



NewsCaster

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

VOL. 57 NO. 4

JUNE 2013

NCA FALL COLLEGE EXPO

SUNDAY, SEPTEMBER 22, 2013

12 NOON TO 3:00 P.M.

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Volunteers are needed for set-up on Saturday and to assist with hospitality, college search tables, and seminars on Sunday afternoon.

Retirees and Counselor Ed students are most welcome to join our Committee.

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FROM THE PRESIDENT'S CORNER



Dave Follick

I can't believe that the school is coming to a close, and our summer vacation is beginning. This has been a very busy year for Nassau Counselors Association. We have 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.

I am looking forward to my second year of my presidency, and working with the other leaders within our association. 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. In order for NCA to continue to flourish, we need more volunteers. I encourage you as you read my message, to contact me to join a committee. Many of these committees do not take up too much time, and you can broaden your professional network and make friendships that will last for years.

As we close the 2012-2013 academic year, I must thank the many guidance professional who have served on a committee and on our Executive Board. The leadership of NCA are committed to providing quality and outstanding programming for the residents of Nassau County. I can't thank the NCA Executive Board for helping me succeed with my first year of my presidency. If over the next few weeks or months you are interested in getting more involved in NCA, please feel free to email me at follickd@stjohns.edu. Thanks again for your interest in NCA, and I look forward to your continued membership in 2013-2014 (shameless plug to renew).

I hope that you and your family have a very relaxing and safe summer vacation and I look forward to seeing everyone at our annual Kick-Off event in the fall.

Sincerely,

David Follick
NCA President 2012-2014.

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2013 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 leaders in the counseling profession.

The 2013 winners are Christina Lofaso (C.W. Post) and Daniella Capraro (Hofstra University). Congratulations to both winners!!!

I would like to extend my personal thanks to my committee volunteers: Anne Gould and Barbara Wallach both from Hewlett H.S. They gave of their time in helping to select these two winners and their input was very much appreciated!

CONGRATULATIONS to the winners and THANKS to my committee volunteers.

Susan Sklar, Chairperson

Marie Quinn Scholarship Winners



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College Counselor of the Year winner: Miriam Afkhami-Ramirez, PhD.

Dr. Ramirez provides psychological counseling and crisis intervention to the students of Nassau Community College. She also provides consultation services to the faculty and administration. As part of the NCC community she has been a member of numerous departmental and college-wide committees including the Student Personnel Services Public Relations Committee, the Assessment Committee, the Substance Awareness Committee (on which she served as Chair) and the Student Scholarship Committee.

Dr Ramirez works diligently to market psychological services and conducts psycho-educational programs to reach students. She is persistent in applying for grants in order to facilitate meaningful prevention programs on campus to include: National Depression Screening Days, National Eating Disorder Days as well as a grant funded NYS Office of Alcoholism & Substance Abuse Services - Underage Drinking Program.

Dr. Ramirez reflects sincerity, compassion and dedication in all her work with students. Not only is she a valuable asset to the student body at NCC, but she reflects a strong commitment to the community at large. She has been a member of NCA for many years and has volunteered on numerous occasions for the career day and Holiday Committees. She has served for two years on the Roslyn School District's Student Welfare Committee.

Greetings NCA members!

My name is Christine Rossi and I am the Membership Chair for Nassau Counselor's Association. As this year is wrapping up I encourage you all to renew your membership for the upcoming 2013-2014 school year. Please send the application and membership dues to the address provided on the form. If you have any questions at all please feel free to email me at rossic@strose.edu.

I hope you have a great summer!

