



NewsCAster

Nassau Counselors' Association, Inc. - An affiliate of New York State School Counselor Association
1993-1994 NYSACD Award-Winning Newsletter & 1996-1997 NYCA Award-Winning Newsletter

Save the date!

Nassau Counselors' Association

Fall College Expo

Sunday,
September 21st, 2014
12:00 Noon to 3:00 PM

SUNY College at Old Westbury's
Clark Athletic Center
Old Westbury, N.Y.

Want to know who will be there?
Want to know more about the program?

Visit www.nassaucounselors.org.

Up to date information about the colleges attending will
be posted on this website.

NCA Officers 2013-2014

President – Dave Follick
follickd@stjohns.edu

President Elect- Christine Murphy
murphy2@adelphi.edu

Secretary – Joy D'Anca
jdanca81@gmail.com

Treasurer- Marguerite Lane
mlane@molloy.edu

Membership – Christine Rossi
rossic@strose.edu

Program Chair – Joe Izzo
jizzo@pobschools.org

Administrator of the Year-
Debbie Roth
droth@bmchsd.k12.ny.us

Awards Coordinator-Debbie Roth
droth@bmchsd.k12.ny.us

CAP Conference- Paula Curci
pcurci@sewanhaka.k12.ny.us ;
Gina Christel Christelg@gcufsd.net ;
Christina Koromi ckoromi@adelphi.edu

Career Day – Tara Bilicki
tbilicki@nasboces.org
Karen Cole kcole@levittownschools.com

College Counselor of Year-
Meghan Schlosser
schlosserm@baldwin.k12.ny.us

College Rep- Wayne Branker
wayne.branker@manhattan.edu

Counselor Advocacy/Hospitality –
Ronni Smithline
rsmith9560@aol.com

**Counselor Ed Rep/Counselor Ed
Scholarships** –
Susan Sklar
ssklar@bellmore-merrick.k12.ny.us

Counselor of Year- Eileen Connolly
econol@bellmore-merrick.k12.ny.us

Immediate Past President – Mona Allen
mozamm@verizon.net

Exemplary Practices –Dianne Guarino
Dianne.Guarino@ncc.edu

Fall Expo – Cynthia Rossi -
cindyrossi@yahoo.com;
Mary Marquez Bell - bellm@oldwestbury.edu
Erin Beirne – beirnee@baldwinschools.org

High School Rep- Jason Miller
jmiller@pob.k12.ny.us

High School Scholarships – Linda Weiss
lweiss@rvcschools.org

Holiday Party – Lancene Union
lunion@bcl.edu

Kick Off Meeting – Kim Vereline
kvereline@molloy.edu

LICAC Liaison – Danielle Lidner
danielle7983@gmail.com

Middle/Elem. School Representative-
Rosemarie Alario
ralario@freeportschools.org
Jennifer Spiteri-
Jspiteri@eastrockawayschools.org

Mini Grants/Stu Agins Award/Legislation
Bob Germino – robanthony14@hotmail.com

New Counselor/Intern Workshop
Joe Izzo jizzo@pobschools.org
Jason Miller jamiller@pobschools.org

NewsCAster Editor – Sue Moller
Smoller@lynbrook.k12.ny.us

NewsCAster Business Manager –
Kristen Capezza kcapezza@adelphi.edu

PAC- Mona Allen
mozamm@verizon.net

Retired Counselor Rep & luncheon –
Ronni Smithline rsmith9560@aol.com

Send Off Bash – Christina D'Angelo
cdangelo@lynbrook.k12.ny.us ;
Christine Stamberg cgscollege@yahoo.com

Spring Expo – Michael Hearne
Michael.r.Hearne@gmail.com
Nicole Betts nicolexbetts@gmail.com

Volunteer Committee Chair –
Jaclyn Forman
jaclyn.forman@gmail.com

Webmaster/Digital Archivist –
Christine Krut
ckrut@nyit.edu

In this issue

- ◆ Spring College Expo Recap & Photos
- ◆ Marie Quinn Grad Scholarship Award
- ◆ President's Message
- ◆ Intern Workshop Recap & Photos
- ◆ Joseph Bruzzese HS Scholarship
- ◆ 2014 Spring College Expo & Photos
- ◆ Bereavement Counseling Article
- ◆ Financial Aid "Loopholes"
- ◆ CAP Conference Recap & Photos
- ◆ College Counselor of the Year
- ◆ Membership Application
- ◆ Annual Retirees' Luncheon
- ◆ Follow Your Passion article
- ◆ In My Mind The Symptoms of Asperger's
- ◆ Annual Awards Dinner

NewsCAster STAFF**Editor**

Sue Moller,
School Counselor
AP Coordinator
Lynbrook High School
9 Union Avenue
Lynbrook, NY 11563
(516) 887-0215
(516) 887-8079 fax
smoller@lynbrook.k12.ny.us

Business Manager

Kristen E. Capezza
Adelphi University
(516) 877-3021
fax (516) 877-3039
kcollins@adelphi.edu

Publisher

Mady Weber & Staff
Veterans Press
5 Grohman Lane
Plainview, NY 11803
(516) 933-8363
(516) 933-8381 fax
veteranspress@aol.com



FROM THE PRESIDENT'S CORNER



David Follick

I can't believe that the school year is coming to a close, and our summer vacation is beginning. This has been a very busy year for Nassau Counselors Association. We have had many successful Nassau Counselor Association programs throughout the school year. All of our programming has helped educate the students, parents and guidance community of Nassau County. Over the last few months, we had a successful

CAP conference, Career Day, Elementary/Middle School Lunch, Spring Expo, End of the Year Bash and selected many deserving high school and graduate student scholarship winners.

As I look back on the past two years of my presidency, I have been very fortunate to work with a great Executive Board and met many members of our association who have spared their thoughts with me on the importance of our organization. NCA has been very fortunate to have a strong core group of members who continue to volunteer their time and skills to help the students of Nassau County. Many of you may have heard me speak at one of our events, and every speech talks about the dedication of our volunteers and the need for more help.

As we close the 2013-2014 academic year, I must thank the many guidance professional who have served on a committee and on our Executive Board. The leadership of NCA is committed to providing quality and outstanding programming for the residents of Nassau County. At this time, I must thank the NCA Executive Board for helping me throughout my two year presidency. I also need to thank my wife Erica, for all of her support throughout my career, and her support for me while I was NCA President. I know when I first joined NCA ten years ago, I always thoughts about running for NCA president. I believe over the last two years, NCA has had a balanced budget and provided many services to our county.

I hope that you and your family have a very relaxing and safe summer vacation and I would like to congratulate Christine Murphy as our 2014-2016 NCA President.

Sincerely,
David Follick
NCA President 2012-2014

Attention Counselor Retiree's!

