

Spring Issue 2010
Volume 4, Issue 2

CDCA

Executive Committee

Carl Winters – President
Johnson & Wales University
Carl.winters@jwu.edu

Mary Murphy—VP for
Professional Development
Vanderhyden Hall
murfee76@gmail.com

Julie Panzanaro – Recording
Secretary, Hudson Valley CC
j.panzanaro@hvcc.edu

Michele Passonno– Corre-
sponding Secretary /
Membership
Graduate Student
passonnom764@strose.edu

Mike Dinicola - Treasurer
Maria College Admissions
mdinicola@maricollege.edu

Carly Connors – Trustee for
Committees, Massachusetts
College of Pharmacy and Health
Sciences
carly.connors@yahoo.com

Leigh Smith – Past President,
Schuylerville CSD
smith@schuylerville.org

Kathleen Dowd-Freese – NYCA
Schenectady County Community
College
mccreada@gw.sunysccc.edu

Spring



Capital District Counseling Association

President's Message

Carl Winters



Happy New Year to all whether you call it “20-10” or “2000-10”! I sincerely hope that you had a wonderful holiday season with family and friends *and* got some well-deserved R&R.

CDCA had a wonderful December meeting held at the Italian American Community Center. There was a last minute glitch and the event had to be moved from The Century House (that's

another story). Nevertheless I think that everyone “found” us and had an enjoyable evening along with a great speaker (Dr. Steven Birchak). The eight gift baskets were a great hit....ranging from “handy-person's” to “spa basket” to “ice cream sundae” and to cover all bases there were not one but two “beverage baskets”. We are currently planning our spring events --- March meeting, Administrator's Assistant's luncheon and end of year meeting. Information will be forthcoming as soon as the details are worked out.

In the event you have some extra time and energy we are always looking for volunteers for one thing or another. Right now we are preparing to examine our by-laws now that NYCA doesn't exist. If anyone would be interested in joining us for this task please know that you will be welcomed with open arms. Elsewhere in this issue is a call for folks to join the college caravan committee. These are just a few areas where your talents would be greatly appreciated.

Interested in getting more involved in CDCA...

- run for office—contact Leigh Smith
- write an article—contact Betsey Schuhle
- join a committee—contact Carly Connors



COLLEGE CARAVAN

It's that time of year again! CDCA has orchestrated two very successful mini-college fairs in as many years. This past Fall the CDCA college members visited 16 of the local high schools in four days talking with a great number of students. We would like to start the preliminary work at this time. If you would like to help out organizing this event you would be more than welcome!...many hands make for easy work.....or something like that. Also, if you are a high school counselor and would like to have your school *considered* to be included please contact me. Please remember that we cannot possibly cover all of the high schools every year and that many factors enter into our decision --- location and proximity to other schools being just a few of them. Contact Carl Winters at carl.winters@jwu.edu.

FEBRUARY IS FINANCIAL AID AWARENESS MONTH

Governor Paterson Proclaims January 25 to February 25 Student Financial Aid Awareness Month January 25 to February 25 has been designated "New York State Student Financial Aid Awareness Month" by Governor David A. Paterson, marking a period during which the State's students and families will learn about the many financial aid opportunities available to help pay for college, and how to apply for them. The NYS Higher Education Services Corporation (HESC), New York's student financial aid agency, will spearhead a campaign entitled "Start Here Get There," to inform and educate students and families about college financial aid and promote the completion of the most important tool in securing that aid, the Free Application for Federal Student Aid (FAFSA).

StartHereGetThere.org, a new HESC Web site, offers college and financial aid planning information, informative videos, helpful tips and tools, a step-by-step tutorial for completing the FAFSA, as well as a wealth of information about federal, state and college-sponsored aid, including grants, such as New York's Tuition Assistance Program (TAP), and other scholarships, loans and work study programs. Read more....

http://www.hesc.com/content.nsf/HESC/Governor_Paterson_Proclaims_January_25_to_February_25_Student_Financial_Aid_Awareness_Month

Two events that will be held in the Albany area where students can go and fill out their FAFSA. They can register for an event at the site I have provided.

They are:

2/19/10 - Empire State Plaza (11:00-3:00pm)

2/13/10 - Bryant and Stratton Campus, Central Ave, Albany NY (9:30-12:30)

For more details, please go to:

<http://www.startheregetthere.org/faam/index.html>



CDCA Bus Trip

Save the Date

Friday, April 23, 2010



Details and Registration materials will be available soon!

CDCA Retirees on the Move—

By Bette Ewing

When I was approached to be the contact for the CDCA Alumni (retirees), I wasn't sure what that meant. The fact is, I still don't know what that meant, but nostalgia took over and I wanted to do something to bring the Association Elders together. Easier said than done, but I am glad to say we're making headway. Not be outdone by such established events as Elderhostel, AARP tours, etc. we are planning to do something to get us reunited this spring. Details will have to follow since there are none yet. Please contact me at (518) 384-3469 or e-mail bettee@nycap.rr.com with the names and contact information of anyone at all that you know as a retiree from colleges, schools, or agencies in the Capital District. We'll have to think of a catchy name for ourselves...Capital District Codgers...well, maybe not. Thank you all for any help you can give. I look forward to being deluged

CDCA Holiday Event 2009

By Leigh Smith

Once again, our holiday event was a huge success! Thank you for bearing with us on the last minute switch in locations and a special thank you to Carl Winters and Mary Murphy for making this change such a smooth transition. The Italian American Community Center in Albany accommodated our group on last minute notice and put out a phenomenal spread, which included their delicious Italian pastries on each table. Yum! The executive board put together themed baskets that were raffled off, which seemed to be a big hit.

