling GLEs. [Guidance and Counseling Curriculum](#)

**Missouri Connections** also has quality career development lesson plans and activities. Log on to Missouri Connections and explore "Activity Map" in the JR version, "Plan" in the high school version and "Classroom Activities" in the "Tools for Counselors and Teachers" in both versions.

### Top 20 Principles for Teaching and Learning

[Top 20 Principles from Psychology for Pre-K-12 Teaching and Learning](#) from the Coalition for Psychology in Schools and Education provides insights into learning that impact classroom instruction and student learning while reinforcing the importance of school counselors and the work you do.

### Dial Safe Pro

An iPhone app. to teach elementary students about using the phone and 911. Recommended by a school resource officer.

## INDIVIDUAL STUDENT PLANNING

### Missouri Connections New Interest Profiler

A new **Interest Profiler Short Form** has been added to the Assessment section of Missouri Connections. The new version requires 60 questions versus the original 180 questions and is designed to provide valid results. Log into [Missouri Connections](#) and check out this new assessment in high school sites.

### Post Secondary Options

See the extensive list of [Postsecondary Options](#) at the bottom of the Individual Student Planning page on the DESE Guidance and Counseling website. Links to apprenticeships, military, community colleges, technical schools, and four year colleges/universities are included.

### MGA 2016 Project 21 Scholarship

The Missouri Gaming Association is pleased to announce the 2016 Project 21 Scholarship Program. The Project 21 Scholarship Program provides students an opportunity to disseminate their message by writing an article or creating a poster or video addressing the issue of underage gambling. Two (2) \$1,500.00 first prize scholarships and Four (4) \$1,000.00 second prize scholarships will be awarded. The article, poster or video entry, completed application and other required documentation as outlined in the application must be received by **MARCH 1, 2016**. For more information, please contact [info@missouricasinos.org](mailto:info@missouricasinos.org) or click on this link to download the application. [http://www.missouricasinos.org/tinymce/jscripts/tiny\\_mce/plugins/filemanager/files/2016\\_Project\\_21\\_Application.pdf](http://www.missouricasinos.org/tinymce/jscripts/tiny_mce/plugins/filemanager/files/2016_Project_21_Application.pdf)

### Earlier FAFSA, Easier Process

The new FAFSA schedule enables many students and their parents to fill out the FAFSA form earlier than they previously could. Beginning Oct. 1, 2016, students and families will be able to complete the form for the 2017–18 academic year at the same time they complete their college applications. (Previously, the FAFSA became available each year on Jan. 1.) To facilitate this change, students and their families will be able to use their previous year's tax return (for example, from 2015) when applying for financial aid, rather than being required to wait to submit the FAFSA application until after they have completed the current year's return (for example, for 2016). This in turn will enable colleges to send out financial aid notifications earlier, and students to have more time to make informed decisions about their college choices.

### HELP FAMILIES PLAN

With tight family budgets and busy schedules, saving for college can take a back seat. Sallie Mae is pleased to offer [featured tips, information, and financial calculators](#). According to [How America Saves for College 2015](#) by Sallie Mae® and Ipsos, parents, on average, have saved \$10,040 for college—and those who planned saved 46% more for college than non-planners. The **Sallie Mae® 1-2-3 Approach to Saving for College** can help. The path to college starts with a financial plan. [College Planning Calculator](#)<sup>SM</sup>. Contact Laura Steinbeck at [Laura.Steinbeck@SallieMae.com](mailto:Laura.Steinbeck@SallieMae.com)

### College Scorecard Website

Sponsored by the U.S. Dept. of Education, this website provides comparative information about colleges and universities from Missouri and across the nation. <https://collegescorecard.ed.gov/>

## RESPONSIVE SERVICES

### Missouri Center for Education Safety

Provides safety resources and training, including crisis planning, school safety assessments, and resources. [www.moces.org](http://www.moces.org) 573-638-7501

### New Law

[SB 341](#) regarding child abuse and neglect hotline number posters went into effect on Aug. 28. It requires every public and charter school to post a sign containing the toll-free child abuse and neglect hotline number and an acronym to help children remember the number. The Children's Division has created signs for schools to utilize, which are available on their website. <http://dss.mo.gov/cd/can.htm>

### Mandated Reporter

Missouri's Mandated Reporter requirements state that "All mandatory reporters shall, upon finding reasonable cause, directly and immediately report suspected child abuse or neglect." ([Section 162.069.3 RSMo.](#)) (Section 210.115 RSMo.)

## SYSTEM SUPPORT

### Counselor Evaluation

Student growth measures are now required as part of teacher and administrator evaluation process to improve instruction and measure learning. <http://goo.gl/711Jwm>

[Student Learning Outcomes \(SLO\)](#) is the tool and process used to measure student performance. SLO's for counselors follow the same expectations and process but use a wider range of criteria to measure "impact on student performance". Think PRoBE and well developed Growth Plans. SLO's are one of the many topics addressed in the Guidance and Counseling for Administrators workshops. Counselors need to be active participants in this process!

### ACT Test Administration

DESE [Administrative Memo CCR-15-016](#) is provided as a reminder to districts of the statewide administration of the ACT to 11<sup>th</sup> grade students as well as guidance to public school districts on accommodating any non-public students wishing to participate in the census administration of the assessment. Visit [Frequently Asked Questions \(FAQ\) document](#) or contact the [Assessment Section](#) at (573) 751-3545.

### The following information is provided by the Missouri Association of Secondary School Principals

- The school administering** the ACT will choose either pencil and paper or online testing. A school may not do both. School districts will receive the startup information from DESE in early October.
- The paper testing** - The date is April 19<sup>th</sup>. The paper testing makeup date is May 3<sup>rd</sup>. The student's with accommodations testing window is April 19-May 3.
- Online testing** - The online ACT testing window is April 19-May 3. High schools must choose as a building to do online testing and test all their students online, except for those requiring accommodations.
  - o Students requiring accommodations must take the paper/pencil version of the test.
  - o Because the online testing must be done on a desktop or laptop schools may spread the ACT over several days. The standard ACT morning administration and timing guidelines are still in effect.

- o The online ACT will be very similar to the paper pencil version. Students will not have the option to take subject area tests at different times. The testing scenario will be very similar in terms of timing, order of tests etc.

**Link to ACT** - the links below to ACT discuss the changes and the similarities.

<http://www.act.org/actnext/> Scroll down to Online Administration

<http://www.act.org/actnext/faq.html#Online>

**Can schools use tablets like iPads and Chrome books to administer The ACT test?**

Not at this time. All online testing will be done on desktop or laptop.

**Can students use their own computers to test?**

No, only school-controlled computers will be allowed for testing. Schools may need to schedule testing over several days in order to have enough computers available.

**For ACT questions contact** - Joan Jarrett ([joan.jarrett@dese.mo.gov](mailto:joan.jarrett@dese.mo.gov) or 573-522-1488) the DESE contact for ACT questions. School districts will receive the startup information from ACT in early October.

## Counselor Certification

Questions about certification? Go to Certification – Student Services.

<http://dese.mo.gov/educator-quality/certification/student-services>

## DESE/MSCA Mentoring Program

Full certification requires two years of mentoring. If you would like to participate or need additional information contact Dr. Jan Ward, state mentor chair, at [jward@semo.edu](mailto:jward@semo.edu) - Dr. Rene' Yoesel at [rene.yoesel@dese.mo.gov](mailto:rene.yoesel@dese.mo.gov) is the DESE contact.

## UEP is now Sherlock

Formerly known as the Universal Encouragement Program (UEP), hosted in Missouri Connections, Sherlock is a customizable online guidance assessment, reporting, communications, and evaluation system designed to help counselors and other education support professionals, document and respond to students' career and education needs, interests, and experiences. Sherlock assessments inform guidance and encouragement efforts that lead to improved educational attainment and career decision-making. Great data for SLO's! <https://sherlock.intocareers.org/Default.aspx>

## MSCA Quality

The fall 2015 issue of [The Counseling Connection](#) addresses Mental Health in Schools: Strategies for Support. Another reason to be an active member in your professional organization!

## College and Career Consultants

Your regional College and Career Consultant is a valuable resource to support your guidance and counseling program. See [College and Career Consultants](#) for more information.

## Missouri Virtual Instruction (MoVIP)

The Missouri Virtual Instruction Program (MoVIP) is currently accepting applications for medically fragile students. If interested, visit <http://movip.org/medically-fragile-students.html> Visit [www.movip.org](http://www.movip.org). for program information.

## **Blood Drive with Scholarships**

Leaders Save Lives is a scholarship opportunity for high school and college students who organize and coordinate a Red Cross blood drive. [redcrossblood.org/leaderssaveives](http://redcrossblood.org/leaderssaveives)

## **Collaborative School Mental Health Report**

Collaboration with School Psychologists can strengthen student mental health supports and services in our schools. This report describes best practices to promote school mental health collaboration along with ways to increase professional collaboration that can benefit all students.

<http://maspweb.org/Resources/Documents/Collaboration%20btwn%20SC%20and%20SP%20final.pdf>

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## **Conferences and Professional Development Opportunities**

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### **Guidance System of Support**

The Missouri [Guidance System of Support](#) (GSOS) is a collaborative state-wide initiative designed to support all K-12 counselors in fully implementing a Comprehensive Guidance and Counseling Program.

### **Missouri Association of School Psychologist Fall Conference**

October 12-13, University of Missouri, Columbia (MU)

<http://www.maspweb.org/event-1933721>

### **Missouri School Counselor Association (MSCA) Fall Conference**

November 8-10, Tan-Tar-A

[MSCA Fall Conference](#)

### **Missouri Project Lead the Way State Conference**

November 1 & 2, Timberland High School, Wentzville

[pltw.mst.edu/stateconf/conferenceregistration/](http://pltw.mst.edu/stateconf/conferenceregistration/).

### **Prevention Conference**

November 17-18, Lodge of 4 Seasons

Appropriate for Educators, School Counselors, Parents, and Community Members who work with youth to reduce substance abuse and underage drinking. Contact Angela Bonine (573) 635-6669

[Substance Abuse Prevention Conference](#)

### **Missouri Coordinated School Health Coalition**

December 3-5, Lodge of 4 Seasons

[Missouri Coordinated School Health Coalition](#).

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## **Interesting Insights**

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### **How Choosing a Career is Like Clothing Shopping**

<https://www.linkedin.com/pulse/how-choosing-career-like-clothing-shopping-katie-wessel>

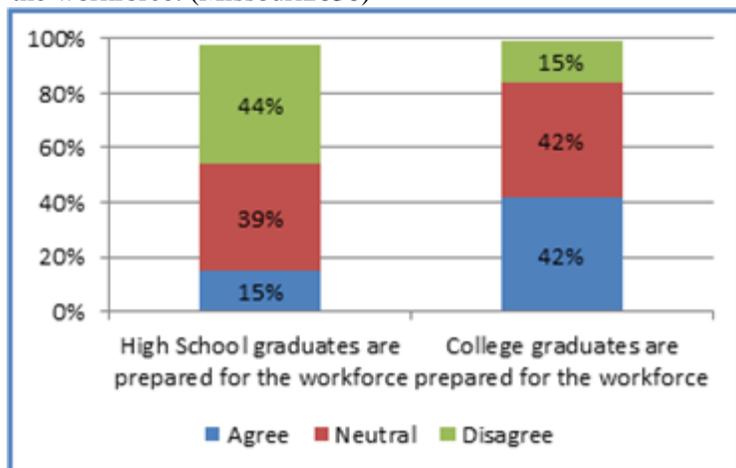
## ACT Results

More low-income students than ever took the ACT<sup>®</sup> test in 2014. However, the number of these students meeting three or more [ACT College Readiness Benchmarks](#) remained flat in 2014, as it has for the past five years, according to a new report from [ACT](#) and the [National Council for Community and Education Partnerships](#) (NCCEP). Click [here](#) to read the report.

- 96 percent of low-income students reported planning to enroll in college, though half (50 percent) of these ACT-tested 2014 high school graduates met none of the four ACT College Readiness Benchmarks, compared to 31 percent of all students.
- Low-income students who took the recommended “core or more” courses in high school were less likely than other ACT-tested students to meet each of the four ACT College Readiness Benchmarks (see the national [Condition](#) report for data on the general ACT-tested student population).

## Tidbits:

- 40% of employers required drug screening for all jobs. (State of St. Louis Workforce, 2015)
- Only 15% of Missouri business owners agree that high schools are preparing students for the workforce. (Missouri2030)



***Intelligence plus character-that is the true goal of education.***

***Martin Luther King, Jr.***

***Another example of why school counselors are critically important! Let your light shine!***

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator–Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*



# SCHOOL COUNSELING

## DIGEST

Missouri Department of Elementary & Secondary Education

Volume 13 Number 4

December 2015

### *Happy Holidays!*

While there are many ways to express it, your DESE School Counseling team wish you the very best during this holiday season! May you experience rest, peace, and joy in the truest sense! Lots of presents are fun too!

### *New Look - Digest*

The School Counseling Digest has a new look to honor our new name change to *School Counseling*. The Digest is published for all of you *School Counselors*!

#### **Your School Counseling Services Staff:**

**Rene' Yoesel** - 573-751-0857 [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov)  
**Tom Schlimpert** - 573-751-6875 [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov)  
**Loree Curtman** - 573-751-4383 [Loree.Curtman@dese.mo.gov](mailto:Loree.Curtman@dese.mo.gov)

## **Announcements**

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Resources and information provided in the Counselors Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the School Counseling Services Section or the Department of Elementary and Secondary Education.