**Nassau Counselors' Association's
Twenty-Second Annual
Retirees' Luncheon
on**

**Tuesday, June 10th,
at Noon at
Puglia's City Café**

**R.S.V.P. – Ronni Smithline
(516) 678-2470 or
RSmith9560@aol.com
by June 1st**

**Join NCA for 2014-2015
at that time
Bring cash or a check for \$20**

**Puglia's City Café
987 Stewart Avenue
Garden City
(516) 222-1421**

SHAPE YOUR MIND

Just 23 miles from New York City, Adelphi University provides a vibrant academic and student life, including extraordinary study abroad, internship and community service opportunities. For a list of our upcoming admissions events, visit admissions.adelphi.edu/freshmanevents.



ADELPHI UNIVERSITY  **ADELPHI.EDU/SUCCESS**

LEARN MORE AT OUR INFORMATION SESSIONS.

Saturday, June 21 • Saturday, July 26 • Saturday, August 23, 2014
9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m.

For more information and to register, visit admissions.adelphi.edu/freshmanevents.

The Classic College Experience

Offering undergraduate, graduate,
and accelerated nursing and
adult degree programs

Visit our campus in Westchester County

CONCORDIA COLLEGE 
New York Since 1881

800.937.2655 • www.concordia-ny.edu • admission@concordia-ny.edu

Follow Your Passion and Doors Will Open

by Anthony Suzzi-Valli

I can still remember some of the questions running through my mind as I was flying to Paris, France back in 2008 with my wife, on a one-way ticket. Am I making the right decision leaving America to go to Europe? Does the kind of counseling I want to pursue even exist in France, and if it does, will I find a position? Am I completely nuts for leaving a tenured position in one of the most reputable school districts on Long Island? If I live in France for a few years and it doesn't work out, will I still be marketable when I return to New York looking for work? These are just some of the questions that were flooding my mind as I embarked on one of the biggest adventures of my life.

I spent my first year in Paris visiting international schools, in an attempt to find a counseling position. Unfortunately, despite several meetings with school administrators that went very well, most of these positions were already filled, and it did not seem any new positions were opening up. My next step was to try getting my foot in the door as a substitute teacher. But it was extremely challenging to go from being a highly respected guidance counselor among students and staff, to a substitute teacher who could only interact with students part of the time. Even if teacher replacement made me visible and allowed me to do some networking, a counseling position was still way out of reach. So I decided to try my hand at teaching.

In September, 2008, I was able to secure a teaching position in the English Section of a French middle/high school right in the heart of Paris. After sharing the news with my wife, I remember thinking that even though this wasn't a counseling position, I could still use the opportunity to explore other interests and build up my skills. I began teaching basic American History classes to bilingual French/English students and ESL to French students. This venture proved to be a rewarding one, as I was beginning to get those same feelings of accomplishment and gratification when I saw my students learning and succeeding. Speaking French with a New York accent had its humorous moments: "Eh, Oh, Une baguette s'il vous plaît!" Even though my colleagues were making some good-natured jokes at my expense, I was improving, and by the end of the year, I was communicating with teachers and parents in French. It was a wonderful accomplishment for me, but I still felt that a part of me was missing.

I finally caught a break in 2009, when my supervisor asked me to begin counseling a few students experiencing academic as well as social and emotional difficulties. Academic and social/emotional counselors do not exist in the French school system. School psychologists do, but they spend their week dividing time between three or four different schools, which makes it challenging to effectively help students and provide the individual essential follow-up on a continual basis. While my first priority was to be an effective teacher, I spent every free minute of my day observing and analyzing the school where I worked to figure out how to implement counseling programs. Even if it was just for 15 to 20 minutes a day, I couldn't wait to work with my students as a counselor. As any counselor will tell you, our profession is truly a part of who we are, and it comes out in everything we do.

With the support of my English section director, I was able to establish two innovative programs each year, whether it be classroom guidance lessons or running counseling groups. My director was particularly helpful in communicating to the French administration the significance and positive impact it would have not only on the English section, but on the entire school community. After a short time, more students began to willingly come to the office for guidance, parents started calling for information about transition programs, and teachers, French and English alike, were beginning to ask if I could see their students for counseling. What began as just a few individual counseling sessions developed into a comprehensive program, with developmental guidance presentations, orientation programs, new student and transition groups, and mentoring. Each program was evaluated by parents, students, and teachers at the end of the year, and fortunately, all of the feedback was positive.

Finally, I am able to answer some of the questions I first asked myself on that plane ride back in 2008. It has been a long, winding, and sometimes difficult road, with some happy and disappointing moments, but this experience has truly helped me grow personally and professionally as an educator. I learned several invaluable lessons along the way. The most important is that, yes, if you persevere and follow what you truly love, doors will begin to open. And while school counseling doesn't currently exist in many countries, that doesn't mean you can't create a counseling program and get it up and running yourself.

CONTINUED ON PAGE 19

Island Drafting & Technical Institute
The College for Careers®

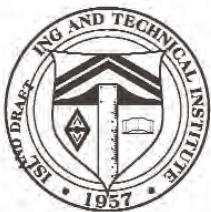
From High School
 To a Future In
 15 Months



Earn Your Degree in

- ✓ **DRAFTING**
- ✓ **DESIGN**
- ✓ **COMPUTERS**
- ✓ **ELECTRONICS**

Financial Aid for Those Who Qualify ♦ Scholarships
 Job Placement Assistance



IDTI
The College for Careers®

128 Broadway ♦ Amityville, NY
 (631) 691-8733 ♦ www.idti.edu

Accredited College, Accrediting Commission of Career Schools and Colleges

It's Not Where They
START...but Where
 They **FINISH...**that
 Counts!

Many of our graduates are the **first in their family to go to College.** Our **licensed graduates had an 89% placement rate** (2012 data) and become **Licensed Health Care Professionals** in **Massage Therapy** or **Acupuncture.**

Many of our graduates take pathway programs to higher degrees or become important health care providers and important members of society.

- **Institutionally Accredited* Associate and Bachelors degrees**
 (*NYS Board of Regents and the Commissioner of Education)
- **Financial Aid and Scholarships available,** if qualified, can provide tuition and living expenses
- **High Placement Rate** – Licensed graduates open their own business or work with spas, hospitals, sports teams, resorts and medical facilities
- **Only non-profit, private institutionally accredited college of its kind in the metro NY area**



New York COLLEGE
 OF HEALTH PROFESSIONS

A leader in Holistic Health for over 30 Years

Campus: Syosset, LI
3 Manhattan Locations

800 922-7337
www.NYCollege.edu

© 2014 New York College of Health Professions



CONGRATULATIONS

Joseph Bruzzese High School Scholarship Winners!

