

Capital District Counseling Association

President's Message : Slow Down

Kathleen Dowd Freese

When I was a kid, May Day had special meaning for me. May 1st, the beginning of spring! My friends and I would collect flowers from neighbor's gardens and place them on the front stoops of elderly neighbor's homes...ring the doorbell and run away. We would only run far enough away that we wouldn't get caught. We wanted to see the reaction of the individual who answered the door! At school we would run around the "May Pole" singing songs and twisting brightly colored ribbons around the pole. I always loved May 1st. I still do!

May is when the world is blooming, the sun is shining, and people are emerging from their winter hibernation. It is a time to slow down and smell the flowers.

Often when we say "Hi, how

are you?" to someone these days, the answer is, "I'm so busy"...then the individual will launch into long lists of professional, and family obligations that they must take care of...our society accepts busyness...and sometimes we mistake a severely busy person as a highly important person. I sometimes catch myself looking at my long "to do" list and wondering how I will accomplish everything...too busy, then I remind myself...time to take a step back and slow down.

Finding the balance between "rushing around" and "getting things done" is a challenge. Society asks us to do more with less in every aspect of our lives. Prioritizing has become difficult for many of us.



Kathleen Dowd Freese,
CDCA President

I maintain that moving too quickly, we make mistakes and miss details. I accept that I am capable of saying "no" now and then. I encourage all of you to take a deep breath and really concentrate on what is most important. And lastly, I challenge you to take some time to stop and smell the roses, tulips, daffodils...and the other the simple and abundant riches in

What is Your Mindset?

Dan McCrea

What do you believe about intelligence? Is it something in-born that changes little over a lifetime, or can it be developed and actually increased with effort and hard work? This is a fundamental question that Carol Dweck, a psychologist from Stanford University, has been looking into for the last 30 years. What she has found is that your answer to that basic question has a large effect on your success in life. I did a paper on Carol Dweck's work while in graduate school back in 1997. At the time

this was relatively fresh research published in academic journals, and she was using academic sounding terms for people's theories of intelligence. The theory of intelligence that said it was static over time and little could be done to change it was called the "entity theory" of intelligence. The theory that intelligence could be developed and improved was called the "incremental theory" of intelligence. People with the incremental theory of intelligence did much better in school than those

with the entity theory, because they believed their hard work would pay off, so they were much more likely to persist in the face of obstacles, and apparent failures.

I was struck with how powerful her work was and it made a big difference in my own academic career. When you believe that intelligence can be improved it motivates you and gives you a sense of power. I was sure it could make a big difference in other student's lives. I was so excited by it that while I was doing my school counseling internship back in 1998 I did a

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CDCA College Visit

Natasha Bermudez and Courtney Lovell

On March 28th, school counselors from the Capital District attended the annual college visit. This year the group visited Springfield College and Western New England College. Overall the trip was a great success, counselors were able to enjoy a nice day and good company while gaining some great information for our potential college bound students. A special thanks to Linda Fennelly who arranged the trip, and who made sure the day was a pleasant and informative experience for everyone.

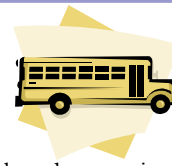
The day started with a friendly welcoming from Springfield College Admissions Representatives. We were provided a generous breakfast which was served within their art department, an area of the college that often goes unrecognized. Time was given to explore some student artwork

as we mingled around before the campus tour. The Admissions Representatives took some time to answer our questions about the college. The College has a wide variety of programs including Art Therapy, Athletic Training, Physicians Assistant, Occupational Therapy, Physical Therapy, and Rehabilitation Disability Studies. Many of the students continue their education at Springfield to obtain certification, Masters, and Doctorate degrees in these programs. The College offers numerous activities in which a large majority of students participate in, Division III athletics, clubs, and intramurals.