### **Breaking Traditions Poster Contest**

Students are invited to create a poster that celebrates the annual Breaking Traditions Award competition winners. The poster should be motivational and inspire students to discover nontraditional careers. Contest details and materials can be found at [Breaking Traditions](#). Contact your regional [College and Career Consultant](#) (CCC) with questions.

### **Missouri Connections**

- Updates to "Choosing Occupations" have been posted
- Check out the information under the College, Training, and Careers tabs on the front page
- Remember the excellent Resume feature located in the user Portfolio
- Support: Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

### **DESE School Counseling Website**

DESE School Counseling website <http://dese.mo.gov/college-career-readiness/school-counseling> is the one stop shop for all Missouri School Counseling resources.

Page | 1 *Missouri Comprehensive Guidance and Counseling: Linking School Success to Life Success!*

## ACT Work Keys Funding

The Missouri Department of Economic Development has funding available for Workkeys testing of high school students. This funding is only available for counties participating in the Certified Work Ready Communities initiative. To see if your county is participating, please visit <http://workreadycommunities.org/MO> If your school is interested in pursuing funding, please contact: Cheri Tune | Director, Certified Work Ready Communities  
DED-MO Division of Workforce Development | 573-291-5686 [cheri.tune@ded.mo.gov](mailto:cheri.tune@ded.mo.gov)

## Resources Welcome!

If you have quality resources, links, materials or information that should be shared with counselors across the state in the School Counseling Digest format, please send to [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov)

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# Program Components

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## CURRICULUM

### School Counseling Curriculum

It's exciting and reinforcing to know that our Missouri [School Counseling Curriculum](#) is being shared with the Southern Regional Education Board, (SREB) "Go Alliance" in South Carolina. They are impressed with our quality and variety of our curriculum! Check it out. You'll be impressed too!

*Quality lesson and unit plans created by practicing Missouri School Counselors for you!*

### Resources

- [teenshealth.org](http://teenshealth.org) - quality resources written for students. Topics include body, mind, sexual health, schools and jobs, drugs and alcohol, staying safe, and more. Spanish version provided.
- [kidshealth.org](http://kidshealth.org) - similar resources as above written for parents, kids and teens
- <http://www.playspent.org/> - online "game" in which players are homeless and try to survive for a month. A description of the game with video explanation can be found at <http://www.gamesforchange.org/play/spent/> (Watch this video first)
- <http://www.tolerance.org/> - Teaching Tolerance is sponsored by the Southern Poverty Law Center and provides classroom resources, professional development options, films and publications.

### College and Career Competency Framework

The [College and Career Competency Framework](#) with the **Competency Wheel** promoted at the Fall GSOS meetings provides an abundance of resources that address the competencies, including a brand new [10 Ways to Prepare Your Teens for College & Work: A Guide for Families](#)

### Six Flags - Math, Science, & Engineering Day

Friday, April 29, 2016 Contact Michelle Westerman at [mwesterman@sftp.com](mailto:mwesterman@sftp.com) or 636-938-5300 ext. 6291. In cooperation with PLTW.

## INDIVIDUAL STUDENT PLANNING

### STEM Event for Seventh Grade Girls

Your [College and Career Consultants](#) (CCC's) are planning the first ever STEM Event for Seventh Grade Girls at Missouri University of Science & Technology on Wednesday, March 23, 2016. Fifty girls from each region will be able to attend this hands on daylong event designed to increase awareness in STEM careers and enrollment in such classes.

### MGA 2016 Project 21 Scholarship

The Missouri Gaming Association is pleased to announce the 2016 Project 21 Scholarship Program. Application must be received by MARCH 1, 2016. [info@missouricasinos.org](mailto:info@missouricasinos.org) Application link: [http://www.missouricasinos.org/tinymce/jscripts/tiny\\_mce/plugins/filemanager/files/2016\\_Project\\_21\\_Application.pdf](http://www.missouricasinos.org/tinymce/jscripts/tiny_mce/plugins/filemanager/files/2016_Project_21_Application.pdf)

### FAFSA Frenzy Events

Do you work with high school seniors who may be considering attending a postsecondary program during the 2016-2017 academic year? Free Application for Federal Student Aid, the first step in applying for most federal, state and institutional financial aid, at any of the 97 [FAFSA Frenzy events](#) around the state in January, February and March. Students who attend a FAFSA Frenzy event can be entered into a statewide drawing to win a scholarship to be used for enrollment in a Missouri higher education program for the fall 2016 term. For more information about FAFSA Frenzy, visit <http://dhe.mo.gov/ppc/fafsafrenzy.php> or <http://dhe.mo.gov/ppc/fafsafrenzyforstudents.php>.

## RESPONSIVE SERVICES

### Drug Abuse Resources

The NIDA for Teens website, a project of the National Institute on Drug Abuse (NIDA), National Institutes of Health (NIH) is designed for middle and high school students and their teachers to provide accurate and timely information for use in and out of the classroom. <https://teens.drugabuse.gov/about-us>

**ACT Missouri** is dedicated to promoting safe, healthy and drug free communities by providing resources, training and support for schools and their communities. Online resources available at: <https://www.actmissouri.org/>

### Curriculum Resources

DESE's [Responsive Services](#) section hosts newly revised small group lesson plans created by practicing Missouri School Counselors on a wide array of topics for grades K-12. Units include; anger management, careers, coping with life changes, interpersonal relationships, new student, self awareness, and more.

## SYSTEM SUPPORT

### School Counselor Evaluation

All of the [School Counselor Evaluation materials](#) have been updated and posted.

**Manuals, Guides, and Handbooks** is a live link to the DESE School Counseling website tab in the center Resource section that provides links to nine different resources, including the **School Counseling Program Manual** (still listed as Guidance Program Manual).

## **MSCA Position Papers**

MSCA has created new position papers addressing **504's** and **IEP's** to clarify perspective and support practicing school counselors.

<http://dese.mo.gov/college-career-readiness/guidance-counseling/system-support>

## **MSCA Resources**

The Missouri School Counselor Association provides outstanding professional development and resources for their members. Resources include; Crisis Manual, Advocacy Resources, Position Papers, Policy Briefs, Pointers for Parents, and more!

<http://moschoolcounselor.org/publications-resources/msca-resources/>

## **State Approved Gifted Programs, Advanced Placement and International Baccalaureate**

The State Board of Education accepted the State Advisory Council for the Education of Gifted and Talented Children's recommendation to discontinue counting Advanced Placement and International Baccalaureate students and courses as part of a state approved gifted program, unless the courses comply with the established administrative rule for state gifted programs. If you have any questions, please contact [David Welch](#) at (573) 571-7754. [See Administrative Memo QS-15-015](#)

## **School Climate**

School climate refers to the quality and character of school life. School climate is based on patterns of students', parents' and school personnel's experience of school life and reflects norms, goals, values, interpersonal relationships, teaching and learning practices, and organizational structures. School Counselors play a significant role in creating a positive school climate! [National School Climate Center](#)

**UCLA Center for Mental Health in Schools** - Abundant research and resources for advancing mental health in schools. <http://smhp.psych.ucla.edu/>

**Missouri School for the Deaf** Resource Center provides multiple options for parents and children, teachers and schools, and technical support <http://msd.dese.mo.gov/>

## **2016 Missouri Youth Leadership Forum**

The Missouri Youth Leadership Forum announces the 14th annual statewide youth leadership forum for high school students *with disabilities*, ages 16-21, to be held at the University of Missouri campus in Columbia on July 12-16, 2016. <http://disability.mo.gov/gcd/ylf.htm>. Deadline for submitting the application is March 1, 2016.

**Pecha Kucha** - an interesting visual presentation format using 20 images for 20 seconds each <http://www.pechakucha.org/faq>

# Conferences and Professional Development Opportunities

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## STEM Event

March 23, 2016, Missouri University of Science and Technology - Rolla

50 seventh grade girls from each [College and Career Consultants](#) region are eligible

## Transition Training Institute

June 21-23, 2016, Location TBD

## Missouri Alternative Education Network (MAEN) 2016 Annual Conference

July 18 –19, 2016, Lodge of Four Seasons

[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

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## Interesting Insights

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### Quotes and Observations from the Employers Panel at the fall Missouri Association of Career Services (MACS) Conference:

- "Hire for attitude. Train for the job."
- "High Performers talk in past tense." (They talk about their accomplishments, not what they are going to do.)
- "Don't allow me to make judgments about you before you open your mouth!" (Emphasized the importance of dress and appearance (tattoos, hair, presence) and non-verbal communication)
- "Dressing appropriately demonstrates respect for others."
- "You are free to do what you want to do, but you have to be responsible for the consequences."
- "The habits you develop at school are what we (employers) live with, in the world of work."

*Are any of these quotes applicable for school?!*

- Desirable attributes: **Responsible**, initiative, confidence without arrogance; being comfortable around people; being able to "read" people; positive attitude demonstrated by demeanor, eye contact, energy, poise, engagement and interaction; work ethic; punctuality; dependability; honesty
- Issues: **Entitlement**, lack of interpersonal skills, texting over talking/excessive dependence and use of phones/technology which become distractions; weak hand shake and lack of eye contact; lack of engagement and the above desirable traits.
- **Drug testing** - is commonly done as part of the hiring process and is an increasing problem that eliminates many applicants.

## Perspective on Leadership

*The following is a reflection piece addressing school counselor leadership from the capstone portfolio project of Natalie Bergman, a school counseling graduate student at the University of Missouri, Kansas City. Note: This reflection was written before our name change and is simply good food for thought.*

"While the comprehensive guidance and counseling program provides a strong framework for school counseling activities in the school, it alone does not guarantee a strong program. Good program leadership is the second piece to creating a robust school counseling program. Program leadership ensures that members of the school community are invested in the program and that students get the most benefit from school counseling activities. It also helps to establish that the comprehensive guidance and counseling program will remain a priority even as the district's budgeting climate may shift. Significant commitment from school counselors is needed to lead the program and ensure that all components are fully implemented. In an article examining school counselor leadership, Colette Dollarhide identified a number of activities involved in effective program leadership. These include being visible and accessible to members of the school community, building relationships with stakeholders such as district level leaders, advocating for appropriate use of school counselors' time, and articulating a vision for the students and the school community (2003, p. 305). Dollarhide notes that program leadership requires skills that may not come naturally to school counselors so it is important that we be willing to develop in these areas (p. 307). We know that the potential of the comprehensive guidance and counseling program to have a significant impact for our students and our school communities is great. In order to reach that potential, school counselors must be willing to serve as committed, assertive leaders of the program."

*If you don't know where you are going, you probably aren't going to get there.*  
Yogi Berra

***Another example of why school counselors are critically important! Let your light shine!***

***Happy Holidays!***

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator–Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*

**Page | 6**      **Missouri Comprehensive Guidance and Counseling: Linking School Success to Life Success!**



# SCHOOL COUNSELING

# DIGEST

Missouri Department of Elementary & Secondary Education

Volume 13 Number 5

January 2016

*School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement.* ASCA

### **Your School Counseling Services Staff:**

**Rene' Yoesel** - 573-751-0857 [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov)

**Tom Schlimpert** - 573-751-6875 [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov)

**Loree Curtman** - 573-751-4383 [Loree.Curtman@dese.mo.gov](mailto:Loree.Curtman@dese.mo.gov)

## **Announcements**

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Resources and information provided in the Counselors Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the School Counseling Services Section or the Department of Elementary and Secondary Education.

### **Happy New Year!**

In November we gave thanks for you. December brought sincere wishes for happy holidays and the joys of the season. January brings new hope and encouragement for the New Year! May all of your new year's resolutions come true as you help your students survive and thrive!

*School Counselors touch lives and make a difference!*

and if this isn't enough celebration, there's...

### **School Counselor Appreciation Week**

Tell your friends, relatives and bosses! February 1-5 is a great week to be pampered, be put on a throne and made to feel special! It's also a great time to promote your program and profession! Find resources and ideas at [ASCA School Counseling Week](#)

*Know that your DESE team appreciates you and all you do!*

### **MSCA Spring Take Ten Conference**

The 2016 Take Ten Conference will feature **Dr. Carolyn Stone**, current ASCA Ethics Chair. Dr. Stone will be discussing the legal and ethical complications of working with minors in schools. A great opportunity to hear a national expert! [MSCA Take Ten Conference](#)

## **Spring Counseling (Guidance) System of Support (CSOS)**

The Spring CSOS workshops will address "Real World Learning - K-12 Career Development". Details, dates and locations will be posted the first week of February. Check [Counseling System of Support](#) for information and registration.

## **U.S. Department of Education Letter to Schools**

Secretary of Education Arne Duncan addresses discrimination, harassment, and safe school environments. His letter provides context, proactive and legal aspects to this issue with multiple resource links. Review and share with your administrator!

<http://blogs.edweek.org/edweek/rulesforengagement/safeschoolsletter.pdf>

## **National Eating Disorders Awareness Week Feb 23 – Mar 1, 2016**

Over 30 million people in the U.S. are diagnosed, yet eating disorders remain misunderstood. The Missouri Eating Disorders Council (MOEDC) provides eating disorders education, awareness and treatment provider training initiatives throughout the state for the entire eating disorders spectrum. The MYTHS campaign tool kit is a great tool for students struggling with eating habits or body image. Share these resources throughout your school to help spread awareness and provide support to those struggling. Posters, postcards, digital, video and audio assets are available to download and use. Please visit <http://www.moedc.org/media/>. Contact Annie Seal: (314) 591-3341, P.O. Box 50071, St. Louis, MO. 63105.