On behalf of the Nassau Counselors Association Joseph Bruzzese High School Scholarship Committee, we would like to congratulate the following students:

Brandon Crescitelli—East Rockaway High School
Project: Pay It Forward East Rockaway to Moore, Oklahoma
Nominating Counselor: Mona Hecht

Gabriel Diamond—East Meadow High School
Project: Tourette Syndrome Association Youth Ambassador
Nominating Counselor: Mona Allen

Chelsea Greenberg—Wantagh High School
Project: Children's Sports Connection
Nominating Counselor: Frank Muzio

Genevieve Halka—Our Lady of Mercy Academy
Project: "Girls Get Safe" Program
Nominating Counselor: Gina Marie Mastroddi

Toriann Monaco—H. Frank Carey High School
Project: Courtyard Beautification Program
Nominating Counselor: Stephen Carpaneto

Lynne Rader—Plainedge High School
Project: Project Wellspring
Nominating Counselor: Holly Stonelli-Young

I would like to thank the following NCA members for volunteering to serve on the High School Scholarship Committee:

Debbie Albano-Seltenreich—School Counselor, Queens High School of Teaching
Vincent Angrisani—Executive Director of Undergraduate and Graduate Admissions, Queens College

Joanna Forgione—Associate Director of Admissions, Molloy College

Andrea Klaff—Admissions Representative, SUNY Old Westbury

Danielle Palumbo—School Counselor, Our Lady of Mercy Academy

Meghan Schlosser—School Counselor, Baldwin High School

Karen Ziff—Admissions Representative, Marist College

Congratulations to all of the recipients, best of luck!

Linda Weiss
Chairperson of the NCA Scholarship Committee
South Side High School

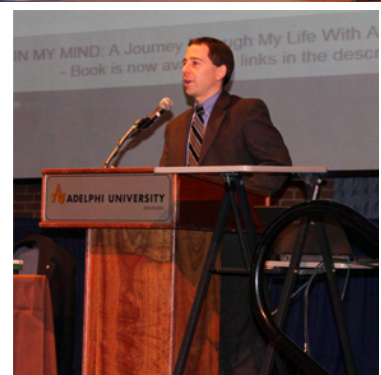
CAP Conference Hosted by Adelphi University

On Friday, March 21st, Adelphi University hosted NCA's annual Counselors, Administrators, Parents (CAP) Conference. This year's theme was "Putting the Pieces Together: Transitions for Students with Special Needs." With the recent changes to the DSM-5 and CDOS

credential, this year's topic was certainly timely and informative. The keynote presentation, "Understanding the Autistic and Asperger's Mind" was given by Dr. Richard O'Connell, Ed D. and Alex Olinkiewicz, a young adult diagnosed with Asperger's. Alex shared his heartfelt experiences and stories about living and learning with Asperger's. During the keynote address and his workshop, Dr. O'Connell provided insight into the professional and clinical side of Asperger's (be sure to check out Dr. O'Connell's article in this newscaster titled "IN MY MIND And The Symptoms of Asperger's"). In his workshop, Alex's father, James Olinkiewicz, talked about the parent advocacy role for a student with special needs. The panel discussion, as well as the college and agency fair, were well received. We received positive feedback from participants and we look forward to another engaging and exciting CAP Conference next year!

Special thanks to the CAP Co-Chairs Gina Christel, Paula Curci, and Christina Koromi and the CAP Committee – Kristin Quinlan, Lauren Bash, Kathleen Dunn, Denise Olsen, and Bob Germino – for all of your hard work and dedication to making this year's conference a huge success.

ENJOY THE PHOTO HISTORY OF THE EVENT ON THE NEXT COUPLE OF PAGES.



CAP CONFERENCE PHOTOS CONTINUED



CAP CONFERENCE PHOTOS CONTINUES



IN MY MIND

And The Symptoms of Asperger's

Dr. Richard O'Connell, Ed.D.

Upon the request of many at the CAP Conference at Adelphi University on March 21, 2014, I was asked to share the symptoms of Asperger's, now referred to as the high end of the Autism Spectrum. Neither I nor Alex, the author of IN MY MIND, are certified clinicians but I have researched the National Institute of Mental Disorders and The Mayo Clinic for accurate information. *"Asperger's is one of a distinct group of neurological conditions characterized by a greater or lesser degree of impairment in language and communication skills, as well as repetitive or restrictive patterns of thought and behavior."*

Presented here are the Asperger's symptoms: when I can, I try to give practical examples or comments on Alex's disorder so as to make more understandable each symptom. Please note that not all symptoms are applicable to each person with Asperger's; but overall they will have many of them.

* Engaging in one-sided, long-winded conversations, without noticing if the listener is listening or trying to change the subject. Some children with Asperger's have become experts on vacuum cleaners, makes and models of cars, even objects as odd as deep fat fryers. When I first met Alex he was really into his fictional novel, "The Crystal Sword," which he would incessantly talk about. It is even part of his email address. Fortunately today, he has out grown this.

*A person with Asperger's may have problems with non-verbal communication, including the restricted use of gestures, limited or inappropriate facial expressions, or a peculiar, stiff gaze socially and emotionally inappropriate behavior and the inability to interact successfully with peers. Alex tells the story as a young teenager that he wondered what it would be like to kiss a girl. He approached a teenager and just kissed her. Another example was when students were asked to do pushups in physical education class, they were cheered on by their peers. When it came to Alex's turn, there was a dead silence. He couldn't understand why he wasn't cheered on. He was emotionally very hurt.

* Children with Asperger's usually have a history of developmental delays in motor skills such as pedaling a bike, catching a ball, or climbing outdoor play equipment. They are often awkward and poorly coordinated with a walk that can appear either stilted or bouncy. In Alex's case, he developed a need to sit Indian style because of the

sensitivity in his feet. This caused a conflict with one of his teachers who insisted he sit normally. Alex would leave the classroom in tears. This sitting posture early hindered his ability to drive as well. As he matured, he learned to drive sitting Indian style but extending one foot. (Please note, by this example there is reason to hope for children with Asperger's as well as the fact that Alex has learned to live on his own.)

*People with Asperger's may approach other people, but make normal conversation impossible by inappropriate or eccentric behavior, or by wanting only to talk their singular interests. Unlike the severe withdrawal from the rest of the world that is characteristic of autism, children with Asperger's are isolated because of their poor social skills and narrow interests. Let Alex speak for himself as to his sense of isolation: "As for loneliness, I still have it a lot.... I spend most of my days alone." "I have trouble finding relationships.... You know I want to meet a girl and hang out."

Additional information relating to Asperger's:

*Many children with Asperger's are highly active in early childhood, and then develop anxiety or depression in young adulthood. Other conditions that often co-exist with Asperger's are ADD, tic disorders (such as Pterididae syndrome), depression, anxiety disorders, and OCD. Alex takes medication for depression.