I have been a member of CDCA for six years now and frequently attend the events. Dr. Stephen Birchack, counseling professor at St. Rose and best-selling author, provided the most inspirational presentation I have seen in those six years. Dr. Birchack made us laugh, made us cry, and touched all of our hearts. I know that I left the event feeling motivated to not only be the best person I can be, but also to spread this positive attitude with others. What a better way to approach the holiday season! If you would like to find out more about Dr. Birchack, visit his website www.docbird.com. Thank you Dr. Birchack for donating your time, your CD's, and the hand clappers we all received- you are such a generous man.

I look forward to seeing you all at our spring event!

“You don’t have to be crazy to work here but...”

The Life and Times of the Middle School Counselor

The other day a high school teacher spoke to me as I was standing in the hallway during passing time. “How long have you been here?” he asked. Since I didn’t know if he meant “how long”... in the hall, the building, or how many years I’ve been a MS counselor, I started to ask what he meant... but before I could finish, he said: “Never mind- I just wondered because I’ve been here for just the last hour, it’s *crazy*, and I’m getting out NOW!” With that comment, he fled.

To those of you who work in middle school, you probably either LOVE it, or are waiting for an opening somewhere more sane. To those of us who wouldn’t be anywhere else, it’s like Forrest Gump’s box of chocolates, where each day is potentially a new surprise; we never know what we’ll be going to get when we arrive for work in the morning!

I don’t think any other level counselor faces the diversity of issues, sizes and developmental challenges that the middle school counselor does. One day we might help an 11 year old grieve a recently deceased guinea pig, the next day a CPS visit for a parent endangering their child, the next two girls fighting over the attentions of a boy, and the next helping a child to succeed who is failing all his classes as a way of striking out at parents going through a contentious divorce. Along with this is helping young adolescents navigate the challenges of their changing bodies and emotions, while being faced with the academic demands and the social challenges of the middle grades.

The Middle School Counselors’ group of CDCA has always existed as a resource for us. Typically we’d hold one or two professional development days where we would invite a speaker of interest, and also offer the opportunity to our members to share best practices. It has always been an educational, energizing, and often therapeutic resource for us. This year, however, only about sixteen members of CDCA indicated interest in the Middle School Counselors’ group and the majority of those are not currently employed in middle school (many are students.) .So, as “Chair” for the year, I am trying to assess what kind of numbers we have who would be interested in a separate activity for our group. If we don’t have sufficient numbers to justify a workshop day in the spring, perhaps we can plan a separate Middle School workshop at the upcoming CDCA workshop in the spring. I’d like to invite all M.S. Counselors to email me their thoughts and interests- what would you like to see for professional development? Would you like to see a whole day, or part of the CDCA conference day? Depending on our numbers and interests, I’ll be happy to work with our professional development staff to try to put together a day or a workshop that will be beneficial for our group. You can email me at blumberg@vcsdk12.org. Thank you—Barbara Blumberg, MS Counselors’ Group Chairperson

Looking to become more involved with CDCA?

Join the Executive Board!



Become an official on the executive board where you can help plan upcoming CDCA events and professional development opportunities, network with other professionals in the field, and find new and exciting ways to provide the CDCA membership with the support they need to be successful counselors!

Please contact Leigh O’Connor to find out more about joining our fantastic team at smithl@schuylerville.org or 366-2618!

National School Counseling Week

National School Counseling Week 2010, "Celebrate School Counseling," will be celebrated from Feb. 1-5, 2010, to focus public attention on the unique contribution of professional school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

Making A Difference

by : Unknown, Henry Gibson

If each grain of sand were to say: One grain does not make a mountain, There would be no land.

If each drop of water were to say: One drop does not make an ocean, There would be no sea.

If each note of music were to say: Each note does not make a symphony, There would be no melody.

If each word were to say: One word does not make a library, There would be no book.

If each brick were to say: One brick does not make a wall, There would be no house.

If each seed were to say: One seed does not make a field, There would be no harvest.

If each of us were to say: One person does not make the difference, There would never be love and peace on earth.

You and I do make the difference,
Begin today and make the difference.

Albany-Area Counselor Breakfast (SAVE THE DATE!)

The Office of Undergraduate Admissions at The College at Brockport will be hosting a School Counselor Breakfast meeting on Tuesday, March 23rd. Our breakfast meeting will be held from 8-10:30 at the Albany Marriott, 189 Wolf Road, Albany, NY 12205.