## **ACT Work Keys Funding**

The Missouri Department of Economic Development has funding available for Workkeys testing of high school students. This funding is only available for counties participating in the Certified Work Ready Communities initiative. To see if your county is participating, please visit <http://workreadycommunities.org/MO> If your school is interested in pursuing funding, please contact: Cheri Tune | Director, Certified Work Ready Communities  
DED-MO Division of Workforce Development | 573-291-5686 [cheri.tune@ded.mo.gov](mailto:cheri.tune@ded.mo.gov)

## **DESE Mailbag**

The [Electronic Mailbag](#) is an easy way to stay informed with departmental, state and national educational news.

## **Missouri State Board of Education Weighs in on Every Student Succeeds Act**

<https://goo.gl/su8Bfk>

## **New "Missouri Teachers" Website**

<http://dese.mo.gov/sites/default/files/am/documents/EQ-002-16.pdf>

## **Resources Welcome**

If you have quality resources, links, materials or information that should be shared with counselors across the state in the School Counseling Digest format, please send to [Tom.schlumpert@dese.mo.gov](mailto:Tom.schlumpert@dese.mo.gov)

# Program Components

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## CURRICULUM

### School Counseling Curriculum

Check out our Missouri [School Counseling Curriculum](#) and School Counseling GLE's

### College and Career Competency Framework

The [College and Career Competency Framework](#) with the **Competency Wheel** promoted at the Fall GSOS meetings provides an abundance of resources that address the competencies, including the new [10 Ways to Prepare Your Teens for College & Work: A Guide for Families](#)

## INDIVIDUAL STUDENT PLANNING

### STEM Event for Seventh Grade Girls

Plans are underway for the first ever STEM Event for Seventh Grade Girls at Missouri University of Science & Technology on Wednesday, March 23, 2016. Fifty girls from each [College and Career Consultants](#) (CCC's) region will be able to attend this hands on daylong event designed to increase awareness in STEM careers and enrollment in such classes.

### Missouri Connections

- The front page contains multiple links for college prep, careers, and information for students parents and educators
- The "Sorts" are great sources of information on; occupations, schools, financing school
- The Combined Report in the Portfolio consolidates multiple assessment results
- User Support: Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

### 2016 Missouri Award for Outstanding Achievement in Citizenship

In 1989, legislation was enacted by the General Assembly to create a special, state-level award to recognize outstanding achievement in citizenship by fifteen public high school students in Missouri each year. Under the State Board of Education's direction, the Department of Elementary and Secondary Education has established criteria and procedures which will be used to select deserving students for the Missouri Award for Outstanding Achievement in Citizenship. In addition, students will be recognized on the American Bar Association's Civics and Law Honor Roll for their commitment to civic learning and engagement. Completed applications are due by **February 15, 2016**. <http://dese.mo.gov/college-career-readiness/curriculum/social-studies>

### Breaking Traditions Deadlines

[Breaking Traditions](#) applications and posters contest submissions are due to your regional [College and Career Consultant](#) by Monday, February 1.

## MGA 2016 Project 21 Scholarship

The Missouri Gaming Association is pleased to announce the 2016 Project 21 Scholarship Program. Application must be received by MARCH 1, 2016. [info@missouricasinos.org](mailto:info@missouricasinos.org)  
Application link:

[http://www.missouricasinos.org/tinymce/jscripts/tiny\\_mce/plugins/filemanager/files/2016 Project\\_21\\_Application.pdf](http://www.missouricasinos.org/tinymce/jscripts/tiny_mce/plugins/filemanager/files/2016_Project_21_Application.pdf)

## What Counselors Should know about 21st Century Competencies

Webinar: Wednesday, February 3 at 2:00 pm ET

knowledge, skills, and abilities students should develop to help with their job searches. The webinar will begin with a 20-minute presentation and will conclude with 30-35 minutes for questions and answers. <https://attendeegotowebinar.com/register/529159033855168514>

## FAFSA Frenzy Events

Do you work with high school seniors who may be considering attending a postsecondary program during the 2016-2017 academic year? Free Application for Federal Student Aid, the first step in applying for most federal, state and institutional financial aid, at any of the 97 [FAFSA Frenzy events](#) around the state in January, February and March. Students who attend a FAFSA Frenzy event can be entered into a statewide drawing to win a scholarship to be used for enrollment in a Missouri higher education program for the fall 2016 term. For more information about FAFSA Frenzy, visit <http://dhe.mo.gov/ppc/fafsafrenzy.php> or

- <http://dhe.mo.gov/ppc/fafsafrenzyforstudents.php>.
- [7 Things You Need Before You Fill Out the FAFSA](#)
- [7 Steps to Filling Out the FAFSA](#)

## RESPONSIVE SERVICES

### New Resource List

The [Responsive Services Resource List](#) contains current submissions from Missouri school counselors during the Fall Counseling System of Support (CSOS) Workshops on Responsive Services that address multiple topics. Currently 94 sources are listed! The College and Career Consultants (CCC's) compiled this list and will update quarterly.

*Please contribute new resources* to this list at <https://goo.gl/GKSJQF> Note: New submissions will not appear until the quarterly update.

*We are excited about this new resource and encourage you to explore and contribute!*

### End Bullying

New research validates that getting popular students involved makes a difference. "...students, like people in general, don't really take their cues for how to behave from authority figures — they take them from their peers. If students think their peers enjoy bullying, or at least aren't opposed to it, they'll be more likely to not just engage in bullying themselves, but also to fail to intervene when they see other people doing it."

<http://nymag.com/scienceofus/2016/01/end-bullying-get-the-cool-kids-to-help.html>

## Community Violence and Grief - Facts, Toolkit and Conference

Witnessing community violence and death can be traumatic experiences that cause negative mental health outcomes. The Substance Abuse and Mental Health Services Administration has put together a fact sheet which provides information about grief reactions, individual and community coping strategies, and resources for additional assistance.

<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>

Also, the Missouri Institute of Mental Health's first ever conference on *Traumatic Stress: New Mechanisms and Effective Treatment*, is coming to St. Louis on **March 9-10**. [More information](#) includes conference information and multiple links to useful information.

## SAMHSA Resources

The Substance Abuse and Mental Health Services Administration website provides an abundance of resources addressing Behavioral Health, Prevention, Treatment, help lines and more. <http://www.samhsa.gov/>

## SYSTEM SUPPORT

### National Drug and Alcohol Facts Week

January 25-31

- [Order free science-based educational materials](#), such as *Drugs: Shatter the Myths* or *Marijuana: Facts for Teens*, and share them with teens.
- [Promote NDAFW](#) and your event by using the [online toolkit](#).

### School Counselor Evaluation

[School Counselor Evaluation materials](#) have been updated and posted. Counselors are strongly encouraged to complete **Student Learning Objectives (SLO's)/Units of Instructions** as part of the evaluation process. The criteria measured for counselors will differ from teachers, but the process is the same. Use this process to connect with administrators and staff, document the impact you have, and help kids learn and grow. [Student Growth Data and SLO's](#)  
Contact Tom Schlimpert [tom.schlimpert@dese.mo.gov](mailto:tom.schlimpert@dese.mo.gov) or 573-751-6875

### SHRM

The Society for Human Resource Management might be a valuable resource when developing career fairs and other interactions with employers. This national site lists regional contacts by state. <http://www.shrm.org/communities/shrmchapters/pages/default.aspx>

## Conferences and Professional Development Opportunities

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### 2016 Missouri ACT State Organization Conference

February 22, 2016 Holiday Inn Executive Center Columbia  
[ACT State Conference Registration](#)

### MSCA Spring Take Ten Conference

March 4, 2016 Doubletree Westport Hotel in St. Louis, MO [Register Now](#)

**Trauma Stress: New Mechanisms and Effective Treatment**  
March 9 & 10, 2016 St. Louis, Missouri <http://traumaticstressconference.com/>

**Transition Training Institute**  
June 21-23, 2016 Location TBD

**Missouri Alternative Education Network (MAEN) 2016 Annual Conference**  
July 18 –19, 2016 Lodge of Four Seasons  
[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

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## **Interesting Insights**

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### **Quality Counts 2016**

Education Week produces this annual report which provides a comprehensive comparison of educational status by state. See [National Report](#) and/or [Missouri Report](#)

#### Two items from the reports:

The nation's achievement gains between 2003 and 2015 took place during a period when the student population became more diverse. In the 2002-03 school year, about 4 in 10 students enrolled in pre-K through grade 12, nationwide, were non-white. By 2013-14, non-white students made up half of the nation's public school population.

#### **Chance for success (2016)**

	Missouri	U.S. Average
<i>Early Foundations</i>	87.6	82.6
<i>School years</i>	74.5	74.7
<i>Adult outcomes</i>	75.2	77.5

#### **School finance analysis (2016)**

<i>Equity</i>	86.1	84.8
<i>Spending</i>	54.9	64.3

#### **K-12 achievement (2016)**

<i>Status</i>	63.0	65.8
<i>Change</i>	63.0	69.1
<i>Equity</i>	83.5	83.5

The St. Louis Post published this article about the supply and demand for CTE programs. The following article quotes are intended to reinforce the need for schools to encourage *all career options*. [http://www.stltoday.com/news/local/education/flush-with-cash-ranken-tech-searches-for-students-to-spend/article\\_b90d98ef-7a97-561c-b3b9-55fbfcec36dc.html](http://www.stltoday.com/news/local/education/flush-with-cash-ranken-tech-searches-for-students-to-spend/article_b90d98ef-7a97-561c-b3b9-55fbfcec36dc.html).

- There's a belief in higher education circles that high school counselors are less likely to steer students toward technical colleges, either because of the stigma or out of unfamiliarity with technical schools.
- And an untold number of young people find themselves pursuing career paths that don't suit their skills, Hutchinson said, because "it's difficult for a lot of counselors to understand the value technical education provides for students."
- Ranken's philosophy as: "The best way to train for work, is work."

## Human Trafficking

The U.S. Department of Education Region VII Office of Communications & Outreach office is collaborating with Health & Human Services (HHS) in their effort to inform educators about Human Trafficking Awareness Month in January of 2016.

January is Human Trafficking Awareness Month. Human trafficking is a modern-day form of slavery involving the illegal trade of human beings for the purpose of exploitation for commercial gain. School counselors, administrators, and teachers should know how to identify potential cases and how to help children who are being trafficked. Trafficking can involve school-age youth, particularly those made vulnerable by challenging family situations, and can take a variety of forms including forced labor, domestic servitude, and commercial sexual exploitation.

The U.S. Department of Education has released a guide for educators on ways to identify and help prevent child trafficking in schools. [Human Trafficking in America's Schools](#) is a free guide for school staff that includes information about risk factors, recruitment, and how to identify trafficking; what to do if you suspect trafficking, including sample school protocols and policies; and other resources and potential partnership opportunities.

We, as educators, play a unique role in the lives of our students and can learn the signs and indicators of trafficking to join in the fight against this form of modern-day slavery. For more information on the indicators that school staff and administrators should be aware of, and how to report potential incidents, please check out the Department of Education Office of Safe and Healthy Student's [Fact Sheet on Domestic Human Trafficking](#).

In addition to the fact sheet above, you can register and order free materials for distribution to your staff and students from this government website:  
<http://www.acf.hhs.gov/programs/orr/rescue-campaign>

Everyone who is part of the school community—administrators, teachers, bus drivers, maintenance personnel, food service staff, resource officers, and other school community members—has the potential to be an advocate for child victims of human trafficking.

In order to further assist educators and school officials, the National Human Trafficking Resource Center has developed an online training tool entitled '[Human Trafficking Awareness for Educators](#)'. This training aims to raise awareness for educators and school officials on how human trafficking affects schools and students in the United States and offers best practices and suggestions for building a response to trafficking.

Thank you for taking the time to provide this information to your school community.

If you have any questions, please do not hesitate to contact our regional office at [816.268.0400](tel:816.268.0400).

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Jeanne Ackerson | U.S. Dept. of Education, Region VII |  
Office of Communications & Outreach  
Phone: [816.268.0401](tel:816.268.0401) | [Jeanne.Ackerson@ed.gov](mailto:Jeanne.Ackerson@ed.gov) |

## **Additional Resources**

Take a look at Ohio Department of Education Human Trafficking link – Resources/School-Safety/Safe-and-Supportive-Learning/Human-Trafficking-Prevention

<http://education.ohio.gov/Miscellaneous/Search-Results?q=human%20trafficking>

Breaking Barriers: Improving Services for LGBTQ Human Trafficking Victims –

<https://polarisproject.org/sites/default/files/breaking-barriers-lgbtq-services.pdf>

***Another example of why school counselors are critically important! Let your light shine!***

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# SCHOOL COUNSELING

## DIGEST

Missouri Department of Elementary & Secondary Education

Volume 13 Number 6

February 2016

*School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement.* ASCA

### **Your School Counseling Services Staff:**

**Rene' Yoesel** - 573-751-0857 [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov)

**Tom Schlimpert** - 573-751-6875 [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov)

**Loree Curtman** - 573-751-4383 [Loree.Curtman@dese.mo.gov](mailto:Loree.Curtman@dese.mo.gov)

## **Announcements**

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### **Congratulations, Rob!**

Rob Lundien, high school counselor from North Kansas City, was a 2016 National School Counselor of the Year finalist! He represented Missouri in grand fashion in Washington DC and along with Lisa Phillips, MSCA president, and Dr. Shari Sevier, MSCA Interim Director of Advocacy, Legislation, and Leadership met with Dr. Richard Wong, ASCA Executive Director and Michele Obama. *Congratulations, Rob!*

### **Spring Counseling System of Support (CSOS)**

Spring CSOS workshops address "Real World Learning - K-12 Career Development" and include tours of local business/industry and employer panels. These programs are relevant to all K-12 school counselors. See [Counseling System of Support](#) for program overview, dates, locations and registration information. Scroll down the page for Spring details.