After our visit with Springfield College we made our way over to Western New England College. Our afternoon was spent hearing from Admissions Representatives as

well as several students, going on a campus tour, and finished with a lunch in the Colleges main dining hall. Most would agree that the Campus Life of Western New England is very active. As we toured the campus it was apparent that students took great advantage of the many appealing locations available for their gathering. Western New England College is actually made up of three colleges, the College of Engineering, the College of Business, and the College of Arts and Sciences. There is also a 3+3 Law Program where students begin law school during their third year of college. Internships and international exchange programs are popular at the school, students in the Business program have traveled around the world exploring beyond the classroom experience.

Overall, both colleges seem to have much to offer to our college bound students. There are excellent programs at Springfield, especially those related to health and well being. The students seemed very relaxed and comfortable on campus; it seemed like an ideal location for students who are active and involved with their school. At Western New England, the students seemed to really enjoy their small college community. The college had a very warm and colorful environment, the buildings and landscaping are very unique, and the food was great! It would be hard for a student to become homesick at a college like Western New England, a beautiful campus, fine academic programs, and relatively close to the Capital District. This trip will enable us to be an informed resource for our future college bound students, and would certainly recommend the trip to those interested for next year.



New DVD Tool for Financial Aid

Samantha Clark

Recently, the Guidance Department, at the Greenville Central School District, in Greenville, N.Y., received a new tool for students and parents to use when applying for financial aid. Samantha Clark a student at the College of St. Rose, majoring in School Counseling and her liaison Betty Ewing, who is a member of the Capital District Counseling Association, received a grant from the CDCA in order to fund the creation of an informational DVD designed to make the process of applying for financial aid easier.

The DVD entitled, "An over-

view of the financial aid process in six easy steps", breaks down the process of applying for Financial Aid into six steps with additional information being given in the form of websites and phone numbers. The DVD is designed to introduce students and parents to the process and give them more information in order to fully complete the process of applying for Financial Aid.

Ms. Clark, who has a background in television production, worked with students who were members of the schools Video and Drama club to create, write, shoot and edit the media content that would be used to complete the DVD. Video

club members shot the footage, staged the scenes, and edited the video, while drama club members acted out scenes and lent their voice to the video for the voice-over track. In addition to students having the opportunity to participate in the project, the school was able to purchase additional video software and equipment that will further benefit each club within the school district. The DVD was made possible with grant funds from the Capital District Counseling Association and additional copies will be available for use in Capital District school district's by contacting the Capital District Counseling Association.



Executive Committee

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Newsletter Editor

CDCA PROPOSED Budget 2007-2008



OPERATING

Postage	\$1200.00
Executive	\$1000.00
Standing	\$1000.00
Membership	\$250.00
P.O. Box	\$75.00

PRINTING

Newsletter	\$2500.00
Membership Directory	\$795.00
Misc. Printing	\$200.00
Web Page	\$1100.00

PROGRAMS

Mailing/ Postage*	\$0.00
Supplies/ Printing,, etc.	\$1550.00
Advertising	\$500.00
Honorarium Gifts	\$1600.00

MISCELLANEOUS

NYCA	\$150.00
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Other	\$500.00
<u>TRAVEL</u>	
NYCA Delegate	\$300.00
Trustee	\$50.00
President	\$200.00
<u>OTHER</u>	
Scholarship	\$8000.00
CDCA Grant	\$2000.00
Scholarship Committee	\$250.00
<u>TOTAL</u>	\$23,220

INCOME

Membership &	
Programs	\$7700.00
Interest	\$220.00
College Fair	\$15,000.00
Raffle	\$300.00

TOTAL \$23,220

*- Included in Operating Postage costs

22nd Annual Spring College Fair

Carly Connors, College Fair Committee Chair

The CDCA College Fair was held Wednesday, May 2, 2007, at the Edward F. McDonough Recreation Center, Hudson Valley Community College in Troy. This free event gave students and parents the opportunity to meet one-on-one with admission representatives from a wide range of national, public and private, two and four year colleges and universities. The fair was a great success thanks to the College Fair committee: Mike DiNicola, Colleen O'Flaherty, Leigh Smith, Linda King, Bette Ewing, Janine O'Brien, Chelsey Brooks, Carl Winters, Megan Beauchamp, Liz Prybylowski, Michael Mastella, Bethany Mortenson, James Luciano. Great Job!