*Stimming: According to AUTISM SPEAKS, "Stimming" is basically the actions and behaviors used to help a person with Asperger's calm the nervous system. "Stimming is a way to scratch a neurological itch." It may include head banging on a pillow, bouncing, tapping feet, fingers or head and even clapping hands. In Alex's case his hand movements have calmed down and have evolved to simply patting the top of his hand. "I have changed some of my stimming to some other kind of relief. I still need a distraction when my mind is overloaded or panicking. Drinking the soda Dr. Pepper is another outlet which relieves Alex's tensions.

Please note for a full understanding of Asperger's, Alex's book IN MY MIND is replete with moving and shocking examples of Asperger's symptoms. In fact his book may be called "the complete definition of Asperger's." www.FutureHorizons.com 800 489 0727

Bring Your Creativity... Join us for an Open House Saturday, June 14 at 1 pm

- It's not too late to apply
- New & transfer students welcome
- Scholarships are available

High School Summer Workshops

July 7-25 & July 28-August 15 Visit ftc.edu for a brochure

Five Towns College

631.656.2110 305 N. Service Road Dix Hills, NY 11746 www.ftc.edu

• AUDIO RECORDING TECHNOLOGY • BROADCASTING • BUSINESS • ELEMENTARY TEACHER EDUCATION • FILM/VIDEO • JOURNALISM
• MASS COMMUNICATION • MUSIC TEACHER EDUCATION • MUSIC BUSINESS • MUSIC PERFORMANCE • THEATRE ARTS



You want to make an impact. An impact on your family, your community, even your world. You want more than a career, you want a purpose. At Hofstra University, we understand what pride and purpose is all about. It's about finding academic areas that excite, challenge, and fulfill you. It's about studying with leading faculty in small classes where you really get to know your colleagues. It's about amazing internship experiences and campus opportunities that give you an edge. And it's about living and learning on a campus that never stops moving, changing, and working for you.

Transfer to Hofstra and receive greater flexibility when fulfilling general education requirements with coursework from a prior institution.

Attend a **Transfer Day** and receive an Admissions decision, a credit evaluation, and register for the **fall 2014 semester**.

hofstra.edu/transferdays

College Counselor of the Year:

Marguerite Lane

Marguerite Lane has been a loyal and dedicated employee of Molloy College for over twenty-five years first serving as the assistant director of admissions, then associate director, then director and now her current role as dean of admissions. Under her tenure, enrollment has more than tripled! Her loyalty to Molloy College is boundless and she supports every aspect of student programs.

When it comes to NCA, she has displayed the same loyalty and dedication. She has served as a member of the executive board for over twenty years, holding most positions including President. While others would consider their service to NCA complete upon serving as president, she has never waived her dedication to NCA. Last year, when the association needed someone to step up and take over the role of treasurer, it was Marguerite who was called upon and of course, stepped up to the challenge. She leads by example. Almost everyone in the admissions office is a member of NCA and she encourages them to serve on various committees within the organization.

Marguerite is the consummate professional. She truly gives all that she can without asking or expecting anything in return. Her boundless energy, commitment, concern for others, excellent problem solving abilities and creation of innovative programs for recruitment are just some of the qualities that contribute to the spectacular professional she is. For this reason and all of the others, NCA proudly recognizes Marguerite Lane as the 2014

Go Ahead.
Start Something ...
You Can Bank On.

*"I'm starting my career
at the Federal Reserve."*

An internship at the Federal Reserve Bank of New York led Cassandra to a position as a bank examiner there right after graduation. Cassandra applied for one of 50 internships at the New York Fed – and was selected from an estimated 5,000 applicants.

Go Ahead. Start Something.

Cassandra Beggen, Class of 2013
Federal Reserve Bank of New York

Molloy College
1000 Hempstead Ave., PO Box 5002
Rockville Centre, NY 11571

Visit molloy.edu or call us at 1-888-4-MOLLOY for more information.

VISIT US ON FACEBOOK:
www.facebook.com/GoMolloy

VISIT US ON TWITTER:
[@MolloyCollege](https://twitter.com/MolloyCollege)

2014 Spring College Expo

“Don’t aim for success if you want it; just do what you love and believe in, and it will come naturally.”

David Frost

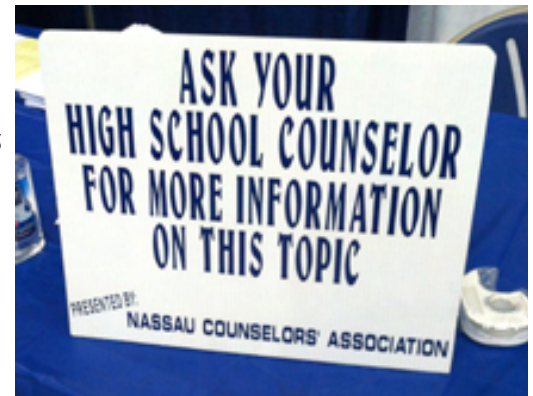
May 6, 2014 was a great day for high school students and their families from the tri-state area and beyond! The Nassau Counselors’ Association proudly presented over 300 colleges, universities, and post-high school education programs in the comfort and convenience of the Hofstra University Mack Sports and Exhibition Complex. Students were given the opportunity to speak with college representatives, and learn about several important topics during various workshops throughout the night. Our association is proud to report the attendance of over 2,600+ students and families graciously assisted by our members, friends, interns, retirees, working counselors and administrators. The continued efforts of all of these volunteers year in and year out are the reason that this event continues to be such a great success and valuable resource to the community at large.

As has been the case for the last few years, we were able to use the College Automation System to streamline the process of connecting students with information from various colleges. Through the use of personal barcodes that students were able to sign up for before and during the event, colleges were able to scan these barcodes to obtain the student’s information, eliminating the need for the student to fill out inquiry cards at the multiple colleges of their interest. Since all institutions in attendance were able to rent a scanner to collect such information, the crowds were less congested and gave students the ability to visit more representatives in a shorter amount of time. We look forward to continued success with this system since it is our goal to make this college Expo an even more effective opportunity for students, their families, and school representatives to connect and share information.

We would be remiss if we did not acknowledge the real reasons as to why this event is at such a high level of success. The tireless efforts of our generous volunteers is what motivates our guests to name this event the most valuable in all of those offered throughout the college process. Whether it was crowd control, College Search assistance, or distributing floor plans, every person played an insurmountable role! Special thanks goes to “new recruit” Jaelyn Forman of Locust Valley High School for tackling the overwhelming task of obtaining volunteers for the varying roles of the Expo, and as a result, bringing more than 50 volunteers to help in all aspects of the fair! We would also like to thank the presenters who educated our guests on important concepts such as Financial Aid, NCAA Regulations, Highly Selective Colleges, and Students with Special Needs. JoyAnne D’Anca, our former Expo Chairperson, sustained us throughout the planning process with her guidance and insight. Gloria Schetty-Plante of Laurel Publications was wonderful in her distribution and collection of our College Automation Scanners, and Ryan Watson and Dave Fernandez of Hofstra Facilities and their crew were a pleasure to work alongside. No matter your depth of involvement or the time you spent with us, please know that the Spring Expo committee and the Nassau Counselors’ Association as a whole is truly appreciative and grateful for your time and contributions to this wonderful event.