Christine Rossi
Membership Chair

Christine Rossi

Assistant Director of Undergraduate Admissions
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Career Day 2013

By: Dianne Guarino, Co-Chair

Fingerprinting, a simulated aviation experience, holding a chinchilla, and baking cookies were some of the many experiences students were able to have at this year's Career Day held on March 15, at Nassau BOCES Barry Tech. Over 60 students from Roosevelt Children's Academy and Lawrence

Middle School attended this hands-on presentation sponsored by Nassau Counselors' Association. It was a learning experience for students to delve into different types of careers: to learn about daily activities specific to the field, what level of education is needed, types of skills required for the job, and more. Faculty from Barry Tech spoke to the enthusiastic students about their own career track as well as what they enjoy/dislike about their jobs. Every presenter had an activity planned so students could learn first-hand. For some students it reinforced what they would like to do when they grow up and for others it helped them learn that they don't want to go into a field they once thought they'd like. The career fields represented included animal careers, auto industry, aviation, culinary, health/fitness, law enforcement, media arts and the style industry.

Following the classroom sessions, students were brought into an auditorium for a recap of the day's events and a delicious lunch provided by the culinary classes at Barry Tech. Mr. James Clark, Principal, welcomed the students and encouraged them to follow their dreams. Mr. Seth Liebstein, Program Coordinator at Hofstra University gave a brief overview of many spring and summer programs available to students to help them to continue to explore their interests. After lunch, Prof. Darren Petronella, from Nassau Community College, spoke gave a presentation titled "The Freshman Experience." It helped the students learn about the transitions from middle school to high school to college. He had many handouts for the students including the difference between 8th grade and college, ground rules and student expectations in college and 10 tips on putting your best foot forward in college. Prof. Petronella engaged the students in questions and answers and prizes were awarded. Students learned that working hard and doing well in school opens the door to many opportunities for their future.

For everyone involved it was a productive, entertaining, and educational day. Thanks to the faculty, staff and administration at Barry Tech for making this day such a success. Tara Bilicki, my co-chair for the event, was phenomenal in arranging the day with the faculty, getting her staff to help monitor the students, coordinating all the student's schedules, and more! Thank you to Nassau Community College for the prizes and giveaways and to Prof. Petronella for his wonderful presentation.

Hopefully more students and schools will be able to plan ahead to attend next year's Career Day!



The Nassau Counselors Association Joseph Bruzzese High School Scholarships

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

Shannon Romig: Long Beach High School- Designed and implemented an Irish Step Dancing Program in Nassau County Hospitals

Linda Mule: Herricks High School-Designed and implemented a district wide Anti-Bullying Campaign

Brittany Wadhvani: Manhasset High School-Designed and implemented the Art for a Cure art auction

Steven Trezza: West Hempstead High School-Organized and implemented the West Hempstead Storm Drain Project /Keeping Our Waterways Clean initiative

Michael Garcia: South Side High School- Created and implemented the “What Could Have Been...” substance abuse awareness campaign

Cherie Luo: Hewlett High School-Designed and implemented an awareness/fundraising campaign on behalf of the Fistula Foundation

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

Danielle Palumbo- School Counselor, Our Lady of Mercy Academy

Karen Ziff-Admissions Representative, Marist College

Vincent Angrisani-Executive Director Enrollment Management and Admissions,Queens College

Lisa Marie Pasquale-School Counselor

Meghan Schlosser-School Counselor, Baldwin High School

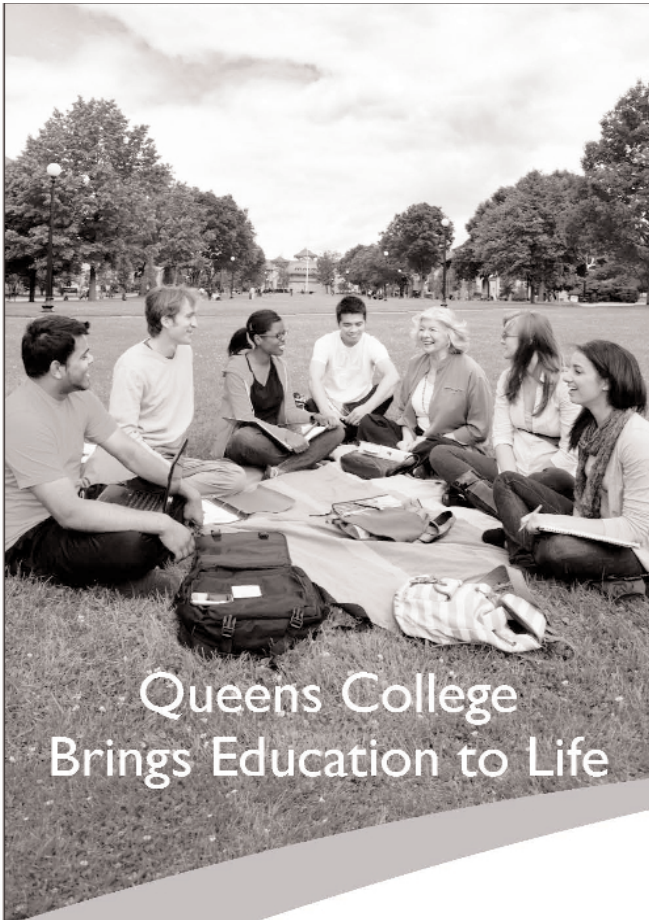
Joanna Forgione-Associate Director of Admissions, Molloy College