The first tour received very positive responses from participants and employers. These are informative and important relationships. Please make every effort to support these tours and honor the time employers are providing. You'll enjoy this learning experience!

## **MSCA Spring Take Ten Conference**

The 2016 Take Ten Conference in St. Louis on March 4 will feature **Dr. Carolyn Stone**, current ASCA Ethics Chair. Dr. Stone will be discussing the legal and ethical complications of working with minors in schools. A great opportunity to hear a national expert! [MSCA Take Ten Conference](#)

## **School Counselor Name Change**

*The following is a summary Shari Sevier provided regarding our recent ASCA initiated name change to School Counselors and School Counseling. Making the name change official is part of the MSCA 2016 legislative agenda!*

The name change reflects the evolution of our profession. In the early 1900s, we were vocational guidance counselors and we focused on guiding people towards career choices. Our jobs, and the systems we work in, have become more complex. Our knowledge base has become more complex as well. It is more fitting, and more in line with what we do, to be called school counselors. We no longer call teachers "school marms" because their jobs have evolved. Home Ec. has changed to FACS; Shop has changed to Industrial Tech; Librarian has changed to Library Media Specialist. All of these changes are because of the way the jobs have evolved.

*We are school counselors...we have evolved WAY beyond the guidance counselor of old.*

## **ACT WorkKeys Funding**

The Missouri Department of Economic Development has funds available for WorkKeys testing of high school students. This funding is only available for counties participating in the Certified Work Ready Communities initiative. To see if your county is participating, please visit <http://workreadycommunities.org/MO> If your school is interested in pursuing funding, please contact: Cheri Tune | Director, Certified Work Ready Communities  
DED-MO Division of Workforce Development | 573-291-5686 [cheri.tune@ded.mo.gov](mailto:cheri.tune@ded.mo.gov)

# **Program Components**

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## **CURRICULUM**

### **School Counseling Curriculum**

Check out our Missouri [School Counseling Curriculum](#) for K-12 comprehensive lesson plans that address all nine School Counseling GLE's.

### **College and Career Competency Framework**

The [College and Career Competency Framework](#) with the **Competency Wheel** promoted at Fall GSOS meetings provides an abundance of resources that address the competencies, including the new [10 Ways to Prepare Your Teens for College & Work: A Guide for Families](#)

### **Gender Equity Materials**

<http://dese.mo.gov/college-career-readiness/guidance-counseling/curriculum>

# INDIVIDUAL STUDENT PLANNING

## STEM Event

The first ever All Girl STEM Event for seventh grade girls will be held at Missouri University of Science & Technology on Wednesday, March 23, 2016. Fifty girls from each [College and Career Consultants](#) (CCC's) region will attend this hands on daylong event designed to increase awareness of STEM careers and enrollment in related classes.

## What's Happening Around the State?

Schools in Missouri continue to successfully prepare students for life after high school. See what [Affton](#), [Columbia](#), [Springfield](#) and [Kansas City](#) are accomplishing to help students reach their goals and make Missouri a top 10 state for education.

## Top Missouri STEM Job 2012-2022

[https://www.missourieconomy.org/pdfs/stem\\_top\\_openings.pdf](https://www.missourieconomy.org/pdfs/stem_top_openings.pdf)

## STEM Video

<https://www.youtube.com/watch?v=zgB-Diy8imo>

## Girls Who Code

Article and video: <http://www.refinery29.com/2016/02/102478/girls-who-code-make-the-world-better-one-app-at-a-time>

- Teaching materials for Coding classes and clubs: <https://code.org/>

## Georgetown University Center on Education and the Workforce

- African Americans: College Majors and Earnings  
<https://cew.georgetown.edu/cew-reports/african-american-majors/>
- What School Counselors Should know about 21st Century Competencies  
Webinar Recording; <https://www.youtube.com/watch?v=MLBAyS5bF2Y>
- Skills Employers Want Center on Education and the Workforce's Analysis of Burning Glass Technologies online job postings data (2013). An easy to use wheel.  
<https://cew.georgetown.edu/wp-content/uploads/Competencies-handout.pdf>
- Economic Value of a College Degree Video  
<https://cew.georgetown.edu/cew-reports/valueofcollegemajors/#watch-video>

## Eight Career Skills You Need To Be Competitive In 2016

The mix of hard and soft skills it takes to get hired change as quickly as business does. Here's what it will take this year.

<http://www.fastcompany.com/3055352/the-future-of-work/eight-career-skills-you-need-to-be-competitive-in-2016>

*The U.S. has 115,000 janitors, 83,000 bartenders, 323,000 restaurant servers, and 80,000 heavy duty truck drivers with bachelor's degrees.*

Source: Unverified trivia email

## Where the Jobs Are

US Today sponsored website contains a variety of job related articles, information, and websites <http://www.usatoday.com/topic/9f65db3e-8cf8-4180-a9fe-eb96dfbba681/where-the-jobs-are/>

## Missouri Connections

- The *new elementary version* for grades 3-5 will be piloted in March with general release expected in late April.
- Resume Builder has enhanced features for saving documents.
- User Support: Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

## Scholarship for High School Seniors

Missouri Insurance Education Foundation is providing scholarships to four (4) deserving Missouri high school graduating seniors interested in or intending to pursue an insurance, risk management or actuarial science course of study in a Missouri college or university.

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

## FAFSA

An excellent step by step process to share with parents.

[The Easy Way to Transfer Your Tax Information into Your FAFSA](#)

# RESPONSIVE SERVICES

## New Resource List

The [Responsive Services Resource List](#) contains current submissions from Missouri school counselors during the Fall Counseling System of Support (CSOS) Workshops on Responsive Services that address multiple topics. Currently 94 sources are listed! The College and Career Consultants (CCC's) compiled this list and will update quarterly.

*Please contribute new resources* to this list at <https://goo.gl/GKSJQF> Note: New submissions will not appear until the quarterly update.

*We are excited about this new resource and encourage you to explore and contribute!*

## School Mental Health Resources

School mental health resources for clinicians, educators, administrators, parents/caregivers, families, and students. <http://www.schoolmentalhealth.org/>

## Community Violence and Grief - Facts, Toolkit and Conference

Witnessing community violence and death can be traumatic experiences that cause negative mental health outcomes. The Substance Abuse and Mental Health Services Administration has put together a fact sheet which provides information about grief reactions, individual and community coping strategies, and resources for additional assistance.

<http://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/mass-violence>

Also, the Missouri Institute of Mental Health's first ever conference on *Traumatic Stress: New Mechanisms and Effective Treatment*, is coming to St. Louis on **March 9-10**. [More information](#)

## Maryland Mental Health Resources

Online training allows individuals to work at their own pace. Download materials, take the training, view video tips from experts, and explore related links. <http://mdbehavioralhealth.com/>

## Dangers that teens and kids face: A look at the data

An interesting quick skim of national data concerning at risk behaviors from Pew Research Center [http://www.pewresearch.org/fact-tank/2016/01/14/dangers-that-young-people-face-a-look-at-the-data/?utm\\_source=Pew+Research+Center&utm\\_campaign=5e59eb8ed6-Weekly\\_Jan\\_14\\_2016\\_13\\_2016&utm\\_medium=email&utm\\_term=0\\_3e953b9b70-5e59eb8ed6-399621009](http://www.pewresearch.org/fact-tank/2016/01/14/dangers-that-young-people-face-a-look-at-the-data/?utm_source=Pew+Research+Center&utm_campaign=5e59eb8ed6-Weekly_Jan_14_2016_13_2016&utm_medium=email&utm_term=0_3e953b9b70-5e59eb8ed6-399621009)

## SYSTEM SUPPORT

### Dual Credit Policy

The Missouri Department of Higher Education has released new policy. Sections 6.0 and 7.0 address student eligibility. <http://dhe.mo.gov/policies/documents/CBHEPolicyonDualCreditJune2015.pdf>

### MACRO

The [Missouri Alliance of Collegiate Recovery Organizations, or MACRO](#), is a new initiative supported by [Partners in Prevention](#) and the Missouri Department of Mental Health. MACRO is a statewide network that supports and promotes recovery support services at colleges and universities in Missouri. Enhancing high school student awareness and planning to utilize campuses support programs create measured success in recruitment, retention, and graduation rates for students in recovery. Brochures [on our website](#).

### Speak Hard Youth Conference

Join the 11th Annual Speak Hard Youth Conference on April 13! High school students from around MO will gather in Jefferson City, learn about the latest information on substance abuse, network with like-minded peers, and meet with their legislators to discuss important community prevention topics.

<https://www.actmissouri.org/events/annual-events/speak-hard-youth-conference/>

### DESE's Top 10x20 Newsletter

<http://dese.mo.gov/communications/top-10-by-20-newsletter>

### Advocacy

Trusty and Brown (2005) write that while school counselors are positioned to be advocates for students, there are key competencies that must be developed in order to advocate effectively (p. 260). These include problem assessment skills, knowledge of resources, and a family support/empowerment disposition (p. 261). Developing these competencies is a process which involves professional development, research, networking, and the development of one's personal philosophies on advocacy (p. 261)

*65% of parents have "digitally grounded" their teen. Pew Research Center*

# Conferences and Professional Development Opportunities

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## **MSCA Spring Take Ten Conference**

March 4 Doubletree Westport Hotel in St. Louis, MO [Register Now](#)

## **Trauma Stress: New Mechanisms and Effective Treatment**

March 9 & 10 St. Louis, Missouri <http://traumaticstressconference.com/>

## **Missouri Association for College Admission Counseling - Spring Conference**

April 3-5 Overland Park Convention Center, Overland Park Kansas

<http://jointconference2016.weebly.com/>

## **Transition Training Institute**

June 21-23 Location TBD

## **New Counselor Institute**

July 17-20 Capital Plaza, Jefferson City [NCI](#) (2016 Information is still being developed)

## **Missouri Alternative Education Network (MAEN) 2016 Annual Conference**

July 18 –19 Lodge of Four Seasons

[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

## **Missouri ACTE Summer Conference**

July 25-28, Springfield, Missouri <http://www.mo-acte.org/>

(2016 Information is still being developed)

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## Interesting Insights

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### **Special Report**

In Spring 2015, College & Career Consultants generated three Individual Student Planning surveys to capture feedback from high school seniors, high school and career technical counselors, as well as post-secondary counselors. Survey highlights from each groups will be provided over the next few months. .

### **Feedback from High School Seniors**

Reponses: 277

Prompt:

“Hello Seniors,

We would like to collect your feedback concerning planning for post-secondary education (college, technical schools, military, apprenticeships, careers...etc.). We want to know what has been helpful, while you are still in high school planning for your future, and what we could be doing to better help you prepare for life after high school. Your honesty and forthrightness is appreciated. Thank you in advance.”

**Question:** What has been helpful for you, at your high school and/or career center, in preparing for post-secondary education (schools) and careers beyond high school? (Mark as many as apply)

**Top 5 Responses:**

- 54.1% “Meeting with your high school counselors”
- 45.9% “Creating a resume”
- 38.9% “Development of my Personal Plan of Study”
- 38.9% “Career & Technical Classes (could be at your high school or career center)”
- 37.7% “College/Technical School/Military personnel visit where they speak to you”

**Question:** What do you wish was occurring, but is not at your school, to help you be more ready for post-secondary education (schools) and careers after high school? (Mark as many as apply.)

**Top 5 Responses:**

- 40.9% “Career shadow/intern experiences
- 38.4% “Mock interviews”
- 24.5% “Grade level information that the school provides which helps me know what I could be doing, at each grade level, to be prepared for college and/or careers”
- 23.6% “Creating a resume”
- 23.2% “Career & Educational Planning Guide which helps me understand course choices”

**Question:** Do you feel you are on-track to be ready for post-secondary education (school after high school) or a career when you complete high school?

- 83.2% “Yes”
- 16.8% “No”

**Question:** How useful has your Personal Plan of Study (document where you plan classes you want to take, all four years in high school, based on what career interest you have after high school) been in helping you be ready for post-secondary education and the career you are interested in?

Likert Scale 1 2 3 4 (1 = no help to 4= extremely helpful)

- 19% Chose “1”
- 24.8% Chose “2”
- 40.5% Chose “3”
- 15.7% Chose “4”

**Explain why you rated your Personal Plan of Study helpfulness as you did.**

- “I don’t know how to get a job or what to major in or how to pay bills but I sure know trigonometry.”
- “I don’t know what I am doing with my life.”
- “I don’t have a personal plan.”
- “We didn’t use it really after Freshman year.”
- “Our high school teaches us information, but I feel like we are not that prepared for college life.”

- Guided me on what classes to take.”
- “I say this because the help the teachers gave me was helpful on a personal level.”
- “The reason why I rate this the way I do is because it was more helpful than just plugging in classes willy nilly. It allows you to actually sit down and build your schedule so you can be prepared for your future career.”
- “It helped me plan my classes for four years, but I didn’t end up taking all of the classes I originally chose. So, I gave it a three because the plan wasn’t 100% accurate.”
- “My personal plan of study changed every year, it wasn’t until my junior year I decided what I wanted to do, and even then few classes are offered that would help.”
- “I did not know I had a personal plan of study.”
- “My personal plan of study have been super helpful as I am graduating one year early than my original graduation date.”

**Question:** If you wish, please provide any additional feedback/ideas, concerning how we can help you, and all high school students, be the most prepared for post-secondary education and careers after high school.