The College at Brockport has undergone a number of significant changes over the past few years, including increased selectivity in admissions and dramatic improvements in the quality of our student body. College services have been expanded and students are quite pleased with the results, based on the annual SUNY Student Opinion Survey and our increasing retention rates.

During the meeting you will meet staff, learn about the College's commitment to excellence and the variety of extraordinary opportunities available at The College of Brockport to your students. We look forward to sharing our experience with you as well as our plans for the future. Finally, we would like to gather any feedback or suggestions you may wish to provide.

I sincerely hope you and your fellow counselors will be able to join us for this event. Please **RSVP by Monday March 8th**, by e-mailing us at admit@brockport.edu or by calling the Office of Undergraduate Admissions at (585) 395-2751 and identifying that you are interested in attending the Albany-area School Counselor Breakfast meeting.

We look forward to meeting you on Tuesday, March 23rd.

CDCA Scholarship

Please find information regarding this year's CDCA Scholarship for local students enrolling at a Capital Region college. Please advertise this information and encourage any eligible students to apply. Please feel free to copy and distribute to all those you feel could benefit.

If you would be interested in reviewing applications, please contact me!

Casey Ranado
CDCA Scholarship Chair
The Sage Colleges
(518) 244-2446
ranadc@sage.edu

Application Guidelines:

The application form, essay, current transcript(s) and a letter of recommendation from a teacher or school counselor must be mailed together in one complete package.

Official transcript(s) must be the most complete and current transcript available, in a sealed envelope with a signature written across the seal. Transcript(s) should indicate a minimum B (3.0) average in the current academic program.

Recommendation letter from a teacher or school counselor must be in a sealed envelope with a signature written across the seal.

The application packet should be postmarked NO LATER THAN MAY 1, 2010.

Applicants must be from the Capital Region and plan to attend a Capital Region college.

Decisions will be mailed to applicants in early June and the actual monetary awards will be made in the fall after receiving an official form from the registrar of the college, verifying the scholarship winner is a full-time, enrolled student after the semester add/drop date.

Application packets must be postmarked by May 1, 2010, to:

CDCA Scholarship
P.O. Box 13174
Albany, NY 12212

For your opportunity to apply for the CDCA grant that was in the Fall 09 newsletter
contact Betsey Schuhle at bmorgan@uamail.albany.edu

Capital District Counseling Association

2010 Scholarship Application

Name: _____

Address: _____

Telephone Number: _____ Email: _____

High School or College currently attending: _____

Expected date of graduation from current school: _____

Capital Region college at which you will enroll full-time for the Fall 2010 semester:

Intended Major: _____

Applying for (please circle only one):

FRESHMAN ATTENDING A TWO-YEAR COLLEGE

FRESHMAN ATTENDING A FOUR-YEAR COLLEGE

GRADUATE STUDENT

TRANSFERRING FROM A TWO-YEAR COLLEGE TO A FOUR-YEAR COLLEGE

The following must be sent with your application and postmarked no later than May 1, 2010:

1. This completed application form.
2. An essay on the following topic (maximum 500 words):
Identify an issue of importance or concern to you and explain how your college experience will help you address this issue.
3. A complete official transcript(s) showing the most current grades, in a sealed envelope with a signature written across the seal. Transcript(s) should indicate a minimum B (3.0) average.
4. One letter of recommendation from a teacher or school counselor, in a sealed envelope with a signature across the seal.

Mail completed applications to:

CDCA Scholarship
P.O. Box 13174
Albany, NY 12212

Save the Date!

CDCA Administrative Assistant's Luncheon

at 677 Prime, Albany, NY

Wednesday, April 21, 2010 from 12:00-2:00 PM

CDCA Spring College Fair

Hudson Valley Community College

May 5, 2010 9-noon and 6-8:00 PM

Capital
District
Counseling Association

P.O. Box 13174

Albany, NY 12212

Look for information about the March professional development day and Annual Meeting

Treasurer's Report from Michael DiNicola

Beginning of 2009

Checking: \$17,515.50

Savings: \$7,5580.01

Mutual Fund: 25,806.55

Ending of 2009

Checking: \$12,701.28

Savings: \$1,072.51

Mutual Fund: \$29,935.9



NEW WEBSITE COMING SOON!

IN THE MEANTIME WE CAN BE LOCATED AT

The CDCA Newsletter is
always looking for

interesting articles.

Please submit articles to
Betsey Schuhle at
bmorgan@uamail.albany.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:
April 7, 2010

☀☀ Sunshine? ☀☀

*Do you know of anyone needing
recognition from the Sunshine Committee?*

Contact Janine O'Brien at
o'brienj@schuylerville.org
695-3255 ext. 2001.



Reminder:

As of January 21, 2010- we have a current total of 175 CDCA members. Be sure to tell your friends and co-workers it's not too late to join or renew their membership for this year. We have many more events planned including our popular college fair coming up in May so please reach out to others who aren't already a part of CDCA. As always, if anyone is unsure if their membership is current or has any other membership questions or concerns please tell them to contact me at:

Michele Possanno
CDCA Membership Chair

P.O. Box 13174
Albany, NY 12212

michelepassanno@yahoo.com

We are now on FACEBOOK
become a friend