As school counselors and higher education professionals, we strive to create an event each year that will enrich not only the lives of students, but also that will add value to the Nassau Counselors Association. We aim to empower students to make sense of all of the opportunities available in the post-high school educational landscape, as well as lay out the steps to achieving success and lasting goals. It is with great pleasure that we extend our gratitude and appreciation to our NCA Executive Board, members and friends for their continued support, willingness to take risks and ability to change with the times as we try to make each Spring College Expo better than the one before it. We look forward to next year’s 2015 Spring College Expo, which will be held on **Tuesday, April 21st, 2015**.

Sincerely,
Michael Hearne and Nicole Betts
Spring Expo Co-Chairpersons





*You'll find
more than
a career.*

*You'll find
your
calling.*

SUNY
FREDONIA

To learn more, call our admissions team at
(800) 252-1212 or visit www.fredonia.edu.

**DEGREES TO MAKE
SOMEDAY COME SOONER.**

**Ranked as a
Best Northern
University by
U.S. News &
World Report**

It starts here. One molecule, one brush stroke, one melody, one child. In the lab, in the studio, on the stage, and in the classroom.

What starts here is a lifetime of knowledge and a passion to succeed. No big lecture halls. Just inspiring faculty who are experts, mentors and co-researchers. Student-teacher collaboration is one of our hallmark experiences.

And it happens everyday. On our sidewalks and in the margins of the pages. Meaningful conversations, challenges met and life-long friendships made.

It's what makes this place different. It's what makes it The College of Saint Rose.

**72 UNDERGRADUATE
& 52 GRADUATE DEGREES
DEGREES TO MAKE A DIFFERENCE
IN THE WORLD.**

**The
College
of Saint
Rose**

WWW.STROSE.EDU

Personalized Attention in a Virtual Setting... Traditional & Online Tutoring

K through 8
Global & U.S. History (Regents)
AP World & European History
SAT II World History
Research Papers
Homework Assistance
Summer Assignments

www.TheHistoryTutor.com



Len Romano
Cell: 631-787-6197

*Former Teacher & District-wide Chairperson
Past President of New York State Council
for the Social Studies
Member National, State, and Long Island
Councils for the Social Studies*



“Top 30 Regional College in North”

U.S. News and World Report



13 Distinctive Bachelor Degree
& 40+ Associate Degree Programs

Inspiring Minds. *Changing Lives.*

1.800.96.Delhi • www.delhi.edu

Financial Aid “Loopholes” and “Landmines”

Which types of savings accounts penalize you more than others, which do not hurt you at all?

Andrew Lockwood, Lockwood College Consulting

In the bizzaro universe of financial aid, families are often punished for doing the “right thing.” Here’s a short primer on what “stuff” counts against you more than others, and what doesn’t count against you at all.

[Disclaimer from Andy the “Recovering” attorney: this is an extremely simplified discussion of a complex topic. It is generally accurate, but there are exceptions to the principles set forth herein.]

Income: Parent income is penalized between 22-47% in the financial aid formulas, whereas student income is assessed a 50% penalty. Meaning that, if a parent earns an additional \$10,000, the family will be expected to contribute an additional \$2,200-\$4,700.

If a child earns \$10,000, the income penalty for financial aid purposes is \$5,000.

Of course this is a gross oversimplification, who would want to read the 1,100 pages of Byzantine regulations promulgated by the Department of Education, anyway? But let’s press on.

Assets: this is where the deadliest landmines lurk, as well as some of the greatest loopholes.

Parent assets are penalized 5.64% of the amount saved. In other words, if a parent has \$100,000 saved, the family is expected to contribute \$5,640 toward college costs.

Child savings is where it gets screwy – money in a child’s name is penalized at 20-25%, depending on the school. So that same \$100,000 saved in the “wrong” place could reduce your eligibility by \$20,000 or \$25,000, instead of a measly \$5,640!

In the off-chance that you’re wondering if this means that parents should yank money out of the 529s, etc., I am NOT saying that. But I promise to get to this question if you’re patient!

Until now, we have discussed that some stuff penalizes you more than others. Now let’s look at the types of savings that do not penalize you at all – exempt assets. They are:

- Retirement accounts (401K, 457, Pensions, IRA, etc.)
- Your primary residence – for colleges requiring the FAFSA only
- Annuities
- Whole life insurance

I do not want to get too nuanced here either, but it’s important to understand some details.

We have been discussing how colleges determine how much a family can contribute to college costs. The term of art that symbolizes this amount is “Expected Family Contribution” (EFC). But there are two ways colleges calculate EFC.

The Federal methodology is used by colleges that require the FAFSA only, the Free Application for Federal Student Aid. Each of the above exemptions is on the FAFSA.

Approximately 250 of the 2,800 four year colleges require the CSS Profile in addition to the FAFSA. The FAFSA is approximately 100 questions, the CSS Profile is 200-odd, excruciatingly detailed questions. Generally, private colleges with their own endowment money require the CSS Profile.

continued on following page

Some of the key differences between the FAFSA and CSS Profile cover:

- Primary residence
- Annuities
- 529s

For the 250 CSS Profile schools, the primary residence is not exempt. In other words, it counts as a resource that colleges expect families to tap to pay for college (as a mortgage or home equity line of credit). So families who tried to pay down their mortgage for financial planning reasons may have shot themselves in the foot for financial aid purposes!

Annuities are exempt on the FAFSA, but count as investments on the CSS Profile if they are not retirement annuities (“Non-Qualified”).

The 529 is a hybrid. Let me explain: until 2006, the 529 was treated as a child asset – penalized at a higher percentage. But the Department of Education changed its methodology to treat the 529 as a parent asset, penalized at a mere 5.64% instead of 20%.

However, in my experience (and the collective experience of my colleagues in different parts of the country), CSS Profile colleges still treat the 529 as a child asset, penalizing families as much as 25%.

What’s more, the CSS Profile asks for amounts saved for all siblings younger than 19, so the strategy of switching 529 beneficiaries does not work for these 250 schools.

Back to the question of what to do if you have money saved in the wrong places, or other “good” things that have terrible financial aid consequences: I am not advocating terminating your 529, mortgaging the house to the hilt or any other nonsense.

There are many moving pieces that space limitations and writer fatigue prevented me from covering, such as family Adjusted Gross Income and the types of colleges under consideration. In my experience, although 100% legal and ethical, moving 529 and other child savings makes sense for many families, but it does not make sense for ALL families.

Your best bet is to weight the costs versus the benefits of moving money around.