Andrea Klaff-Undergraduate and Graduate Admissions Counselor, SUNY College at Old Westbury

Debbie Albano-Seltenreich-School Counselor, Queens High School of Teaching

Congratulations to all of these truly outstanding recipients.

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



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

NCA – CAP CONFERENCE

March 15, 2013
Adelphi University

“The Elephant in the Room: Help us to Better Inform Our Teens About the Risks of Sexual Behavior”

The 2013 NCA CAP Conference was held March 15, 2013 at Adelphi University. Nassau Counselors’ Association President, David Follick, welcomed the audience of approximately 125 counselors, parents, administrators, and college professionals to the conference and introduced the 2013-2014 executive board officers for NCA. Provost and Senior Vice President of Academic Affairs from Adelphi University, Dr. Gayle Insler greeted the conference participants to Adelphi and emphasized her gratitude for the important work that the school counseling community provides to the children of Nassau County. Gina Christel, Co-Chair of the CAP Conference introduced and presented the keynote speaker to begin the conference.

“The Elephant in the Room: Help Us to Better Inform Our Teens about the Risks of Sexual Behavior” was the conference title and the message was reinforced throughout the day with discussion and roundtable. Keynote speaker, **Pam Stenzel**, kicked off the program with an outstanding presentation that focused on teaching teens to make well informed decisions about sexual behavior. She was inspiring and motivating as she explained to the audience that it is our collective responsibility to educate young people about the physical and emotional dangers of engaging in at risk sexual behavior. Her presentation included examples that were captivating, humorous, informative, and brutally honest in that she explained the consequences of teen behavior when they are not well equipped to make positive and healthy decisions. Audience feedback included, “engaging, wonderful, powerful, a must see for all students and parents.”

Dr. Caryl Oris, an adolescent psychiatrist, delivered a breakout session on “The Teenage Brain and Risky Behavior.” Her presentation focused on basic concepts of brain development. She specifically discussed risk factors and protective factors and strategies for both parents and schools to implement during adolescence. The audience feedback was overwhelmingly positive and everybody was in agreement that more time with Dr. Oris was desired.

The program ended with a panel discussion facilitated by school counselor, Paula Curci, Sewanhaka High School. Members included, Dr. Oris, Matt Morales, Planned Parenthood, Carol Phelan, Director Counseling Center, Adelphi University and Terry Ianniello, Health Educator, Elmont Memorial High School. The panelists shared their experience and expertise working with teens and educating students about the risks associated with sexual behavior. Audience members were provided an opportunity to ask the panelists questions and meaningful dialogue continued with small roundtable discussions.

A very special thank you to **Christina Russo**, Associate Director of Admissions, Adelphi University and **Gina Christel**, Director of Guidance, Garden City High School, for their time, dedication, and commitment to helping to make the 2013 CAP conference a professional development day that proved to be worthwhile and beneficial to all. Thank you!



Enjoy more pictures of the CAP Conference on the following page.