“Teachers should start expecting more from students at a younger age and letting them realize how college will be. Also teaching them more how college professors teach or what they expect.”

“I honestly feel as if the preparation that I have had for post-secondary education has all been achieved by myself. From my standpoint, the majority of the staff here at my high school are only concerned with getting us to pass our classes and graduate. Not understanding the curriculum, not actually learning things, not really being prepared for the next chapter of my life. Only getting this chapter finished and done.”

“I feel like the counselors only helped those in the top 10%. I went to the counselors several times over the course of this year and either got wrong information from them, or left feeling like they told me I don’t have the capability of doing something, I would have liked a more personal relationship with my counselor.”

“Talk to the students and help them schedule testings, to make sure they are on the right track for college, give them opportunities to come and speak with people about what they need to do next.”

“The steps to get into college is a little confusing. I wish that I would have had more info on colleges available to me early on and information that I needed.”

“More class trips to college campuses and more college speakers.”

“Have students that have graduated from the high school come and talk about the majors they have chosen and what they weren’t expecting to happen during college but did. Also, show the students different ways to study for the different types of learners.”

“Teach us how to fill out a college application, teach us all about all the fees. I didn’t know I was going to be paying a \$200 enrollment fee for [specific school mentioned].”

“Warn us BEFORE senior year about all the technical aspects of college applications, like navigating financial aid and the common app and how to apply to college in general. I felt like I was grappling on my own with the technical sides and had to dig through many school websites to figure out what I actually needed to do.”

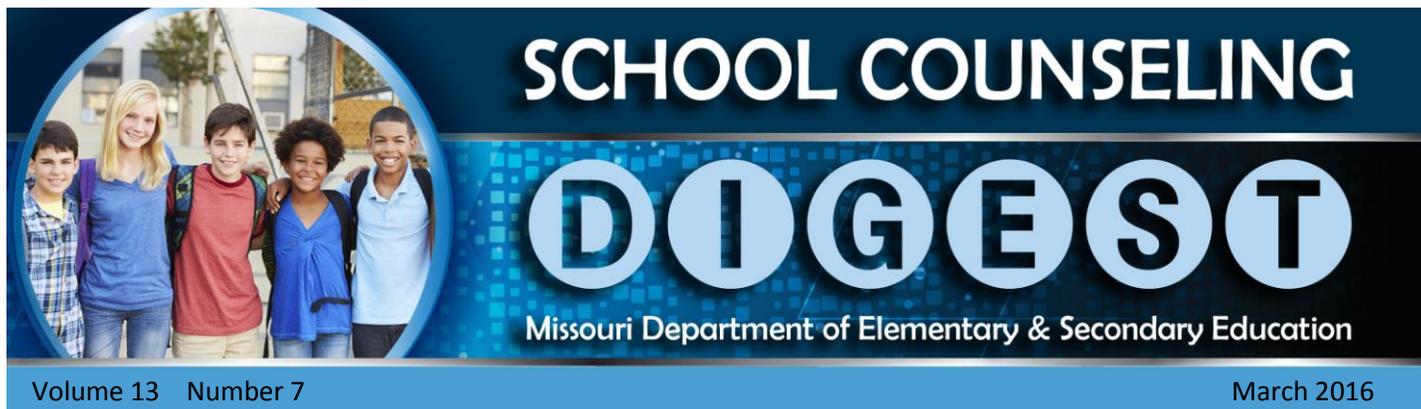
“More information on necessary prerequisites for college and careers, as well as more personal guidance in planning for post-secondary schooling options and career choices.”

***Another example of why school counselors are critically important! Let your light shine!***

*"Some people will throw stones in your path. It depends on you what you make of them. Wall or bridge? Remember you are the architect of your life."*

Author unknown

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator–Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*



*School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement.* ASCA

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## Announcements

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Resources and information provided in the Counselors Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the School Counseling Services Section or the Department of Elementary and Secondary Education.

### Spring Counseling System of Support (CSOS)

[Spring CSOS workshops](#) address "Real World Learning - K-12 Career Development" and include tours of local business/industry and employer panels. Check link for availability.

### Ethics

**Dr. Carolyn Stone**, current ASCA Ethics Chair, presented a full day of ethical details, insights and practical guidance at the MSCA Take Ten Conference that reinforced the need for school counselors to stay current with legal and ethical issues to effectively support students, schools and avoid personal liability. A great example of why MSCA membership is important. A few examples from Dr. Stone:

- Serious and foreseeable harm: The need to protect younger children that cannot yet make sound judgment is greater the younger they are.
- Ethical Standards are defined, implementing is situational. Community standards influence ethical standards. Understand local context.
- Use [ASCA Ethical Standards](#) and decision model. Consult, consult, consult!
- Operate within your training and competence level.
- Parents have the right to see anything you write down. No such thing as sole possession notes. Stick to the facts.

## High Praise

DESE School Counseling has recently received calls from:

- Mississippi State University - Research and Curriculum Unit that assists the Mississippi Department of Education seeking to purchase our school counseling resources and attend our New Counselor Institute (NCI) with the intent of replicating.
- West Virginia - a county school district requesting permission to link to our DESE school counseling website so their teachers could use our lesson plans and resources. "I think you have the best resources for counselors in the United States."
- Check out the picture at the end of this Digest.

*If other states and counselors value and use our resources, shouldn't you?  
Great resources in the hands of great school counselors = successful kids!*  
<http://dese.mo.gov/college-career-readiness/school-counseling>

## Army Educator Tour

The U. S. Army Heartland Recruiting Battalion will be hosting their 2016 Educator Tour for high school Principals and Counselors 21-24 JUNE. This year educators from MO, KS, IL and NE will fly to the joint military installation at FT SAM HOUSTON, TX and stay on San Antonio's Riverwalk. We will witness military career pathways from all branches of services with particular emphasis on ARMY medical career pathways, so tell your HOSA sponsors too. Air travel is furnished as well as hotel reimbursement expenses and daily per diem for meals. Space is limited, so contact ARMY Education Services Specialist Rita Hanks for more details. [Rita.b.hanks.civ@mail.mil](mailto:Rita.b.hanks.civ@mail.mil) (816) 877-8605.

# Program Components

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## CURRICULUM

### Early Years Resources

The [Center on the Social and Emotional Foundations for Early Learning](#) provides an array of preschool resources that should be appropriate for kindergarten and first grade.

### School Counseling Curriculum

Missouri [School Counseling Curriculum](#) for K-12 comprehensive lesson plans that address all School Counseling GLE's.

### STEM Lesson Plans

The US Navy provides relevant and engaging STEM focused lesson plans:  
<http://www.navystemfortheclassroom.com/>

# INDIVIDUAL STUDENT PLANNING

## Archaeology Opportunity for College-Bound Seniors

Spend three weeks excavating the largest Native American archaeological site in the country this summer. Earn job skills and transferable college credits while revealing the secrets of 1000 year old Cahokia Mounds. Archaeological Institute of America:

<https://www.archaeological.org/fieldwork/afob/14878>

## Career Video and School Resources

Check out the Blue Springs South High School Hospitality and Tourism video promoting programs sponsored by Family Consumer Sciences and Human Services and school counseling resources <http://www.bssd.net/domain/2873>

## College Readiness for All?

In this Educational Leadership article, Rick Hess shares his fear that "college readiness for all" is either a "banal reminder for schools to do what they have long been trying to do, a spur to unhelpful faddism, or a call for the disruptive pursuit of this or that new metric." He shares that this is an appealing principle and something to aspire to, but not a helpful driver of policy or something that helps schools improve. [Read on.](#)

## Career Education Materials for Purchase

Advance CTE is a national non-profit CTE leadership organization. For more information about them and their materials see: <http://careertech.org/career-clusters-products>

## National Career Development Center Blogs

### College is Not for Everyone, But Postsecondary Credit Is! (Title is link)

Educators often label students "college" or "career" bound based upon their academic performance and interests, which limits some students' access to postsecondary credit for coursework. Many community colleges offer articulated credit towards technical certificates in several associated areas. This article encourages educators to look into other viable options to determine the best plan of action for each student.

## Missouri Connections

- Job Success files located under the Employment tab have been updated. Excellent materials addressing critical soft/essential skills that employers and teacher seek!
- Missouri Scholarship list is located under the Education tab.
- Video Room  
<http://dese.mo.gov/college-career-readiness/guidance-counseling/missouri-connections-videos>
- User Support: Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

*The [Bureau of Labor Statistics](#) tells us that we now have 115,000 janitors, 83,000 bartenders, 323,000 restaurant servers, and 80,000 heavy-duty truck drivers with bachelor's degrees -- a number exceeding that of uniformed personnel in the U.S. Army.*

## FAFSA

An excellent step by step process to share with parents.

[The Easy Way to Transfer Your Tax Information into Your FAFSA](#)

### Did you know:

- women leave high school equally prepared for STEM college majors, only 20% of individuals earning BS degrees in certain STEM fields are female
- between 2004-2014 BS degrees by women have decreased in all seven science and engineering disciplines, with the biggest decrease in computer sciences (23%-18%)
- STEM jobs are projected to grow 70% faster than jobs in the rest of the economy
- salary disparity between men and women with similar positions is 77% (women make 77 cents for every dollar men make) for all occupations vs. 92% in STEM related occupations

Source: Proclamation for STEM Day at the Capital March 3, 2016

See **Million Women Mentors** at <https://www.millionwomenmentors.org/> for ideas on helping females to aspire to and continue STEM related occupations.

## RESPONSIVE SERVICES

### New Resource List

The [Responsive Services Resource List](#) contains current submissions from Missouri school counselors addressing multiple topics. This list is located on the DESE School Counseling site under Responsive Services.

### School Mental Health Resources

School mental health resources for clinicians, educators, administrators, parents/caregivers, families, and students. <http://www.schoolmentalhealth.org/>

### [Restorative Justice Practices and Bullying Prevention](#) (Title is link)

*Cross-posted from the [Stopbullying Blog](#).*

States and districts are increasingly in support of policies and practices that shift school discipline away from zero tolerance, such as suspension and expulsion, to discipline that is focused on teaching and engagement. To this effort, districts and states are [rethinking discipline](#) and adopting both [Restorative Justice Practices](#) (RJP) and Bullying Prevention (BP) as school-wide efforts to provide school staff with a set of preventative and responsive strategies to supporting positive student behaviors.

### Dangers that teens and kids face: A look at the data

An interesting quick skim of national data concerning at risk behaviors from Pew Research Center [http://www.pewresearch.org/fact-tank/2016/01/14/dangers-that-young-people-face-a-look-at-the-data/?utm\\_source=Pew+Research+Center&utm\\_campaign=5e59eb8ed6-Weekly+Jan+14+2016+13+2016&utm\\_medium=email&utm\\_term=0\\_3e953b9b70-5e59eb8ed6-399621009](http://www.pewresearch.org/fact-tank/2016/01/14/dangers-that-young-people-face-a-look-at-the-data/?utm_source=Pew+Research+Center&utm_campaign=5e59eb8ed6-Weekly+Jan+14+2016+13+2016&utm_medium=email&utm_term=0_3e953b9b70-5e59eb8ed6-399621009)

# SYSTEM SUPPORT

## Creating Future Teachers

Message from DESE:

Teachers have a huge influence on their students, often literally changing lives. We've all had teachers we love and remember years after we leave their classes. So why aren't more current students considering teaching as a career?

We're asking you to encourage your best and brightest students to choose teaching. Think about the kids you work with – the ones who have an interest in making a real difference and who want to work with children. They could be the classroom leaders of tomorrow and provide effective instruction to children who need it most.

Missouri wants to provide excellent education to all children no matter where they live. It's unfortunate that students of color, students from low-income families, rural students, students with disabilities, students with limited English proficiency, and students who struggle academically are less likely than their peers to have access to effective teachers in our state. Your students could help eliminate that gap by choosing an education career. For more information about educator equity in Missouri and how your students can become teachers, please visit <http://goo.gl/etfbSJ>.

## Top 20 Teaching and Learning Principles

An excellent summary of psychological science research in a useful format for practitioners. Report includes sections on how students think and learn, what motivates them, how social context, relationships and emotional well-being affect learning; how to manage a classroom and how to assess student progress. Multiple principles connect directly to school counseling. This is an excellence connection between the unique professional training of school counselors and effective classrooms. Download full report for list of principles.

<http://www.apa.org/ed/schools/cpse/top-twenty-principles.aspx>

## Position Papers

<http://dese.mo.gov/college-career-readiness/guidance-counseling/system-support>

- 504's (MSCA)
- IEP's (MSCA)
- WISC- IV Test Administration
- Test Administration (Missouri Counselor Educators)

## Speak Hard Youth Conference

Join the 11th Annual Speak Hard Youth Conference on April 13! High school students from around MO will gather in Jefferson City, learn about the latest information on substance abuse, network with like-minded peers, and meet with their legislators to discuss important community prevention topics.

<https://www.actmissouri.org/events/annual-events/speak-hard-youth-conference/>

## **Research: Self-Efficacy**

Student readiness is a critical component which is not always addressed with the same sense of purpose as academic preparation. Research addressing different readiness components that are relevant to school counselors and classroom teachers will be provided over the next few months in order to strengthen our connection with teachers and our collective effectiveness.

Self-efficacy refers to perceptions an individual has about his/her capabilities to perform at an expected level and achieve goals or milestones. It is shown to influence academic **motivation**, learning, and achievement. Self-efficacy increases with the belief that ability can grow with effort. Student performance improves when they believe in their ability to meet specific goals and/or expectations. See <http://researchcollaboration.org/page/CCCFramework> for research, video, instructional strategies and a padlet with practical materials addressing self-efficacy.