Andrew Lockwood wrote the Number 1 Best Selling book, How to Pay “Wholesale” for College and hosts the College Success for Less Show Saturdays, 12:30 pm on 103.9 FM, Long Island Business Radio. More information is available on his website, www.CollegePlanningGuru.com.

Follow Your Passion continued from page 5

Creating an international school counseling program is something that I will always be proud of, but I must thank a few people who supported me along the way. First, I would like to thank my wife for her unwavering support. Never once did she tell me to stop searching for counseling to find another vocation, and she was always there to listen to my ideas, no matter how far-fetched they were. I would also like to thank the counseling staff at the Herricks Middle School who provided me the training, support, and confidence necessary when I left New York to be able to come to Paris and take on this endeavor. I hope that this article will inspire other counselors in the United States and around the globe to continue to believe in the importance of our role and to motivate people to follow their hearts and never give up in finding their vocation.

Your Journey...
starts **HERE!**



Learn More, Do More, Be More!
Briarcliffe College.
Committed to helping students
achieve their academic goals!
Briarcliffe College,
A College that Cares.

www.briarcliffe.edu

BRIARCLIFFE
COLLEGE

Bethpage | Patchogue

©2014 Briarcliffe College. All rights reserved. Program availability differs by location. First-time employment/degree, financial aid, and other disclosures at www.briarcliffe.edu/disclosures. Briarcliffe College cannot guarantee employment or salary.



Adriana '13

BIOLOGY, MINOR: CHEMISTRY

First-year student, University of Glasgow
School of Veterinary Medicine

Thank You For Helping Transform Dreams into Accomplishments.



We know that the college application process can be an intimidating one. That's why we are so thankful for the diligence, support and guidance that you provide to all of your students. With your help, students learn about St. Joseph's College, Long Island's most affordable top-tier private college, which has the relevant

hands-on majors, and supportive faculty that they need to succeed. It's no wonder that St. Joseph's is consistently ranked among the nation's top four-year private colleges by *U.S. News & World Report*.

St. Joseph's
College
NEW YORK



*Transforming lives—
one student at a time.*

LONG ISLAND 631.687.4500
BROOKLYN 718.940.5800



Stony Brook University

Why Stony Brook is

THE RIGHT CHOICE

- » **In the top 1%** of universities worldwide
— *Times Higher Education World University Rankings*
- » **Top 25** best value public university
— *Kiplinger*
- » **More than 200** majors, minors and combined-degree programs
- » **Nearly 95%** of recent grads are employed or in graduate school
- » **Unique study abroad** programs around the world
- » **Champion NCAA** athletic teams

stonybrook.edu/admissions

Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer. 13080198



Where You Want to Be:

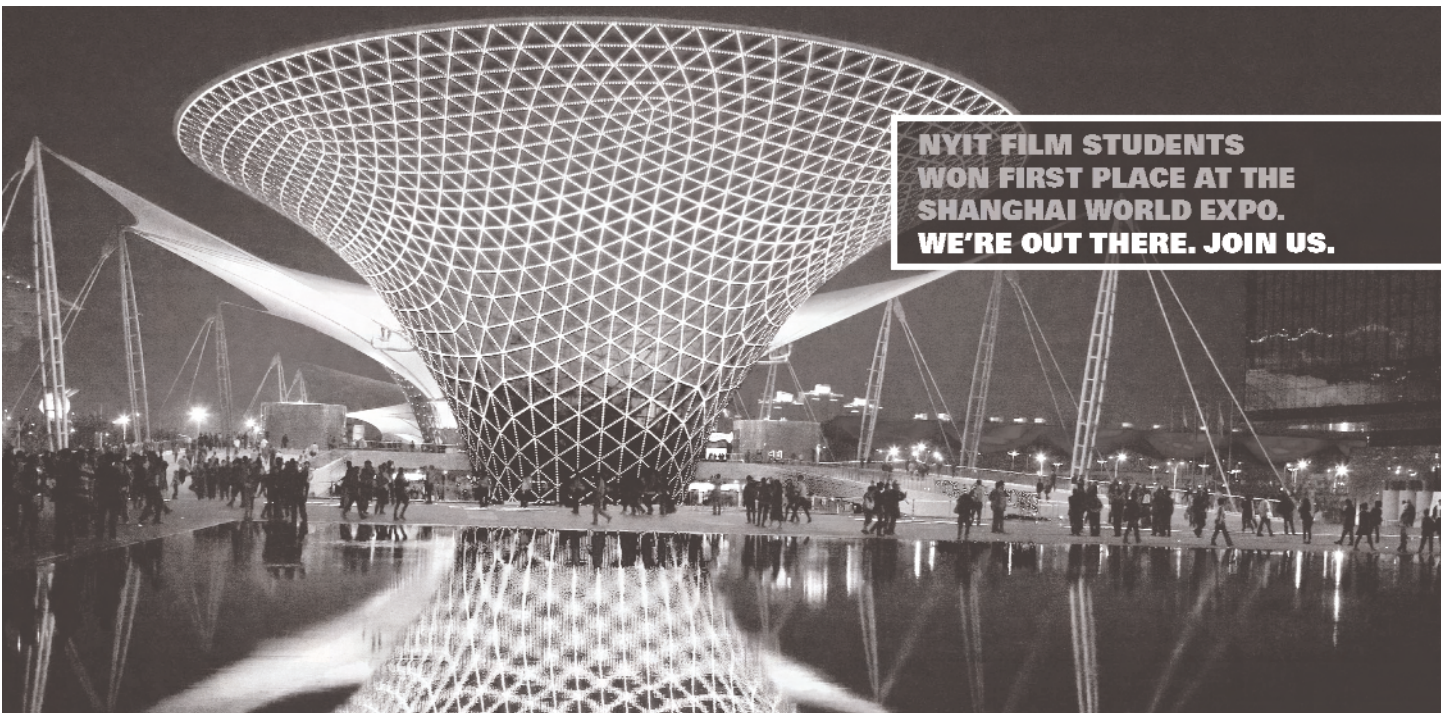
LIU Post

A U.S. News & World Report
Best Regional University



Best Colleges for Personal Attention

LIU
Post liu.edu/newscaster



**NYIT FILM STUDENTS
WON FIRST PLACE AT THE
SHANGHAI WORLD EXPO.
WE'RE OUT THERE. JOIN US.**

Take the first step in changing your world. Visit nyit.edu or call 1.800.345.NYIT.

NEW YORK INSTITUTE OF TECHNOLOGY **NYIT**



VaughnCollege

of aeronautics and technology

Find out why 92 percent of our graduates are employed or continue their education within one year of graduation.

Vaughn offers an array of master's, bachelor's and associate degree programs – including one of the only degree programs in mechatronic engineering in the New York metropolitan area.