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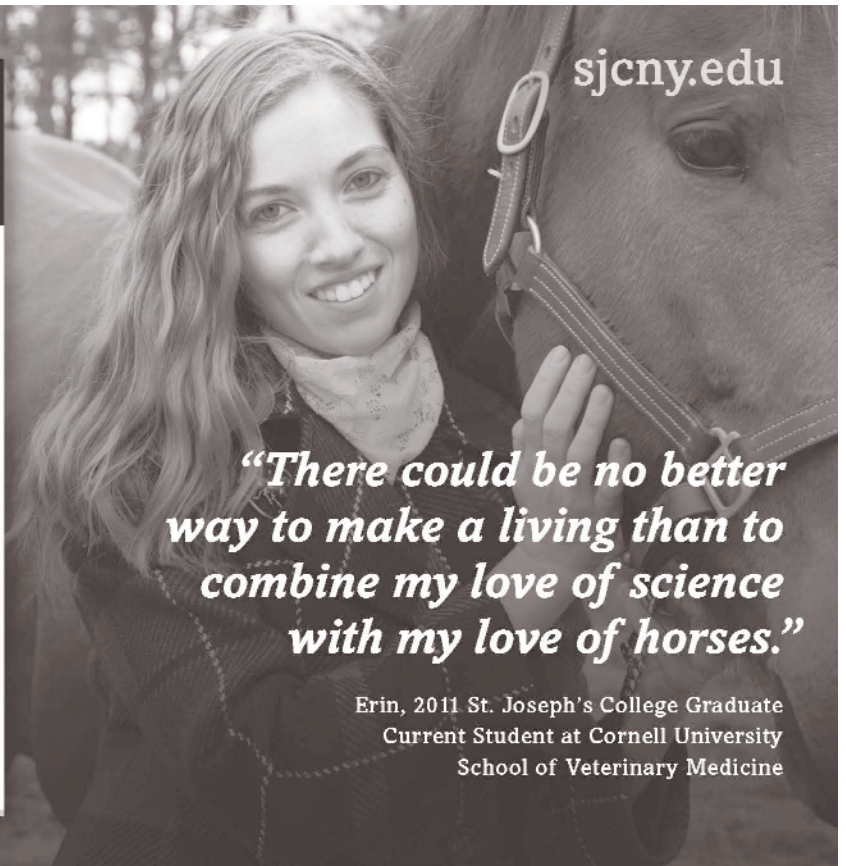
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Actually, a lot of opportunity. I did a lot of fun things, like meeting "The Real World" and "Road Rules" cast members and actually competing against them. I also loved being an RA and planning events through the Student Events Board. The event planning was a training session for the real world. That prepared me for dealing with my daily responsibilities as an executive financial planner for Ayco, a subsidiary of The Goldman Sachs Group.

Same with the BS/MBA. I remember having to do a marketing plan for an actual local business. They're depending on you for their success. We learned how to work in teams, speak publicly and handle pressure—because we did all those things as part of class. I feel earning both degrees at once, plus my internship, gave me a two-year head start on my career.



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Connecting With Your Child's School Counselor for a Successful School Year

It's that time of year again – back to school. As students across the country enter the school halls with fresh notebooks, clean backpacks and a new attitude to do their best, it's time for parents to think about their back-to-school roles as well. One way to ensure your children have a successful school year is to make a connection with their school counseling department.

The school counselor's role is to act as the first line of contact for parents and students for assistance in academic, social or personal development. The professional school counselor is a certified/licensed educator trained in school counseling with unique qualifications and skills to address all students' academic, personal/social and career development needs.

The American School Counselor Association (ASCA) encourages parents to proactively communicate with their child's school counselor at least three times a year to best steer their child's success. "It's important for parents to establish and maintain regular communications with the school counselor to better understand their child's challenges and address any concerns that could impede success," said Carolyn Stone, Ed.D., president of the American School Counselor Association.

"Strong in-school counseling programs contribute to overall student success," added Rich Lapan, Ph.D., professor at the University of Massachusetts, Amherst. "Regular communications between parents and counselors can help a child tremendously."