## **Student-to-School Counselor Ratio 2013-2014**

ASCA national data by state - <http://www.schoolcounselor.org/asca/media/asca/home/Ratios13-14.pdf>

## **A Day in the Life of a High School Counselor: Painting the Picture of Adolescent Career Development** Blog (Title is link)

As a high school counselor, one of my jobs is developing career awareness. All the literature, combined with practical experience, points out that adolescence is an important time for students to begin making career decisions. But, it appears to me that students have different issues: complete boredom, confusion, or definite uncertainty.

## **DESE Mailbag**

The [Electronic Mailbag](#) has relevant items for Missouri school counselors.

# **Conferences and Professional Development Opportunities**

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## **Missouri Association for College Admission Counseling - Spring Conference**

**April 3-5 Overland Park Convention Center**, Overland Park Kansas

<http://jointconference2016.weebly.com/>

## **Transition Training Institute**

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## **New Counselor Institute**

**July 17-20 Capital Plaza, Jefferson City** [NCI](#) (2016 Information is still being developed)

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[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

## **Missouri ACTE Summer Conference**

July 25-28, Springfield, Missouri <http://www.mo-acte.org/>

(2016 Information is still being developed)

# Interesting Insights

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## Employer Panel

The Spring Counseling System of Support business and industry tours/panel discussions have been exceptionally informative and well received. Employer comments from Southeast Missouri mirror those from across the state. Examples:

- Work ethic and attitude are the two critical components
- One company includes an attitude assessment that evaluates initiative, dedication, optimism and open-mindedness as part of the interview process.
- "People are our biggest problem! If equipment breaks we can fix it. If employees don't show up for work, we've got real problems."
- Welders, truck drivers, mechanics, and a wide range of medical occupations are in high demand and earn good salaries.
- "A business (or school) is not any better than their people."
- Essential skills that are needed but missing from many applicants include: work ethic, loyalty to job/employer. ability to respond appropriately, dependability, attendance, personal responsibility, writing skills, ability to pass a drug test, and a biggie - realistic expectations (concerning the need to work and start with realistic salaries)
- The one you hear every time: "We can teach skills. Send us applicants with good attitudes and a work ethic." You typically don't change personality.
- **Employers don't see big difference in attitude and skills between levels of education. This is not a blue collar/white collar issue. It's a societal issue!**
- Multiple examples of great employees were provided. There just aren't enough of them.

## Perceptions

Americans have dramatically different views on whether all children have equal access to the same opportunities. Check out the [Atlantic Media/Pearson Opportunity Poll](#) released this week.

## Special Report

In Spring 2015, College & Career Consultants generated three Individual Student Planning surveys to capture feedback from high school seniors, high school and career technical counselors, as well as post-secondary counselors. Survey highlights from each group will be provided over the next few months. The following links are to survey results from high school and CTE counselors, as well as feedback from institutions of higher education.

High School & CTE Counselor Responses: 51

Higher Education Responses: 11

**High School & CTE Counselor survey feedback link:**

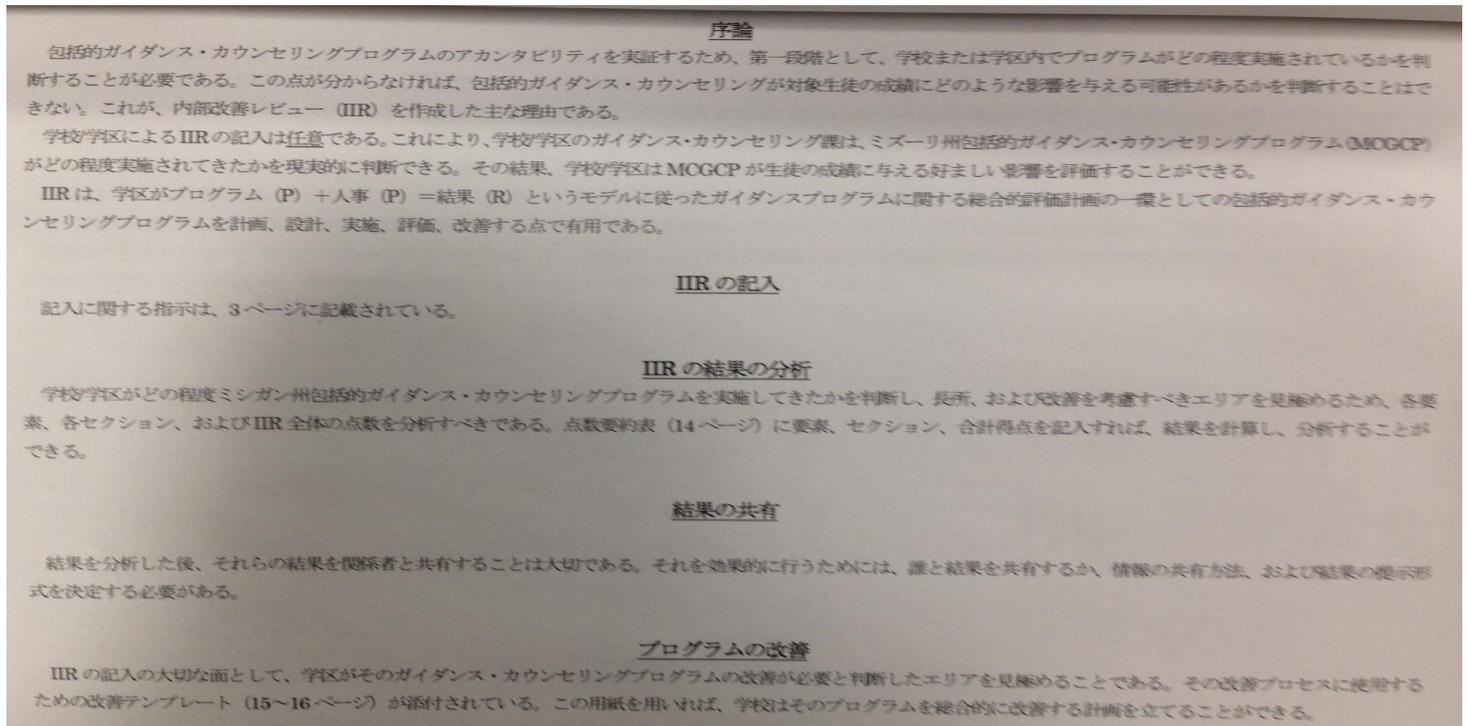
<https://drive.google.com/file/d/0B4E4mzSRzzppQWVCSlc4YWJwVmM/view?usp=sharing>

**Higher Education survey feedback link:**

<https://drive.google.com/file/d/0B4E4mzSRzzppdnlrRzBIUTF5eWM/view?usp=sharing>

## ***Can you tell what this is?***

*Look carefully and you can see some recognizable letters on this version of the IIR from Japan! They thought so much of this tool that they translated the entire document! Norm Gysbers and Bragg Stanley recently hosted another educational group from Japan who came here to learn about our Missouri Comprehensive School Counseling Program!*



***"It takes 20 years to build a reputation and just five minutes to ruin it. If you think about that, you'll do things differently." - Warren Buffett***

***Another example of why school counselors are critically important! Let your light shine!***

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator—Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*



# SCHOOL COUNSELING

# DIGEST

Missouri Department of Elementary & Secondary Education

Volume 13 8

April 2016

*School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement.* ASCA

### **Your School Counseling Services Staff:**

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## **Announcements**

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### **2016 New Counselor Institute**

[New Counselor Institute](#) is scheduled for July 17-20 at Capital Plaza in Jefferson City. This is a highly successful program with limited capacity designed to provide a short course in Missouri School Counseling for those entering public school counseling positions with:

- \* A Temporary Authorization Certificate
- \* An Alternative Certification with limited school counseling experience
- \* Recent graduation from a school counseling program
- \* No public school experience

Contact [Tom.Schlimpert@dese.mo.gov](mailto:Tom.Schlimpert@dese.mo.gov) or 573-751-6875

### **The Missouri Gysbers Success Designation**

The [Missouri Gysbers Success Designation](#) recognizes Missouri schools or districts that demonstrate an exemplary level of implementation of the Missouri Comprehensive School Counseling Program that positively impacts its students. Applications must be submitted by September 10, 2016 with awards presented at the Missouri School Counselor Association Fall Conference. For more information contact Dr. Rene' Yoesel, DESE Director of School Counseling, at [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov) or 573-751-0857. *Be encouraged to apply!*

Page | 1 *Missouri Comprehensive Guidance and Counseling: Linking School Success to Life Success!*

## Special Request

*Tom Schlimpert and Rene Yoesel have both talked with Sophie and are excited about the attention she is giving Missouri school counseling as well as the research that will help us advocate. We encourage you to respond to the following request.*

Sophie is a graduate researcher at Stanford University writing a thesis on the impact of school counselors in Missouri public high schools. (*How cool is that?!*) Her focus is to demonstrate the role of school counselors in supporting student academic achievement and behavior.

She is creating a publication of research findings that can be shared for advocacy purposes and would like to include quotes from you in order to highlight your experiences and insights from working in this role. *If interested*, please respond to the following questions for this publication. Quotes will be anonymous, unless you explicitly say that you prefer to be identified by name.

### Questions:

- What do you consider to be one or two of the most important outcomes of your work as a school counselor?
- What are the biggest barriers to achieving your goals in this role?
- If a follow-up question is needed, is it alright to reply to you? (Yes or No)
- Would you like to see the publication and/or give feedback prior to final release? (Yes or No)

Please respond to [sshank@stanford.edu](mailto:sshank@stanford.edu), by May 1. *Let the Missouri light shine!*

## ACT Statewide Assessment

Prior to the ACT statewide assessment of 11<sup>th</sup> grade students on April 19, students are asked to complete select items on the non-test portion of the ACT answer document. The required fields remain the same as last year and collect the basic information necessary for assessment tracking and reporting. Additional items appear on ACT's registration form that the Department of Elementary and Secondary Education does not collect or ask LEAs to report. Please see [Administrative Memo CCR-16-002](#).

If you have questions about Quality Assurance or the ACT statewide assessment, please email [Assessment](#), or call 573-751-3545

## Parents with College Students

[www.LessStressU.org](http://www.LessStressU.org) is a novel approach that parents, family and friends can use to support college students involving gift packages. Proceeds support the Missouri STEM Foundation <http://mostemfoundation.org/> that just supported the girls STEM Event at Rolla and provides scholarships for Break Traditions.

# Program Components

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## CURRICULUM

### Early Years Resources

The [Center on the Social and Emotional Foundations for Early Learning](#) provides an array of preschool resources that should be appropriate for kindergarten and first grade.

### Good Stuff

DESE [School Counseling Curriculum](#) provides comprehensive unit and lesson plans that address all K-12 School Counseling GLEs, including Supplemental Lesson Plans (the original Box) and Gender Equity Lessons. Counselors from across the country are using these materials! Shouldn't you?

## INDIVIDUAL STUDENT PLANNING

### Missouri Advanced Manufacturing

The Missouri Chamber Foundation is leading efforts to increase awareness among guidance counselors, educators, parents and students on the quality, yet little known, career pathways that exist in today's advanced manufacturing industry.

Through [Missouri Dream it. Do it.](#) a coalition of representatives from industry, education and workforce are working hard to bring greater visibility to the career opportunities available to Missouri youth in manufacturing.

In doing so, messaging, activities and programs have been developed that will help to dispel negative myths and change student, teacher and parent perceptions surrounding manufacturing. The end goal is to increase awareness and help students enter into today's fast growing and high paying manufacturing workforce in Missouri. To find out more about Missouri Dream it. Do it go to <http://mochamber.com/workforce/dream-it-do-it/> (includes parent information) or contact Brian Crouse at [bcrouse@mochamber.com](mailto:bcrouse@mochamber.com) / 573-634-3511.

- Link to the "best" Student Video- Troy 9<sup>th</sup> Grade Center- <https://www.youtube.com/watch?v=CpvAp09RVJ4>

### 2016-17 Registration for Journey to College Programs

See the end of this Digest for extensive information from Missouri Department of Higher Education about Apply Missouri, FAFSA Frenzy and Decision Day.

### Missouri Financial Aid for College

Missouri state government site that consolidates relevant information.  
<http://www.mo.gov/education/financial-aid-for-college/>

## Success in the New Economy

An oldie but goodie video about education and careers decisions. <https://vimeo.com/67277269>

## Best Jobs

- U.S. News and World Report - current best STEM and general careers  
<http://money.usnews.com/careers/best-jobs/rankings/best-stem-jobs>
- Missouri's Top Openings (MERIC)  
[https://www.missourieconomy.org/pdfs/most\\_openings\\_mo\\_2012-2022.pdf](https://www.missourieconomy.org/pdfs/most_openings_mo_2012-2022.pdf)

## ACT Resources

- **Online Prep** Site provides lessons for the four subjects tested, predicted score and student strengths and areas for focus [www.act.org/onlineprep](http://www.act.org/onlineprep)
- **Aspire** - assessments for grades 3-10 that are benchmarked with the high school ACT.  
[www.discoveractaspire.org](http://www.discoveractaspire.org)
- **Engage** - identifies academic ability, behaviors, and career interests. [act.org/engage](http://act.org/engage)

## The Benefits of Trade Schools

Video interviewing student at an aviation high school regarding her learning about self, career options, experiences, excitement, and plans.