Thinking
Above & Beyond

1.866.6VAUGHN
www.vaughn.edu



ENGINEERING ■ TECHNOLOGY
MANAGEMENT ■ AVIATION

New York State's
Only Professional Association
for Secondary Schools,
Community Based Organizations,
College and Universities



Membership Includes

Access to NYSACAC Colleagues
who are available for presentations and
workshop events

Eligibility to apply for NYSACAC
Sponsored Scholarships for our
Annual Conference and
Summer Institute

Access to State-Wide Counselor
Forums... And More!

Reasonable High School/College
Office Pricing Available

www.nysacac.org

Bereavement Counseling in the School Setting

by Luciano Sabatini

When I retired from my position as Director of Guidance for the Massapequa Public Schools in the summer of 2010, I had a long bucket list of things I wanted to do. At the top of the list was writing a book to help my colleagues in the school counseling profession. I felt that I had learned a lot in my 37-year career in education and I wanted to give back to the profession by sharing experiences that could help other counselors. While there were many topics I considered, I chose to write about something that I developed a strong interest in, that is, helping grieving students.

Over the years, much attention has been paid to serious challenges facing our students such as AIDS, substance abuse, DWI, bullying and most recently the stress produced by educational reform. Laws have been passed, educational curriculum has been written and programs have been developed to assist students with these very important challenges. However, grieving students who have lost a family member have not received the same level of attention. Studies show that 3%-5% of students will experience the death of a parent by age 18. This does not include loss of siblings, stepparents or relatives that serve as surrogate parents in single parent homes. This means that in a typical classroom of 25 students chances are that 2 or 3 students may have experienced such a loss, and in poorer communities it is much higher.

It is a relatively small number but these students often bear the burden of unresolved grief, which can affect their relationships, well-being and future happiness. Our death phobic society usually provides little help since death is not a very popular topic.

The book contains a summary of the literature on loss and adolescent grief, but its main focus is on my experiences with grieving teenagers and what they have taught about how to help them. One of the things I learned is that the first day back to school after the loss is overwhelming for most students. Death brings unwanted attention and they have very little life experience in knowing how to deal with it. The book presents some suggestions and on how a school can prepare for a student's return and make the adjustment easier for the student.

Another thing I have learned from students is that while there is much concern and attention paid to the student soon after the death, it fades with time as people assume that the student "is getting over it". The loss will affect the student for years and sometimes for a lifetime. They feel increasingly alone as the adults go back to their lives while they still struggle to adjust to a world without the deceased. This is where support groups can be so helpful. Bringing students together who have lost a loved one recently or years ago, can break that isolation as they learn from one another about grief and share ideas about how to cope with it. The book contains specific guidelines on how to start a group, how to structure it, ice breakers to generate discussions and activities to empower students. The group also provides an opportunity to have more contact time with students. Increasingly, counselors spend more and more time with completing paperwork, attending meetings, tracking graduation requirements and addressing the requirements of special needs students. While these are all important responsibilities, it leaves counselors less time for student interaction. Facilitating a support group means setting aside time each week that will be spent with students.

Bereavement Counseling in the School Setting is a quick read that was designed for busy professionals. It is a practical, succinct guide for assisting grieving students. For a copy of the book or to learn about my work as a bereavement counselor, please go to my website: www.empoweringthebereaved.com.

INTERNSHIP WORKSHOP RECAP

On Wednesday, March 26th, the NCA held the New Counselor/Intern Breakfast at NYIT. Jason Miller and Joe Izzo hosted this event, and what a success it was! There were 25 to 30 new counselors in attendance, eager to learn about the next steps of the job search. There was also a panel of four guests, made up of School Counselors and Administrators. The panel consisted of Laurie Lynn, Director of Guidance at Plainview-Old Bethpage John F. Kennedy High School, Eileen Connolly, Assistant Principal at John F. Kennedy High School, Regina Agrusa, Assistant to the Superintendent for Pupil Personnel Services in the Sewanhaka Central School District, and Dana Rubenstein, School Counselor at Hewlett High School. The panelists provided advice and tips from across the gamut, and as a future counselor, the information provided was invaluable.

The panel touched upon crucial topics for soon-to-be graduates entering the professional world. They ranged from what school districts expect to see on resumes and cover letters, how to stand out in the applicant pool, what to expect in the interview process, and how schools determine if you are a good fit. Since I will be graduating in May, hearing these helpful hints from the professionals who do the hiring was an amazing experience, which classes alone could not provide me with. Each of the panelists are seasoned veterans, with at least 9 years of experience in the field, and shared with us their knowledge and insight. They gave great detail in their responses, and you could see they genuinely care about helping new counselors entering the field. There was not a moment during the discussion that I was not fervently jotting down information. At the end of the discussion, the panel was open to answering any questions we had. They gave broad answers to questions, and then took it a step further to answer the questions according to their own schools as well. In my opinion, the most helpful information was when the different panelists explained the interview process in their districts. Not one of the schools had the same procedure, which I thought was interesting, but they all were similar. Being a new counselor, I have no idea what to expect in an interview, but they gave us a general idea of who will be on the different interview panels, and what they expect us to know or do.

Overall, I would say the breakfast was a huge hit, and I could not be happier that I attended. I would recommend all interns and new counselors attend this event in the future, because I truly learned some of the most valuable advice from the experts themselves. The way the event was set up made it non-threatening to introduce yourself to School Counselors and Administrators, and encouraged new counselors to network. The room had a friendly and intimate climate the whole time, making us all comfortable. As an intern new to the NCA, it may feel uncomfortable being amongst counselors who are already familiar with each other, so this gave us a great opportunity to meet some professional in the organization. I give this event an A+, and would like to thank Jason Miller, Joe Izzo, Laurie Lynn, Eileen Connelly, Regina Agrusa, and Dana Rubenstein for coordinating this event, and volunteering their time and knowledge. Job well done!

-Danielle DeNunzio
NCA Member



**Congratulations to the newly elected slate
of officers of
NCA for the 2014-2015 year!**

President: **Christine Murphy**
 President - Elect: **Joy D'Anca**
 Program Chair: **Christine Rossi**
 Membership: **Christina D'Angelo**
 Secretary: **Gina Christel**
 Treasurer: **Marguerite Lane**
 Treasurer - Elect: **Mary Marquez Bell**

The above officers were nominated at the CAP
 Conference held on March 21, 2014 and
 were voted on by the membership at the Awards
 Ceremony on May 29, 2014.