Bryant & Stratton Presentations

All presentations are a courtesy of the college!

The Successful Interview-

This presentation goes over the important skills that every student needs to successfully complete that important job or college interview.

Resume Writing-

Students learn how to create a winning resume. Learn what employers are looking for to put that resume on top.

Professional Skills-

This discussion covers topics such as interpersonal skills, communication, building rapport and teamwork. Students learn what these skills are and why they are important for success.

Money For College-

Students will learn that every student is entitled to a college education. Learn how and when to apply for financial aid, grants, and various scholarships.

Find A Career-

This exercise helps students to identify their personality traits. Students will learn to discover what they like to do-their interests, values, abilities, skills, and personality.

These are just some of the presentations you can choose from. Please let me know if any suit your needs or if something can be "tweaked" to better fit your curriculum.

Contact Kelly Mooney at 437-1802x 227
kmmooney@bryantstratton.edu

**How about bringing your students to us for a real college experience? We'll provide lunch!

Thanks to our Member

Institutions!

- | | |
|---------------------------------|--------------------------------------|
| Albany College of Pharmacy | Morrisville State College |
| Binghamton University | Russell Sage College |
| Bryant and Stratton College | Sage College of Albany |
| Canisius College | Schenectady County Community College |
| College of Saint Rose | Siena College |
| Hudson Valley Community College | Skidmore College |
| ITT Technical Institute | SUNY IT |
| Johnson & Wales University | CDCA thanks you for your support. |
| Maria College | |
| Mildred Elly Business Institute | |

Legislative Action

Judi Michela

There are so many challenges facing students both inside and outside of the classroom these days. The school guidance counselor is uniquely suited to help those students take on those challenges. But according to the State Education Department, about half of all school buildings in New York State do not employ a full-time guidance counselor. Now New York State lawmakers are discussing measures to deal with that shortfall. Assembly Bill A.4153 and Senate Bill S.2122 would require school boards to employ at least one certified or licensed guidance counselor at each school under their jurisdiction - from elementary through senior high. According to the bills' sponsors, if more counselors are available for early intervention, there will be fewer long-term problems

(including fewer special education referrals). If approved, any new hiring would affect districts starting in 2009. Both bills are in their respective Education Committees.

You are encouraged to write in support of these measures, the following addresses may prove helpful:



Senator Steven M. Saland
Chair, Senate Education Committee
708 LOB, Albany, NY 12247

Senator Neil D. Breslin
414 Capital, Albany, NY 12247

Senator Hugh T. Farley
412 LOB, Albany, NY 12247

Senator Betty Little
903 LOB, Albany, NY 12247

Senator Joseph L. Bruno
909 LOB, Albany, NY 12247

Assembly Member Catherine T. Nolan
Chair, Assembly Education Committee
836 LOB, Albany, NY 12248

Assemblyman John J. McEneny
648 LOB, Albany, NY 12248

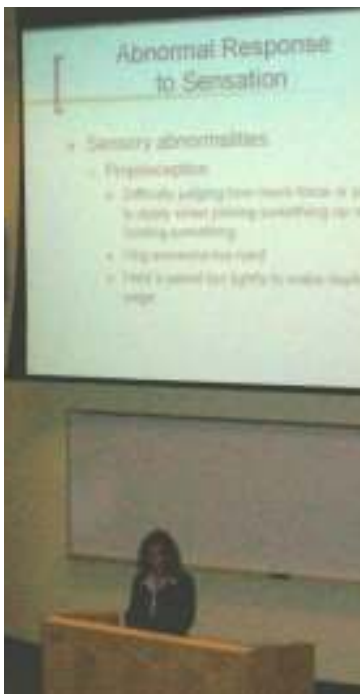
Assemblyman Ronald Canestrari
926 LOB, Albany, NY 12248