<http://www.cbsnews.com/news/jpmorgan-chase-takes-aim-at-youth-unemployment/>

## Apprenticeships: "College without the debt"

Apprenticeships are rising across the country, with the number of apprentices registered by federal or state officials up by nearly 100,000 since 2011. Sectors such as construction, manufacturing, IT and insurance increasingly are using apprenticeships to develop training programs that include classroom and work-based experience. [USA Today](#)

## Career Education Materials for Purchase

Advance CTE is a national non-profit CTE leadership organization. For more information about them and their materials see: <http://careertech.org/career-clusters-products>

## Missouri Connections

- **Learning Styles Survey** located in Assessments is now completed on line.
- **Test Preparation**  

<a href="#">ACT Test Prep</a>	<a href="#">SAT Test Prep</a>	<a href="#">ASVAB Study Tips</a>
<a href="#">ASVAB</a>	<a href="#">Scores and Military Jobs</a>	<a href="#">March To Success</a>
- **Video Room**  
<http://dese.mo.gov/college-career-readiness/guidance-counseling/missouri-connections-videos>
- **User Support:** Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

## RESPONSIVE SERVICES

### Bullying

A collection of information and resources, including relevant school law on the DESE website. <http://dese.mo.gov/governmental-affairs/public-school-laws-missouri/bullying>

### Missouri School Violence Hotline

<https://www.schoolviolencehotline.com/>

### Missouri Center for Education Safety

<http://www.moces.org/>

## SYSTEM SUPPORT

### Missouri Law

Missouri law addressing issues impacting school counselors:

- Child abuse and domestic violence  
<http://statelaws.findlaw.com/missouri-law/missouri-domestic-violence-laws.html>
- Responsibilities and liabilities for school officials reporting legal violations; Section 167.117.1  
<http://www.moga.mo.gov/mostatutes/stathtml/16700001171.html?&me=167.117.1>
- Discipline, written policy and reporting requirements; Section 160.261.1  
<http://www.moga.mo.gov/mostatutes/stathtml/16000002611.html>

### Safe and Sober

Missouri Safe and Sober is a nonprofit that creates awareness about the dangers of drugs and alcohol while encouraging teens to lead a safe and sober lifestyle. Free programs for high school, middle school, and parents can be found at [missourisafeandsober.com](http://missourisafeandsober.com)

Parent program - <http://safeandsoberparents.com/>

Details - Mackenzie at 417.631.4009 or [mackenzie@missourisafeandsober.com](mailto:mackenzie@missourisafeandsober.com)

### Safe at Home

[Safe at Home](#) is a program through the Missouri Secretary of State that authorizes participants to use their substitute address with all state and local government agencies, including public schools. Schools should ask to see the *Safe at Home* authorization card to verify participation. For additional information about the program or the verification process, [contact the Safe at Home](#) program office at 866-509-1409.

- [Address Confidentiality Program for Public Schools](#)
- [Application Information](#)

### SHAPE

The School Health Assessment and Performance Evaluation (SHAPE) System for school mental health systems is a **FREE** interactive system designed to improve school mental health accountability, excellence, and sustainability. <https://theshapesystem.com/>

## Creating Future Teachers

Message from DESE:

Teachers have a huge influence on their students, often literally changing lives. We've all had teachers we love and remember years after we leave their classes. So why aren't more current students considering teaching as a career?

We're asking you to encourage your best and brightest students to choose teaching. Think about the kids you work with – the ones who have an interest in making a real difference and who want to work with children. They could be the classroom leaders of tomorrow and provide effective instruction to children who need it most. For more information about educator equity in Missouri and how your students can become teachers, please visit <http://goo.gl/etfbSJ>.

## Top 20 Teaching and Learning Principles

An excellent summary of psychological science research in a useful format for practitioners. Report includes sections on how students think and learn, what motivates them, how social context, relationships and emotional well-being affect learning; how to manage a classroom and how to assess student progress. Multiple principles connect directly to school counseling. This is an excellence connection between the unique professional training of school counselors and effective classrooms. Download full report for list of principles.

<http://www.apa.org/ed/schools/cpse/top-twenty-principles.aspx>

## Research: Self-Efficacy

**Student readiness** is a critical component which is not always addressed with the same sense of purpose as academic preparation. Research addressing different readiness components that are relevant to school counselors and classroom teachers will be provided over the next few months in order to strengthen our connection with teachers and our collective effectiveness.

Self-efficacy refers to perceptions an individual has about his/her capabilities to perform at an expected level and achieve goals or milestones. It is shown to influence academic motivation, learning, and achievement. Self-efficacy increases with the belief that **ability can grow with effort**. *Student performance increases when they believe in their ability to meet specific goals and/or expectations.*

See <http://researchcollaboration.org/page/CCCFramework> for research, video, instructional strategies and a **padlet** (*check it out!*) with practical materials addressing self-efficacy.

## College Board Resources

The College Board's National Office for School Counselor Advocacy has developed the following resource site containing significant information and tool kits for school counselors.

<http://nosca.collegeboard.org/research-policies/principal-counselor>

## DESE Mailbag

The [Electronic Mailbag](#) has relevant items for Missouri school counselors and educators.

# Conferences and Professional Development Opportunities

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## Counselors Can - 2016 School Counseling Camp

May 31-June 1 at Manhattan, Kansas

<http://coe.k-state.edu/events/school-counsel-camp/index.html>

## Transition Training Institute

June 21-23 Location TBD

<http://dese.mo.gov/special-education/news-and-updates>

## New Counselor Institute

July 17-20 Capital Plaza, Jefferson City [NCI](#) (2016 Information is still being developed)

## Missouri Alternative Education Network (MAEN) 2016 Annual Conference

July 18 –19 Lodge of Four Seasons

[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

## Missouri ACTE Summer Conference

July 25-28, Springfield, Missouri <http://www.mo-acte.org/>

(2016 Information is still being developed)

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## Interesting Insights

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### STEM Event

The recent STEM Event for seventh grade girls was a tremendous success! Sixty five school districts with close to 80 different schools participated with 440 girls in attendance along with 26 presenters and 17 exhibitors. *Special thanks to our College and Career Consultants for organizing and facilitating this special event!*

### 2016-17 Registration for Journey to College Programs: Apply Missouri, FAFSA Frenzy and Decision Day - Message from Missouri Department of Higher Education

The Missouri Department of Higher Education (MDHE) has coordinated a plan to meet the challenge of college access and affordability. Part of this plan includes the implementation of the Journey to College suite of programs, which fully supports college access and affordability for all students. The programs feature three events to help high school graduates on their 3-step Journey to College: Apply Missouri, FAFSA Frenzy, and Decision Day.

- **Apply Missouri** activities are offered within the normal school day to help students decide which colleges best meet their needs and submit admissions applications. To learn more, visit <http://dhe.mo.gov/ppc/applymissouri.php>.
- **FAFSA Frenzy** provides students and families with free, one-on-one, professional assistance completing the Free Application for Student Financial Aid (FAFSA). To learn more, visit <http://dhe.mo.gov/ppc/fafsafrenzy.php>.
- **Decision Day** is a celebration to support students in reaching their postsecondary plans. It encourages and reminds students that it is time to make a decision, assists those students who have not finalized their plans, and fosters a college-going culture. To learn more, visit <http://dhe.mo.gov/ppc/decisionday.php>.

MDHE encourages your school to provide all three events for your students; however, you do have the choice of hosting just one, two, or all three events. You may **register now to host** your Journey to College programs at: <https://surveys.mo.gov/index.php/325679>.

Whether you are planning to host a Journey to College program or would like further information, [register](#) and plan to attend Journey to College Day on Tuesday, July 26, 2016 at Governor's Office Building, 200 Madison Street, Jefferson City, MO. Space is limited, so please register early at <https://surveys.mo.gov/index.php/197481> .

## **April is National Distracted Driving Awareness Month**

Distracted driving is a dangerous epidemic on America's roadways. In 2014, 3,179 people were killed, and 431,000 injured in motor vehicle crashes involving distracted drivers.

Ten percent of all drivers 15 to 19 years old involved in fatal crashes were reported to be distracted at the time of their crashes. This age group has the largest population of drivers who were distracted at the time of a crash. Across the U.S., at any given time during daylight hours, about 660,000 drivers are using cell phones or electronic devices while driving, a number that has held steady since 2010.

The top distractions during driving include:

- Texting: Because text messaging requires visual, manual and cognitive attention from the driver, it is by far the most alarming distraction.
- Using cell phone or smart phone.
- Eating and drinking.
- Talking to passengers.
- Grooming
- Reading, including maps.
- Using a navigation system.
- Watching video.
- Adjusting a radio, CD player, or MP3 player.

Please visit the National Highway Traffic Safety Administration (NHTSA) website for more information at <http://www.distraction.gov/>

## **School Climate - Positive Impacts**

*Do school counselors have an impact on these variables? (YES!)*

A study on school climate's impact on student learning and teacher retention: Based on 31,000 responses to teacher surveys between 2008 and 2012, the authors honed in on four measures of school climate: school safety and order, leadership and professional development, high academic expectations, and teacher relationships and collaboration. Each measure, the report found, is independently linked to decreases in teacher turnover. And gains on two of those measures, high academic expectations and school safety, were directly connected to better scores on state math exams. <http://ny.chalkbeat.org/2016/03/24/school-conditions-matter-for-student-achievement-new-research-confirms/#.VvVR600UXcs>

## COOL Facebook Groups for Counselors

Private Groups: Request and wait for approval

- “Elementary School Counselor Exchange”
- “Caught in the Middle School Counselors”
- “High School Counselors Network”
- “The School Counselor Store”
- “School Counselor Central”

## Good Article

"...there are only a few ways to beat the college wage premium—the income advantage of having a college degree—“and generally the only people who beat this game are boys.” In blue-collar jobs, “you can work your way up, learn on the job. But there’s none of that for females. Basically, there’s no real pathway for girls out of high school [except college].” No wonder women [account for a majority](#) of today’s college-degree-holders ([Interesting charts included](#)). “When enrollments go down, the first thing you lose are the boys.”

<http://www.theatlantic.com/education/archive/2016/01/where-are-all-the-high-school-grads-going/423285/>

## The State of Women

"The typical woman makes 79 cents on the dollar, as compared to our typical male colleague. Compared to the typical non-Hispanic white man, the typical African American woman makes 60 cents on the dollar, while the typical Hispanic woman makes 55 cents. Women are also less likely to start or run small businesses. We face a tougher climb up the ranks of corporate America, and tend to drop out of fields such as computer science after only a few years. And we still suffer from gender stereotypes that limit our reach beginning in early childhood."

**From:** Valerie Jarrett, The White House <[info@mail.whitehouse.gov](mailto:info@mail.whitehouse.gov)>

**Sent:** Tuesday, April 12, 2016 3:52 PM

**Subject:** The state of women:

## Only Half of U.S. Students Taking College-Ready Courses

Despite all the emphasis being placed on college and career readiness, only about half of all U.S. high school students actually take the sequence of courses they need to be considered ready for college and careers, according to a new report released today by the Education Trust.

Rather than ensuring students have access to a cohesive curriculum that aligns high school coursework and students future goals, high schools are prioritizing credit accrual, which treats graduation as the end goal, states the report, titled, *Meandering toward graduation: transcript outcomes of high school graduates*. <http://diverseeducation.com/article/83037/>

### *Another example of why school counselors are critically important! Let your light shine!*

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator–Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*



*School counseling programs are collaborative efforts benefiting students, parents, teachers, administrators and the overall community. School counseling programs should be an integral part of students' daily educational environment, and school counselors should be partners in student achievement.* ASCA

**Your School Counseling Services Staff:**

**Rene' Yoesel** - 573-751-0857 [Rene.Yoesel@dese.mo.gov](mailto:Rene.Yoesel@dese.mo.gov)

**Tom Schlimpert** - 573-751-6875 [Tom.schlimpert@dese.mo.gov](mailto:Tom.schlimpert@dese.mo.gov)

**Loree (Curtman) Libbert** - 573-751-4383 [Loree.Libbert@dese.mo.gov](mailto:Loree.Libbert@dese.mo.gov)

## Announcements

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Resources and information provided in the Counselors Digest are for communication purposes only. Listing these resources and information does not constitute endorsement by either the School Counseling Services Section or the Department of Elementary and Secondary Education.

### **Congratulations!**

If you are reading this Digest, you've survived another year! Catch your breath and reflect on the positive influence you've had with children, staff and school. The focus on school counseling continues to improve. Keep up the good work, collaboratively plan with your administrators for greater impact next year, get all that done and then take a long nap!

### **2016 New Counselor Institute**

[New Counselor Institute](#) is scheduled for July 17-20 at Capital Plaza in Jefferson City. This is a highly successful program with limited capacity designed to provide a short course in Missouri School Counseling for those entering public school counseling positions with:

- \* A Temporary Authorization Certificate
- \* An Alternative Certification with limited school counseling experience
- \* Recent graduation from a school counseling program
- \* No public school experience

**Contact [Tom.Schlimpert@dese.mo.gov](mailto:Tom.Schlimpert@dese.mo.gov) or 573-751-6875 (Contact Loree until June 7)**

## **Name Change**

Our wonderful Accounting Specialist, Lore'e Curtman, remains the same person, but is now operating under a new *married* name! Please welcome Mrs. Lore'e Libbert! Congratulations Lore'e and Jeffrey!

## **NEW IIR**

A new and improved Internal Improvement Review (IIR) will be available this fall! Watch this Digest for more information. Thank you writing team!