**The following were recipients at our annual
Awards Dinner on May 29, 2014. Please look
for the recap of the event in our fall edition of
the NewsCaster.**

Administrator of the Year: **Regina Agrusa**, Assistant to the
 Superintendent for Pupil Personnel Services, Sewanhaka
 Central High School District

Counselor of the Year: **Natasha Khan**, School Counselor,
 Garden City High School

College Counselor of the Year: **Marguerite Lane**, Director
 of Admissions, Molloy College

Stu Agins Memorial Service Award: **Eileen Connolly**,
 Assistant Principal, John F. Kennedy High School

Retirees: **Ann Gould**, George W. Hewlett High School;
Joanne Meyer-Jendras, Garden City High School;
Barbara Wallach, George W. Hewlett High School

Lifetime Membership: **Antonie Samuels**

Marie Quinn Scholarship Winners

The Marie Quinn Memorial Award is one that is held in the highest esteem by the Nassau Counselors' Association. Marie Quinn was a past president whose work focused on the simple goal of helping people. Therefore, it is only befitting that these scholarships be awarded to graduate students in the field of counseling who show the potential of becoming dedicated, caring leaders in the counseling profession.

The 2014 outstanding winners are: Lisa Calder (Hofstra), Carolyn Thomas (NYIT), and Maria Valenzuela (Mercy College).
 Congratulations to all of the WINNERS!

I would like to extend special thanks to my wonderful committee of volunteers, they are: Pat Forie (Oceanside H.S.), Anne Gould (Hewlett H.S.), and Barbara Wallach (Hewlett H.S.).

Thanks to all for a job well done!

Susan Sklar, Chairperson



*L_R Lisa Calder, Carolyn Thomas,
 Maria Valenzuela and Scholarship Chair
 Susan Sklar*

Discover...

...your future, and your success.



- More than 40 undergraduate majors, from Business to Computer Science, Psychology to Visual Arts
- A challenging Honors College
- NCATE accredited teacher education programs
- Internship and study abroad opportunities in virtually every field
- Graduate programs in Accounting, Adolescence Education, Mental Health Counseling and Taxation
- 13 NCAA Division III intercollegiate athletic programs
- High-quality programs offered in the affordable SUNY tradition



THE COLLEGE AT
OLD WESTBURY
STATE UNIVERSITY OF NEW YORK

Calvin O. Butts, III, President

(516) 876-3200 • www.oldwestbury.edu



WE'RE NUMBER ONE

#1 Public College in America!
"Best Bang for the Buck"

—Washington Monthly

An exceptional and affordable education

It's an honor.

We participate in CUNY's Macaulay Honors College—which offers free tuition. We also have three academic honors programs as well as one designed just for transfer students.

We're as passionate as you are about your students' success. We'll challenge them with honors programs, more than 60 fields of study, and over 1,000 internship opportunities.

REMIND YOUR STUDENTS TO APPLY FOR FALL 2014!

For admissions information, visit www.qc.cuny.edu/checklist



MERCY COLLEGE



Over 90 Programs Across 5 Schools ■ Distinguished Faculty ■ Personal Attention
A Plan For Success ■ High-Energy Campus and Athletics ■ Affordable

WWW.MERCY.EDU/NCA ■ 877-MERCY-GO



Affordable Tuition • Distinguished Faculty • Scholarships • Financial Aid



Programs of Study in:

- Business
- Health Related Sciences
- Liberal Arts
- Science, Technologies,
Engineering & Mathematics
- Visual & Performing Arts



For more information and to Apply visit
www.qcc.cuny.edu/Admissions

QUEENSBOROUGH **CU**
COMMUNITY COLLEGE **NY**
222-05 56th Avenue, Bayside, NY 11364



Greetings NCA members!

My name is Christina D'Angelo and I am the Membership Chair for the Nassau Counselors' Association. As the year is wrapping up, I encourage you to renew your membership for the upcoming 2014-2015 school year. Please send the application and membership dues to the address provided on the form. If you have any questions, please feel free to contact me at cdangelo@lynbrook.k12.ny.us.

I hope you have a restful and relaxing summer!

Sincerely, Christina D'Angelo

Christina D'Angelo, Membership Chair
Nassau Counselors' Association



WE'RE BECOMING A UNIVERSITY

The legacy continues as we
launch Caldwell University
July 2014.

NEW FOR 2014

Exciting Academic Majors:

- Health Science
- Business Administration with Sport Management concentration

AVAILABLE FALL 2014

New Sports Programs:

- Women's Bowling
- Men's Cross Country
- Men's Track and Field





NASSAU COUNSELORS' ASSOCIATION 2014/15 MEMBERSHIP APPLICATION

Membership Year:
July 1st through June 30th

Annual directory listing guaranteed to those who join by September 30th

(Please Print or Type)

NAME: _____ CURRENT POSITION: _____

INSTITUTION: _____

WORK SETTING: ELEM. SCH. MIDDLE/JUNIOR HIGH SCH. SENIOR H.S.
 COLLEGE PROPRIETARY SCHOOL AGENCY/OTHER
 GRADUATE STUDENT

BUSINESS ADDRESS: _____
CITY _____ STATE _____ ZIP+4 _____
BUS. PHONE: _____ E-MAIL _____

HOME ADDRESS: _____
CITY _____ STATE _____ ZIP+4 _____
HOME PHONE: _____ E-MAIL _____

PLEASE SEND MAIL TO MY: HOME ADDRESS BUSINESS ADDRESS

YEAR YOU FIRST BECAME A MEMBER OF NCA? _____

MEMBERSHIP CLASSIFICATION: (See descriptions below)

- REGULAR (\$30.00) ASSOCIATE (\$30.00) LIFE (No Fee) Year granted _____
 RETIRED (\$20.00) IF RETIRED, PREVIOUS POSITION/INSTITUTION _____
 STUDENT (\$20.00) IF STUDENT, PLEASE HAVE AN INSTRUCTOR COMPLETE NEXT SECTION

I hereby certify that this applicant is a matriculated student at _____
Signature of Instructor _____

ANNUAL MEMBERSHIP DUES AND MEMBERSHIP CLASSIFICATIONS

REGULAR	\$30.00	Any person whose professional work responsibilities are in the area of counseling and/or human development services and either resides or is employed in Nassau County of New York State is eligible to become a Regular Member.
ASSOCIATE	\$30.00	Any person who <i>does not qualify for Regular Membership</i> , but who is professionally associated in the field of counseling is eligible to become an Associate Member.
RETIRED	\$20.00	Any person who was a regular member and who retired from a position in the field of counseling and/or human development services is eligible to become a Retired Member.
STUDENT	\$20.00	Any person not eligible for Regular membership and who is a graduate student preparing for professional work in the field of counseling and/or human development services is eligible to become a Student Member.
LIFETIME	N/A	Any person who received lifetime membership, please make sure to send in your current information yearly.

PLEASE MAIL THIS COMPLETED APPLICATION,
ALONG WITH YOUR CHECK PAYABLE TO NASSAU COUNSELORS' ASSOCIATION, INC. TO:

NASSAU COUNSELORS' ASSOCIATION
EXECUTIVE OFFICE
708 PEASE LANE
WEST ISLIP, NY 11795

Any questions, please email the NCA Membership Chair at Membership@NassauCounselors.org