Assembly Minority Leader J. Tedisco
933 LOB, Albany, NY 12248

Assemblyman T. Gordon
938 LOB, Albany, NY 12248

Assemblyman Paul D. Tonko

CDCA Spring Conference



The CDCA Spring Professional Development Conference was held at the Albany College of Pharmacy on March 21st, 2007. This very informative conference was attended by a variety of middle school, high school, college and community counselors as well as counseling students from around the Capital district.

Workshop Topics included:

- “Supporting Students with Autism in the Classroom,” presented by the Center for Autism and Related Disorders (CARD).
- “Taking Care of Yourself on the Road,” presented by Dr. Nancy DeKorp of The Sage Colleges.
- “Student Health Services Information for the School Counselor,” presented by Wilma Alvarado-Little, from the Center for the elimination of Minority Health Disparities.



Administrative Professionals Luncheon



The Annual Administrative Professions Luncheon was held at the Marriott Wolf Road on Monday April 23rd. Over 70 CDCA members and their administrative professionals were in attendance.

The meal was superb and several administrative professions won door-prizes in a random drawing.



Mindset From Page 1 Dan McCrea

workshop for struggling ninth graders using Dweck's ideas. These students were a tough crowd, and even though I could see how important these ideas and research could be to them, to the student's themselves it was not at all clear. My inexperience together with the student's dislike of terms like "entity" and "incremental" all but assured my doom in this workshop and their teacher had to step in and restore order several times during the class. I pulled it through, barely, and finished up, but left that workshop perplexed why others did not see the power of Dweck's work. So I put Dweck's work on the back burner for a while.

Well here I am in 2007 and I stumble on an article on the web about Carol Dweck. Dweck had continued working on her research and has just published a book about it called Mindset. It brought together all of Dweck's research with real-life examples from academics, sports and business. Dweck used everyday language in writing the book and had updated her terminology to some thing much more accessible. "Entity theory," was changed to "fixed mindset," and "incremental theory," was changed to "growth mindset."

People with the fixed mindset have the overriding goal of performing well. They are usually concerned with appearing intelligent, and less concerned with deep learning and understanding. In the face of challenges or obstacle they often give up quickly, or actively avoid challenges where they might fail and in their view, appear stupid. They tend to see effort as proof that they are not smart or talented. This mindset usually confirms a deterministic view of the world where effort and will makes little difference.

An alternative to the fixed mindset is

the growth mindset, the belief that intelligence, ability and talent are dynamic and can be cultivated and developed. People with this mindset usually have the goal of deep learning. This leads to a desire to learn and a tendency to seek out and embrace challenges. People with the growth mindset persist in the face of setbacks and actually use them as sources of inspiration and information to improve. They see effort as the path to mastery, and have greater sense of freewill and self-efficacy.

Dweck has done research that shows that students can be taught the growth mindset with significant effects on motivation, retention and GPA. We as counselors, educators, coaches and parents can encourage the growth mindset by a few simple actions. First, be aware of your own mindset and how you communicate that to those around you. You can take a test on the mindset webpage, www.mindsetonline.com to see what your mindset is.

Second, praise effort not intelligence. Praising hard work and effort encourages the growth mindset, and has been shown by Dweck to have a positive effect on GPA, persistence and retention. Praising someone for their intelligence, helps student's self-esteem in the short term, but actually encourages a fixed mindset and can have a negative effect on student's success in the long term.

In one of Dweck's studies of under-achieving seventh graders one group was given instruction in study skills and a workshop on memory and the brain. The second group was given study skills training with a workshop that explained the growth mindset and that intelligence, like a muscle can grow stronger with exercise. The first group showed no change in motivation or GPA,

while the second group with mindset training showed significantly higher motivation and GPA. "Study skills and learning are inert until they're powered by an active ingredient" says Dweck, and that active ingredient is the growth mindset.

