



School Counseling News

Reflections by Val Beikmann

As I look back throughout the last year as KSCA President, I can honestly say I feel very fortunate to have experienced the opportunity to serve the organization. At the time I was elected, I was not real thrilled about being there. I felt inferior as to whether I would be able to carry on what the previous leaders had done and was not sure how I was going to "fit" it all in.

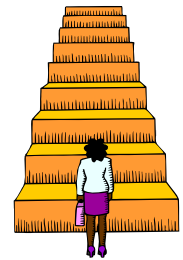
Now I have a different view and realize I have gained valuable knowledge as well as made valuable friendships in the process. Having the chance to attend leadership training has

given me connections not only around the state, but also the country. The people I have met as well as worked with during the last two years have been amazing. As the only counselor in my district consider them my colleagues.

"You only get out what you put in" is phrase a motivational speaker once shared with my students. I think this is very true of belonging to a professional organization. You are only going to get out of that organization what you decide you are going to. As members we

make the decision on what we want from the organization and how it will meet our personal and professional needs.

You may think you do not have the time, energy or the commitment needed to serve this organization. However, there are small things you can do that will make a difference. KSCA as well as KCA is always looking for individuals to serve on committees. In most cases there is not a huge time commitment involved. Please consider serving, you will not be disappointed.



Yes, there was

stress along with planning and constant communication, yet serving KSCA has been both rewarding and inspiring. I learned so much about this organization and myself in the process. **Thank you for that opportunity.**

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Counselor of the Year Honors

Congratulations

to Sue Poore, counselor at Heatherstone Elementary in Olathe. Sue was recognized as the KSCA Counselor of the year. She then became one of six people eligible for KCA counselor of the year.

Sue is described as a lifelong learner, who is well informed, innovative and dedicated to the professions. Sue also promotes relationship of trust and respect and is a great asset to her school of over 630 students. She more than willing

to give of her time and energy to serve the students of Heatherstone.

What a deserving candidate!! Sue's full bio and information about the awards can be found at www.kscounseling.org

Celebrating Student Success! *by Kathy Schurle*



"Our students work hard and look forward to the "surprise" reward they have earned."

We, as adults, enjoy kudos for things we do; obviously, children/students are no different. To encourage responsible behavior throughout the year, we have quarterly, school-wide rewards. Each grade level has developmentally appropriate behavior guidelines that must be met for a student to be able to partici-

pate in the reward. Usually, the reward time is held in the gym with all grade-levels. Following are some examples of the rewards the students have had:

- 1. High school cheerleaders demonstrating cheers (some with our school name and mascot)
- 2. Movie/popcorn

- 3. Wildlife presentation with guest speaker
- 4. Game time, with students bringing their favorite board games
- 5. High school students performing a Christmas play

Our students work hard and look forward to the "surprise" reward they have earned.

Intrinsic or Extrinsic? *By Judy Johnson*

As counselors/educators/parents the words "intrinsic" and "extrinsic" are so familiar to us. We also know that moving from an extrinsic mindset to an internal process is sometimes difficult. If it were a simple task for all of us, a pat on the back or a few words of praise could easily replace an annual pay raise. That's not the case for adults, nor is it the case for our students. So, rewards and incentives are necessary to help ensure the success of our students on the state assessments.

The reward and incentive committee at Great Bend Middle School met all year trying to develop a motivating and yet realistic reward system for our students. Work had been previously done to break the state indicators in math and reading into small teaching units. At the completion of each Focus Unit, a series of daily lessons used by each certified teacher in the building at the beginning of each class regardless of cur-

riculum area, students were giving the opportunity to receive a reward if they passed the focus test. Small cards were printed that had either intrinsic (i.e. "Good Work!", "Congratulations on a job well done!", "You are so smart!") or extrinsic rewards (i.e. "Good work! You've earned a soda!", "Great effort! You've earned a gift card!"). A large number of the cards contained a simple message and about 20% of the cards had another reward on the card. Students who did not pass the focus tests were required to attend after school homework help. Upon successful completion of their retesting, those students had the same opportunity to draw a card.

A school-wide assembly kicked off the state assessment window. Models, GBMS teachers, strutted down a lighted runway in trendy clothes while curriculum appropriate text was used to describe their outfit. The students particularly enjoyed the retro look of those

who wore their old 70's basketball uniforms. The school-wide goals for math and reading were announced as was the reward if the goals were met in both areas. Students had been surveyed early in the year about what they would consider a good reward, either a day off of school or a day in school with fun activities. Overwhelmingly, they chose the day in school with activities.

GBMS did meet the target in both areas. The reward day was split into three blocks: movies or a dance in the morning, lunch with core activities, and then movies or a dance again. Students could choose a morning and afternoon activity. Many chose to have four hours at a school dance! Our community generously gave us a large sum of money which was used for many small prizes as well as twelve iPods. Drawings for the larger prizes occurred during the lunch periods. All students were eligible to win any of the prizes and no distinction was

made between proficiency levels or even students who had just entered our building.

The one area the reward and incentive committee did not address and will next fall is the intrinsic or extrinsic reward system for the adults who made all of this student success happen. When the staff is surveyed next fall, and if the choice given of a day off or a day in school with fun activities, rest assured the staff will choose to dance their day away in some other place!

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New Officers for 2007-2008

KSCA elections were held in conjunction with the KCA convention on March 16. Congratulations to the following individuals who were selected as new officers for 2007-2008.

Deb Woodard, President Elect Deb is a high school counselor at KC Wyandotte and will retire

at the end of this school year. She plans to pursue counseling interests at the post secondary level.

Dr. Ken Hughey, Secondary Vice President. Dr. Hughey is a professor at K-State who teaches the career portion of the curriculum. He has been at KSU since 1990.