In an effort to help busy parents communicate more effectively with their child's school counselor, ASCA is offering five "Back-to-School" tips to improve parent-counselor dialogue:

- 1. Understand the expertise and responsibilities of your child's school counselor.** School counselors make a measurable impact in every student's life, assisting with academic, career and personal/social development. Professional school counselors are trained in both educating and counseling, allowing them to function as a facilitator between parents, teachers and the student in matters concerning the student's goals, abilities and any areas needing improvement. School counselors provide services not only to students in need, but to all students.
- 2. Meet or contact your child's school counselor at least three times per school year.** The beginning of a school year is an excellent opportunity to initiate contact with your child's school counselor and doing so can ensure your child's positive school experience. Find out who the counselor is and what his or her experience and background are. By communicating with one another at the beginning, middle and end of the school year, parents and counselors can have a definite impact on a child's success.
- 3. Discuss your child's challenges and concerns with the school counselor.** As a parent, you know your child best. However, the school counselor can help you better understand your child as a student. It's important to encourage your child's expression of needs, hopes and frustrations. School counselors are trained to help your children.
- 4. Learn about your child's school and social connections from the school counselor.** When you need information or assistance, your child's school counselor can help you get in touch with the appropriate school officials; learn about school policies on behavior, attendance and dress; know the school calendar of important dates; and stay connected with the school in many other ways. The school counselor can also help you locate resources in the community when you need them.
- 5. Work with the school counselor to identify resources and find solutions to problems.** If your child is having a problem at school, it is important to work with your child's school counselor to find solutions. Discuss resources available within and outside of the school, and get information on how such programs can benefit your child. Your school counselor can be a valuable partner in your child's education and preparation for life beyond school.

By taking advantage of all the school counseling department has to offer, you can help your child start off on the right foot – and stay there – this school year.

Parents can go to www.schoolcounselor.org to learn more about the various roles and services of school counselors and how to work with school counselors to help their children achieve success.

2013 Spring College Expo

“Success is about creating benefit for all and enjoying the process. If you focus on this & adopt this definition, success is yours.”

Kelly Kim

April 23, 2013 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 convenience of the Hofstra University Mack Sports and Exhibition Complex. Students were met with open arms and the unique chance for a sneak preview of institutions throughout the United States to begin their journey toward a bright future. Our association is proud to report the attendance of over 4,000 students and families graciously assisted by our members, friends, interns, retirees, working counselors and administrators. Such talent and willingness to help proved to be most beneficial to our guests in more ways than we could have imagined.

The use of the College Automation System where students were able to register for a personal barcode to transmit personal interests and contact information to schools proved to be even more successful this year! All institutions in attendance rented a scanner to collect such information, which made the crowds 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 most comfortable and less overwhelming for our students and school representatives.

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” Nicole Betts of Roosevelt High School for tackling the overwhelming task of obtaining volunteers for the varying roles of the Expo and spearheading the presenters who educated our guests on important concepts such as Financial Aid, NCA, Highly Selective Colleges, Historically Black Colleges, and Students with Special Needs. Gloria Schetty-Plante of Laurel Publications was outstanding in her distribution and collection of our College Automation Scanners and Neil Collins of Hofstra Facilities and his crews 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.

It is with bittersweet emotion after a six year run with the Spring College Expo that I move forward to a different position on the Executive Board of the Nassau Counselors' Association. The knowledge that I have gained as well as the wonderful relationships fostered throughout the year have proven invaluable and will make me miss my time as a co-chairperson. So, please accept my sincere gratitude for your outstanding support and I urge you to continue since the Spring Expo is certainly in good hands with Michael Hearne continuing as co-chairperson alongside Nicole Betts as our “rookie.” As school counselors, we strive to instill drive in our students along with the self-confidence to both set and achieve lasting goals. It is with great pleasure that we extend our gratefulness to our Executive Board, members and friends for us to achieve this important concept in our students and families through the 2013 Spring College Expo.