So to bring my story full circle, I have created a new workshop based on Dweck's book. Using the more user-friendly terminology and the many great examples and stories from her book, and my own experiences, I gave the workshop on mindsets to a college writing course and to Youthbuild, a program for students who are working on a GED. Both workshops went great. The students were very interested and excited by what I was telling them. They had many questions and offered many examples from their own lives of times when they used one or the other mindset, and said they were determined to use the growth mindset in the future. In the end the writing class wanted to know if there was a class about mindsets at SCCC ("I'm working on it," I told them), and the Youthbuild class invited me back to check in on their progress. It's amazing what a little experience and a change in mindset (and vocabulary) can achieve.

More information can be found at: <http://www.mindsetonline.com>
Carol Dweck's new book is called : Mindset: The New Psychology of Success

For those who are interested there will be a workshop at the upcoming SUNY Retention Symposium at SCCC on June 8th on using StrengthsQuest (see last newsletter) and Mindset as tools to help student engagement and motivation. The web address for registration and more info is <http://www.sunysccc.edu/symposium>

CAPITAL DISTRICT COUNSELING ASSOCIATION

A Chapter of the New York Counseling Association

MEMBERSHIP APPLICATION

2007 – 2008

New Member _____ **Renewal** _____ **Date** _____

Name _____

Job Title _____

Place of Employment _____

Work Address

Home Address

City

State

Zip code

City

State

Zip code

Phone _____

Phone _____

Email _____

Email _____

Mailing Address Home _____ Work _____

Committee Interest

- _____ College Fair
- _____ Elementary School Counselors
- _____ High School Counselors
- _____ Legislative
- _____ Membership
- _____ Middle School Counselors
- _____ Newsletter / Publications

- _____ Nominations / Elections
- _____ Program / Professional Development
- _____ Publicity / Public Relations
- _____ Scholarships
- _____ Strategic Planning
- _____ Sunshine

Capital District Counseling Association

A Chapter of the New York Counseling Association

P.O. Box 13174
Albany, NY 12212

Call for Retirees

Do you know a CDCA member who is retiring this year?

Please send their name and school address to:

mccreada@gw.sunysccc.edu

UPCOMING EVENTS CALENDAR

6/08/07 Seventh Annual SUNY Retention Symposium Promoting Student Retention Through Engagement. Early registration deadline May 20th, late registration deadline May 28. Go to <http://www.sunysccc.edu/symposium> for registration and more information.

6/12/07 CDCA Annual Business Meeting and Dinner at Sienna College. For information email James Luciano at luciaj@sage.edu.

CHECK OUT THE NEW CDCA WEBSITE

AT

WWW.CASDANY.ORG/CDCA.HTML

The CDCA Newsletter Thank You....

is always looking for interesting articles.

Please submit articles to
Dan McCrea
at
mccreada@gw.sunysccc.edu

Articles can be about





- Your school
- A community program
- A book you have read
- A trip you have taken
- A speaker you have heard
- Your opinion on a topic
- Any story of interest to counselors

Next Article Deadline:
June 15, 2007

To the 218 members who have joined the Capital District Counseling Association.

CDCA provides a needed professional voice for all counselors in the Capital District. To renew your membership, contact:

Tonna Bucciero
CDCA Membership Chair
P.O. Box 13174
Albany, NY 12212
tbucciero@nycap.rr.com

  **Sunshine?**  
Do you know of anyone needing recognition from the Sunshine Committee? Contact John Haggerty at johnh@schuylerville.org

2007 – 2008 Slate of Officers

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Vice President

for Professional

Development Mara Gallagher

Recording

Secretary Michelle Lavigne

Corresponding

Secretary Colleen Pierce

Treasurer Mike Dinicola

Trustee for

Committees Leigh Smith