Judy Johnson, Middle

level Vice President. Judy serves as the middle school counselor at Great Bend Middle school and has been the KSCA middle level rep the past two years.

They will assume their duties later this summer.

The current Leadership Roster is found on kssca.com

The highest reward for a man's toil is not what he gets for it, but what he becomes by it.

John Ruskin

Student Incentives *by Paula Russell*

Just the word "State Assessments" holds the power to raise blood pressure in adults and increase stress in students! Each year as the testing windows nears, it seems that our entire building levitates off of its' foundation and quakes in negative anticipation. This year, after visiting with the principal, I decided to ask our teachers if they would like to meet to address the stress around and about the testing process. My principal found funding to pay for supplies of decorating and food.

After a gripe session/meeting we made plans to convert our 'wasted' energy (talking about stress, complaining about the process, etc.) into positive energy by decorating the student lockers, student desks, computer labs and hallways. We decorated the hallways with prom-like decorations and called the testing "The Big Dance!" and correlated it with March Madness.

An evening prior to the first week of testing we met at school and what began as an event for 'the kids' turned in to a positive release for the teachers. We thought we were encouraging the students but it turned out that we also felt better because

we 'lightened' our own stress levels by just talking about it outside of the school day setting when we had time to think without bells and deadlines. Our talking about the tests helped remind us of what we can impact and what we cannot. **It was a relief to get the negative talk out of our system.**

Prior to the initial testing session, our Principal and homeroom teachers had a 'pep rally'; we compared our preparation to athletics and asked them to put on their 'game face.' The students responded very well and we felt our efforts helped them realize how invested

During the testing, we put signs of encouragement in the corner of each computer desktop and provided juice in the hallway near the labs and gave the students snacks with a message each testing session.

After the testing was complete we gave each testing class cookie snack packs that say:

"Thanks for doing your best and not crumbling under pressure! We are proud of you!"

We put signs around the clocks that said: "Don't watch the clock; do what it does ---keep going! You have TIME to do your best!"

Some of the messages were:

- Tootsie Pops** – You can lick this test!
- ◆ **Tootsie Rolls** – You are on a roll – keep it up!
- ◆ **Gummy Bears snack-packs** – Bear with us and do your best!
- ◆ **Goldfish snack-packs** - You are doing a WHALE of a job! (Your dedication is FINTastic!)
- ◆ **Planters Nut snack-packs** – Research shows that nuts boost your brainpower and help clear up 'brain fog' – a scientific term (!) So clear up your brain fog with these nuts!
- ◆ **Airheads** – There are NO AIR-HEADS at Pike Valley –Take YOUR time and do YOUR best!
- ◆ **Licorice** – Don't let the test twist your mind –slow down and take YOUR time to do YOUR best!

After testing was complete for each subject, we had a time where we discussed what the students were concerned about and how they felt they had done. The students seemed to appreciate having the opportunity to talk about how they handled their stress during the testing as well as furthering their understanding about the results. It was meaningful for the teachers because they heard information that will impact our preparation for next year.

During the testing dates, I surprised teachers with notes of encouragement

and appreciation for their patience with my disrupted schedule. I included everyone on our faculty and staff and it really unified support for the process. The notes that Sccess without U! You may not have a class testing but you helped them on their way to get there! Thanks!

Messages to teachers and staff were:

Microwave popcorn: I am bursting with appreciation for all that you do!

Kudos: Thanks for all you do for our kids! (plus the Sccess message)

Mints: Thanks for your commitment

Laffy Taffy: Prescription for testing stress – take two and a deep breath!

Goldfish: You have done a WHALE of a job

The testing was still stressful but we felt like we prepared ourselves as well as the students by talking about the stress and supporting each other!

There is still time to register for the ASCA national conference to be held in Denver, CO June 23-26. Attending a national convention is a once in a life-time opportunity to see what other people and states are doing. More information can be found at the ASCA website: www.schoolcounseling.org



This summer, SENG (Supporting the Emotional Needs of the Gifted,) will be holding its 24th annual conference in Overland Park . The conference will be held July 13 - 15 at the Overland Park Marriott Hotel. Sessions at the conference are designed for parents (and grandparents) of gifted children, teachers of the gifted, school and mental health counselors, and gifted adults. SENG also provides a limited (great fun!) children's program during regular conference hours, so parents can participate in sessions. For more information and registration www.sengifted.org/



After thoughts...

Congratulations to Adrienne Young, a graduate student at Pittsburg State. She was awarded the \$250.00 scholarship from KSCA.



The KS Department of Education along with KCA and KSCA are sponsoring the Kansas School Counseling Academy. This will be held June 27-28 in Wichita for a low, low price of \$125.00. If you are wanting to learn how to transition into a comprehensive school counseling program this is for you. For a schedule and registration information, please check out the **KSDE**



Friend to Friend Conference Fall 2007



"I Accept Rachel's Challenge"

- Eliminate Prejudice
- Dare to Dream
- Choose Your Influences
- Kind Words
- Start a CHAIN REACTION

There has been a date change for this fall's "Friend to Friend" conference. Due to speaker bookings the conference is now scheduled for **November 5 in Hays and November 6 in Emporia**. If you have a peer group or are interested in starting one, this conference is a great way to interest

your students as well as offer them ideas to incorporate back into your school.

November 5, 2007
November 6, 2007

There have been many schools who have been a part of Rachel's Challenge over the past year that we plan

to incorporate YEAR 2: Rachel's Legacy into this year's conference.

You do not have to have attended the first year to be part of this event.

Detailed information as well as registration will be sent out early fall. Information will also be added to our website.

WE ARE ON THE WEB
<http://www.kssca.com>