Joy-Anne D'Anca
Spring Expo Co-Chairperson





Welcome to NCA

My name is Ronni Smithline and I would like to introduce myself as the Counselor Advocate for the NCA 12-13 school year. I have been retired from the Port Washington Schools as District Director of Guidance for the past five years, but have remained very active in the school counseling community. In addition to being an administrator for many years, I was a school counselor and teacher of English/Reading for many years. So, if you are new or not so new to the business and need an ear or wish for any type of assistance, please feel free to contact me. No questions are silly and I will attempt to dialog with you as needed. Even if you have no questions, please let me know if you are new to Long Island counseling and where you are presently working so that I may welcome you properly. If you are a job seeker and would like me to review your resume, please feel free to forward it to me. I can be reached at RSmith9560@aol.com. Please look on the NCA website at www.nassaucounselors.org for all upcoming events and timely information. I look forward to hearing from you and good luck with your new positions!

On Long Island and On The Internet
Keep in Touch With The
Nassau Counselors' Association

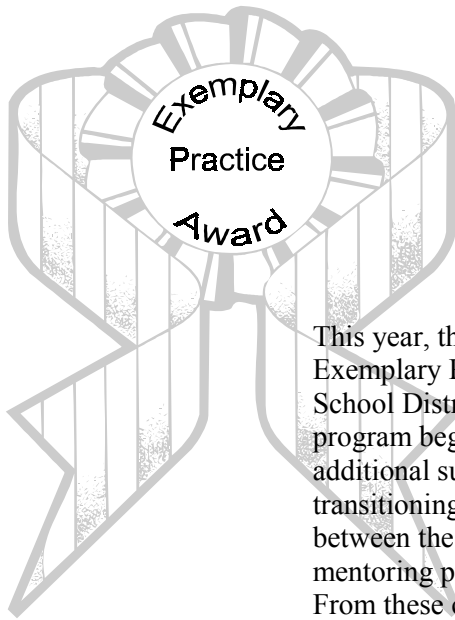
NASSAU COUNSELORS'



ASSOCIATION

Calendar - Scholarship info - News & Notes -
Photos - Membership Info

www.nassaucounselors.org



Exemplary Practice Award

This year, the Nassau Counselors' Association wishes to recognize the Exemplary Practices of the Counselors of the Plainview-Old Bethpage Central School District. In the truest form of collaboration, The Peer Mentoring program began with a request from an 8th grade counselor; she sought additional support for a handful of students who were anxious about transitioning to the high school. Following this request, a brainstorming session between the middle and high school counselors produced a comprehensive mentoring program that would address the needs of ALL incoming freshmen. From these conversations, the HS 101 and Peer Mentoring Programs were born.

To get the initial group started, high school counselors were asked to identify students who they felt would provide a positive mentoring experience to younger students. Once selected, mentors were trained to answer questions about high school; to address common fears and misconceptions about high school, and also to act as friendly "ambassadors" for the high school. Three "HS 101" sessions were planned, focusing on academic, social, and emotional topics, and were held throughout the year. Eighth graders were also given the opportunity to sign up for an individual mentor, who would provide three supervised meetings with them.

An instant success, this program was so well received by the middle-schoolers, that the High School Counselors requested to have the Peer Mentors recognized (and supported) as a formal club. Under the extraordinary leadership of Cristina Rivas-Laline and Sara Shaffer and with the support of their Building Administration, Central Administration and Board of Education, the Peer Mentoring Club was established, and is now an active and visible group at Plainview-Old Bethpage High School.

Dana Rubenstein
School Counselor
G.W Hewlett High School

FIND OUT HOW GOOD YOU REALLY ARE.

I always wanted to be on the radio.
LIU Post put me on the air with
my own Top 40 show.
Before I even graduated, I was offered
a job at Z-100.

- Nick Parker, Class of 2010


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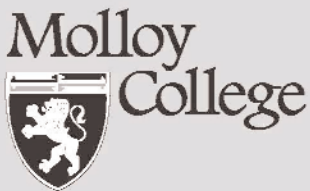
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