## **Breaking Traditions Awards**

For the 26th year, Breaking Traditions has recognized regional and state award winners of high school students, adults, educators and employers who are breaking down traditions by pursuing non-traditional careers. For a list of state winners and more information, go to:

<http://dese.mo.gov/communications/news-releases/missouri-honors-2016-breaking-traditions-winners>

## **State Assessment Schedule**

The Missouri State Board of Education has approved a schedule for implementing assessments aligned to the **Missouri Learning Standards Grade-Level Expectations** adopted in April 2016. New English language arts and mathematics assessments will be administered in the 2017-2018 school year, followed by science in 2018-2019 and social studies in 2019-2020. See Administrative Memo CCR-16-008:

<http://dese.mo.gov/administrative-memos>

## **Missouri Post-Secondary Success initiative**

Registration for the third cohort of the Missouri Post-Secondary Success initiative (the wheel) is now open. Positive results are being realized by most participating schools while all teams continue to learn. This is a great opportunity for schools to receive excellent and on-going professional development from the experts that lead to locally developed, personalized plans to address competencies with all students. Project Overview and competency materials:

<https://sites.google.com/site/mopostsecondarysuccess/>

**Cohort application:** [http://researchcollaboration.org/uploads/MO\\_PSS\\_Application.pdf](http://researchcollaboration.org/uploads/MO_PSS_Application.pdf)

- Registration is first come, first served for middle and high schools, with a preference for middle schools.
- Training sites will be determined and based on where the schools are located.
- The vision is to conduct 2 cohorts of 15 schools.
- It's free (DESE provides subs and travel stipends to schools).

## **U.S. Presidential Scholars Program Recognizes Missouri Standouts**

Two Missouri high school students were selected as members of the 52<sup>nd</sup> class of U.S. Presidential Scholars. Nine other Missouri high school students were selected as semifinalists. <http://goo.gl/rBrvBh>

# Program Components

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## CURRICULUM

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The [Center on the Social and Emotional Foundations for Early Learning](#) provides an array of preschool resources that should be appropriate for kindergarten and first grade.

### School Counseling Curriculum

DESE [School Counseling Curriculum](#) provides comprehensive unit and lesson plans that address K-12 School Counseling GLEs, including Supplemental Lesson Plans (the original Box) and Gender Equity Lessons.

### Self-Efficacy

Self-efficacy refers to perceptions an individual has about his/her capabilities to perform at an expected level and achieve goals or milestones. It is shown to influence academic motivation, learning, and achievement. Self-efficacy increases with the belief that **ability can grow with effort**. *Student performance when they believe in their ability to meet specific goals and/or expectations.* See <http://researchcollaboration.org/page/CCCFramework> for research, video, and instructional strategies.

## INDIVIDUAL STUDENT PLANNING

### Missouri Advanced manufacturing

The Missouri Chamber Foundation is leading efforts to increase awareness among guidance counselors, educators, parents and students on the quality, yet little known, career pathways that exist in today's advanced manufacturing industry. To find out more about Missouri Dream it. Do it go to <http://mochamber.com/workforce/dream-it-do-it/> (includes parent information) or contact Brian Crouse at [bcrouse@mochamber.com](mailto:bcrouse@mochamber.com) / 573-634-3511.

### What They Hear in an Interview

A humorous video that makes the point <https://www.youtube.com/watch?v=UkSfp3XHsko>

### Career Education Materials for Purchase

Advance CTE is a national non-profit CTE leadership organization. For more information about them and their materials see: <http://careertech.org/career-clusters-products>

### Million Women Mentors

[Million Women Mentors](#) supports the engagement of one million Science, Technology, Engineering and Math (STEM) mentors (male and female) to increase the interest and confidence of girls and women to persist and succeed in STEM programs and careers.

### Missouri Connections

## **Career TREK** – the new elementary version for grades 3-5

- Access: <http://elementary.intocareers.net>
- Still in pilot phase. Will be connected to Missouri Connections this fall.
- Use Chrome (at this time)
- Thanks to all who participated in the pilot and provided feedback
- Support: Contact Jackie Coleman at 573.634.0043 [jcoleman@motrainer.com](mailto:jcoleman@motrainer.com)

## **Sober Housing at MU**

New recovery-focused sober housing on MU campus. More information and the housing agreement language can be found at <http://reslife.missouri.edu/rates-amenities>

## **FFA – Lessons for School**

A great summary of 8 components that make Future Farmers of America (FFA) such a successful program for building college and career ready students that can be generalized to the entire school experience.

<http://changingislearning.blogspot.com/2016/04/8-ffa-lessons-all-of-education-can.html?m=1>

# **RESPONSIVE SERVICES**

## ***Update your Contact Lists!***

### **SAMHSA**

- Substance Abuse and Mental Health Services Administration provides a wide range of resources and materials <http://www.samhsa.gov/>
- Children's Post-Disaster Mental Health  
<https://content.govdelivery.com/accounts/USSAMHSA/bulletins/149829a>

### **National Suicide Prevention Hotline**

1-800-273-TALK (8255)

### **Disaster Distress Helpline**

A national hotline dedicated to providing immediate crisis counseling for emotional distressed related to natural or human caused disasters. 1-800-985-5990 or text TalkWithUs to 66746

### **Resources**

- Office of Violence Against Women <https://www.justice.gov/ovw>
- National Domestic Violence Hotline <http://www.thehotline.org/>
- Stalking Resource Center <http://victimsofcrime.org/our-programs/stalking-resource-center>
- NotAlone.gov (resources to prevent sexual assault in schools) <https://www.notalone.gov/>

## **American Academy of Pediatrics Resources**

- [Home Page](#)
- [The Emotional Impact of Disaster on Children and Families](#)
- [Getting Your Family Prepared for a Disaster](#)

## SYSTEM SUPPORT

### 27% Growth

MSCA membership has grown 27% since 2013/14, from 975 to 1336 members! There's a reason why school counselors and others join this dynamic organization. Be part of the solution. Be an active member of your professional organization.

### Small Effort, Big Return

After the dust settles from this school year, invite your principal out to a working lunch to reflect on the year, reinforce the impact your school counseling program can have and establish goals for the coming year. Help administrators understand the impact your program can have and why they need to support? Focus on how your students and school can be different when you are given the time and support to implement your program. Share the good news!

See multiple resources, including the ASCA Annual Agreement, on DESE's School Counseling website Administrator tab

<http://dese.mo.gov/college-career-readiness/school-counseling/administrators>

*This suggestion came from an administrator during the MSCA Governing Board meeting administrator panel discussion. What would happen if every counselor took their administrator out to a relationship building, learning lunch? You can make a difference!*

### Counselor Evaluation

Now is a good time to reflect on the year and start planning for next. Refresh your understanding of Missouri School Counselor Standards and Quality Indicators <https://dese.mo.gov/college-career-readiness/school-counseling/evaluation> your growth plan and Student Learning Objectives <http://dese.mo.gov/educator-growth-toolbox/student-growth-data>

### FERPA 101

Video designed for parents and students <http://ptac.ed.gov/>

### Teacher.org

Website designed to recruit and support teachers, including state specific certification information. Could be helpful recruiting future educators!

<https://dese.mo.gov/college-career-readiness/school-counseling/resources-and-links>

### Missouri Law

Missouri law addressing issues impacting school counselors:

- Child abuse and domestic violence  
<http://statelaws.findlaw.com/missouri-law/missouri-domestic-violence-laws.html>
- Responsibilities and liabilities for school officials reporting legal violations;  
Section 167.117.1  
<http://www.moga.mo.gov/mostatutes/stathtml/16700001171.html?&me=167.117.1>
- Discipline, written policy and reporting requirements; Section 160.261.1  
<http://www.moga.mo.gov/mostatutes/stathtml/16000002611.html>

## **The Power of PE**

Interesting article about benefits of Physical Education and fitness, relating to the whole child.

<http://www.edweek.org/ew/articles/2016/05/11/heisman-trophy-winner-physical-education-saved-my.html?cmp=eml-enl-eu-news1-RM>

## **Top 20 Teaching and Learning Principles**

An excellent summary of psychological science research in a useful format for practitioners.

<http://www.apa.org/ed/schools/cpse/top-twenty-principles.aspx>

## **Less Stress U**

The **Missouri STEM Foundation** (Science, Technology, Engineering & Math) is offering clever nonfood **Less Stress U** gift boxes to support college students. Proceeds fund Breaking Traditions scholarships and STEM grants to Regional College and Career Consultants. One attachment has additional information, and the other is a gift card that can be given to your student. Details and an order form are at [www.LessStressU.org](http://www.LessStressU.org)

## **DESE Mailbag**

The [Electronic Mailbag](#) has relevant items for Missouri school counselors and educators.

## **Dissertation Research Study**

You are invited to participate in a dissertation research study examining professional counselor's multicultural competence with Arab American clients. The anonymous survey will take approximately 20-25 minutes to complete and all information will be kept confidential.

[https://utk.co1.qualtrics.com/SE/?SID=SV\\_0THace6IRw7HxDn](https://utk.co1.qualtrics.com/SE/?SID=SV_0THace6IRw7HxDn)

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## **Conferences and Professional Development Opportunities**

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## **Transition Training Institute**

**June 21-23 Location TBD**

<http://dese.mo.gov/special-education/news-and-updates>

## **New Counselor Institute**

**July 17-20 Capital Plaza, Jefferson City** [NCI](#) (2016 Information is still being developed)

## **Missouri Alternative Education Network (MAEN) 2016 Annual Conference**

**July 18 –19 Lodge of the Four Seasons**

[maen4kids@gmail.com](mailto:maen4kids@gmail.com) or [www.maen4kids.org](http://www.maen4kids.org)

## **Show Me You Care About Suicide Prevention**

**July 21-22 Marriott Courtyard, Columbia**

## **Missouri ACTE Summer Conference**

**July 25-28, Springfield, Missouri** <http://www.mo-acte.org/>

(2016 Information is still being developed)

## **Safe Schools and Colleges Conference**

**September 28-29 Tan-Tar-A**

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# **Interesting Insights**

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## **U.S. News and World Report Highlights**

- Heroin Epidemic 9 Charts – easy skim <http://www.usnews.com/news/blogs/data-mine/2015/08/19/the-heroin-epidemic-in-9-graphs>
- U.S. Adults Lag Behind in Workforce Skills <http://www.usnews.com/news/blogs/data-mine/2016/03/10/us-adults-lag-behind-in-workforce-skills>
- State Chiefs Asked to Focus on Workforce Skills  
“One of the biggest challenges has been to get parents and grandparents to accept the idea that [success] isn't just going on to a four-year college,” said Molly Spearman, superintendent of South Carolina schools. Spearman, for example, is working to build a new accountability system that incorporates traditional academic measures on things like math and reading but also takes into consideration something called "world class skills" – things like creativity, critical thinking and collaboration – as well as "life and career characteristics," like integrity, self-direction and perseverance. "Our economy is booming and we have 50,000 to 60,000 jobs that we can't fill," she said. "We need to help our parents understand that a career going into the tech system is OK, and it's been challenge for us to get this message out." <http://www.usnews.com/news/articles/2016-04-04/state-chiefs-asked-to-focus-on-workforce-skills>

## **Hand of Grace**

A heartwarming video of what caring people can do for a special child

Page | 7 *Missouri Comprehensive Guidance and Counseling: Linking School Success to Life Success!*

## Final Reflections

The following responses address the prompt: What do you want to remember from this (graduate school counseling) class that will be meaningful for your journey (as a school counselor)?

- Ø When I get frustrated I want to remember that I'm not in this alone. It's ok to reach out to colleagues for advice.
- Ø It's ok to ask questions, that's how we continue to grow and learn.
- Ø Be a leader, not a follower. Always stand up for yourself.
- Ø Be able to identify your own strengths as well as your colleagues.
- Ø Be able to identify your own weaknesses. This will help you grow and become stronger along your journey.
- Ø Take responsibility for all of your achievements as well as your mistakes. It is important to show our students that we make mistakes also, but you should always own up to them, no matter what the consequences.
- Ø Learn how to put your leadership style into practice.
- Ø Listen to your colleague's suggestions on how to improve your counseling program. This doesn't mean you have to incorporate everything your colleagues suggest but sometimes the best ideas are constructed from those that didn't work the first time.
- Ø Always have empathy for others.
- Ø Set high standards for your students and yourself. This will help you grow not only as a school counselor but as a person as well.
- Ø Set your ethical standards high.
- Ø Never forget your first priority; your students. This goes for everything that you do.
- Ø Remember you are not only there for your students, you are there for your colleagues, parents and community members as well.
- Ø Be the encourager in your school.
- Ø Use self-care regularly, not just when you think you need it.
- Ø It's ok to take a break, we deserve it.
- Ø Sometimes you need to take a step outside of the box to see things from someone else's perspective.
- Ø Get to know your students, you might learn a thing or two.
- Ø Reach out to your community not only when in need but just to let them know they are appreciated.
- Ø Find ways to get parents involved in their children's lives.
- Ø Remember that it's ok when students don't want to attend college. There are so many other options.
- Ø If you feel as though something is unfair or unjust go and speak to your administrators. They are people too.
- Ø Put yourself out there, let your students know that you are there for them.
- Ø Get involved with your local school counselor organizations.
- Ø Work closely with your teachers, you need each other.
- Ø People want to hear what is happening in their school, don't be afraid to speak highly of your counseling program.

***Another example of why school counselors are critically important! Let your light shine!***

*It is the policy of the Missouri Department of Elementary and Secondary Education not to discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs or employment practices as required by Title VI and VII of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975 and Title II of the Americans with Disabilities Act of 1990. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator–Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6th Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number (573) 526-4757 or TTY (800) 735-2966, fax (573) 522-4883, email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).*