

# COUNSELORS VIEW

A publication of The East End Counselors Association

A Chapter of the New York State School Counselors Association / Long Island New York

## Executive Board

**President**  
Mark Palios

**Past President**  
Martha Tuthill

**President Elect**  
Laurie  
O'Halloran

**Treasurer**  
Caroline Stuke

**Secretary**  
Heather Jablonsky

**Historian**  
Kristen Domeschiel

**Membership & Directory Chairperson**  
Anastasia Cobis

**Scholarship Committee Chairperson**  
Kathleen Sutton

**Consultants to the Executive Board**  
Barbara Ackermann & Eileen  
Kochanasz

**College Fair Co-Chairs**  
Candace Stafford, Joe Garvey, Caroline  
Stuke

**College Tour**  
Danielle Doscher

**LICAC Representative**  
Erin DaSilva

**Meeting and Event Chairs**  
Brandi Hopkins, Christa Narus, Brittany  
Kaste

**Public Relations / Newsletter**  
Tom Rabbitt

**Nominating Committee**  
Linda Aydinian



Admissions Counselor, Tom Gleeson, speaks to a student at the fair.

## Fall College Fair Enjoys Success

Riverhead High School hosted the 2016 East End Counselors Association Fall College Fair on Tuesday, October 18, 2016, from 5pm until 7:30pm.

Invitations were sent out to more than 300 colleges, universities, technical schools, and the military. Over 130 institutes of higher learning participated in the fair. Students and parents from North and South Fork high schools met with college admissions counselors and representatives of the military to discuss post-secondary school options.

This annual event is sponsored by the East End Counselors Association, and is one of two college fairs sponsored by the association during the year. For information, contact your school counselor or email Fall College Fair Chairpersons Candace Stafford at [ccstafford33@gmail.com](mailto:ccstafford33@gmail.com) or Caroline Stuke at [CStuke@esboces.org](mailto:CStuke@esboces.org)



## EECA Calendar 2016-2017

**9/14/16**

Fall General Membership Meeting 4p.m. *Oaklands* 365 Dune Road Hampton Bays, NY  
Hosted by Long Island University C.W. Post

**10/18/16**

Fall College Fair  
Riverhead High School  
5:00pm

**10/26/16**

Financial Aid & NCCA Night  
Riverhead High School  
5:30pm NCAA  
6:30pm Financial Aid

**11/4/16**

LICAC  
Upsky Hotel, Hauppauge, NY

**11/10/16**

Administrator Breakfast / Career Professional Development  
Carol Dahir NYIT Professor  
*New Counseling Regulations*  
HB Ward Technical Center, Riverhead at 8:30 am

**12/8/16**

Holiday General Membership Meeting  
4PM – 7PM  
Location TBD



College and School Counselors get to meet at LICAC.

## LICAC Conference Presents A Conference for School Counselors

LICAC, Long Island Counselors' Annual Conference, will take place on Friday, November 4, 2016.

Counselors may choose workshops on topics of concern to them. There will be three workshop sessions, a luncheon and a college connection session that will allow counselors to meet with various college admission counselors.

Workshop topics to be addressed include:

- \* Coping skills for adolescents with anxiety
- \* Dangers of social media
- \* Technology updates for counselors
- \* Working with students on the spectrum
- \* Establishing a comprehensive guidance program
- \* Skills for new counselors

The conference will take place at the Upsky Hotel, 110 Motor Parkway, Hauppauge, NY. The event is sponsored by The East End Counselors' Association, Nassau Counselors' Association and Western Suffolk Counselors' Association. For further details and registration visit [www.LICAC.org](http://www.LICAC.org) or [conferences@optonline.net](mailto:conferences@optonline.net). You can also call 631-209-1896

## EECA Calendar 2015-2016

**3/16/17**

Spring Mental Health  
Professional Development  
**Location:** TBD

**4/19/17 - 4/21/17**

College Tour of Washington  
D.C Area Colleges

**4/25/17**

Administrative Professionals  
Luncheon  
**Location:** TBD

**4/26/17**

Spring College Fair  
Westhampton Beach  
High School  
5-7 pm

**6/7/17**

General Membership Meeting  
and Awards Dinner Hosted by  
Nichols College  
4 pm Dockers

### Counselors View

Seeks articles from our members.

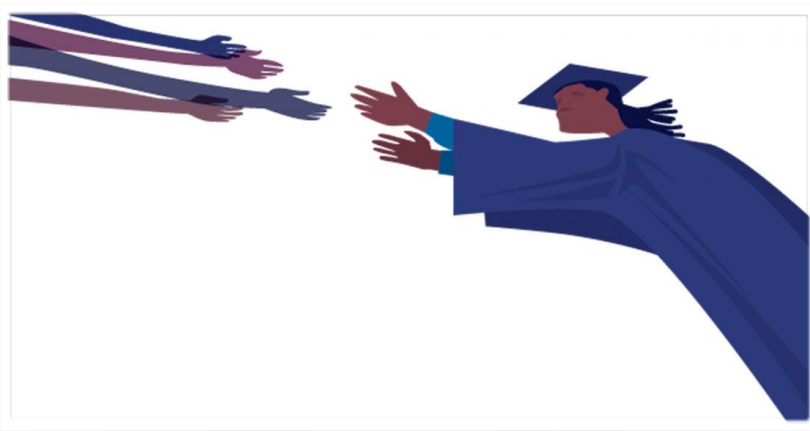
Please submit:

\*Examples of Best Practice in your  
school \*Professional papers you  
have written \*Inspiring stories  
about your students

Please send articles to  
[trabbitt51@gmail.com](mailto:trabbitt51@gmail.com)

### Email Reminder

Ensure that your email identifies  
[@eastendcounselors.org](mailto:@eastendcounselors.org) as a  
trusted sender



## Financial Aid & NCAA Night Set To Assist Students and Parents

East End Counselors Association will host a free Financial Aid night on October 26 at Riverhead High School. The NCCA presentation will begin at 5:30pm and the Financial Aid presentation will follow at 6:30pm. Students and parents from all East End schools are encouraged to attend this informative session to get a better understanding of the student aid process.

Gordon Rowe, Coordinator of Financial Aid Data Operations for St. Joseph's College, will explain how to apply for all types of financial aid, including completing the Free Application for Federal Student Aid (FAFSA). He will also review recent changes in completing the FAFSA, which is required to determine eligibility for most student aid programs.

Part of the evening's agenda will also focus on the procedures student athletes must follow to become eligible to play sports in college. Registration with the NCAA is required before a student can practice, try out, or play any competitive college sport. Melissa M. Reilly, Associate Commissioner/SWA East Coast Conference will give an overview on NCAA academic requirements, divisions of college sports, ACT and SAT testing information and what courses are necessary for students to complete while in high school.

For more information about the event contact Christa Narus at [christa.danielle4@gmail.com](mailto:christa.danielle4@gmail.com) or Anastasia Cobis at [anastasia.cobis@riverhead.net](mailto:anastasia.cobis@riverhead.net)

## Counselors play a pivotal role in helping families adapt to the “new” FAFSA

### Early outreach is critical.

Let students and families know that the FAFSA form will become available on Oct. 1. Ensuring that current juniors receive information prior to leaving school for the summer, as well as equipping seniors with information at the start of the school year, are examples of actions high schools could implement.

### PPY should streamline the process for most families.

Because 2015 tax data will be used, (prior-prior year) families won't have to worry about estimating their income or correcting it later. In addition, the shift to older tax information means that more applicants will be able to use the IRS data-retrieval tool to complete the FAFSA. The shortcut allows applicants to complete the form with relevant income data, cutting down the time needed to file for financial aid.

### Key Admission deadlines shouldn't change

The process of applying to college will remain subject to the same calendar as before. Colleges may not set application deadlines prior to October 15, nor can they require students to make an enrollment decision prior to May 1 of their senior year (with the exception of Early Decision). NACAC member colleges are expected to adhere to these dates as a condition of membership. (Courtesy of NACAC)



Information and Photo are Courtesy of [HOMEROOM](#) U.S. Department of Education

## Changes to FAFSA You Need to Know

### 1. The 2017–18 FAFSA will be available earlier

A student can file her 2017–18 FAFSA as early as Oct. 1, 2016, rather than beginning on Jan. 1, 2017. The earlier submission date will be a permanent change, enabling students to complete and submit a FAFSA as early as October 1 every year.

### 2. Earlier income and tax information is required

Beginning with the 2017–18 FAFSA, students will be required to report income and tax information from an earlier tax year. For example, on the 2017–18 FAFSA, a student—and her parent(s), as appropriate—will report their 2015 income and tax info, rather than their 2016 income and tax info.

Some families' income may have changed significantly since the 2015 tax year. If this is the case, you should advise students to complete the FAFSA with the info it asks for (2015). Then, after filing the FAFSA, the student should contact the financial aid office at their school (college choice) to explain the situation. The school has the ability to assess their situation and make adjustments to the FAFSA.

### How will the changes benefit students?

♦The new procedure will better align the admission and financial aid processes, giving students and families an earlier and more accurate idea of their anticipated financial aid and college costs. It is estimated the streamlined procedure will encourage hundreds of thousands of additional students to apply for aid and, in turn, increase the number of first-generation, low-income students pursuing a college degree.



## **Fall Conference Workshops Include:**

Integrating Mindfulness into Your School Counseling Program

Teen Dating Violence and the School Counselors' Role

Religion, Spirituality and Career Development: Implications for School Counselors

Resilience Can Be Taught! 10 Tools to Motivate ANY Student

Principals as Partners: Counselors as Collaborators

Students with Disabilities and the College Process

Navigating the NCAA Eligibility Center: Tips and Tools

Social Media, Internet Safety and Cyberbullying: An Update for Counselors

How to Implement a Successful School Counseling Advisory Council and Gain Critical Support for Your School Counseling Program

The Art of Effective Communication for Guidance Professionals: Creating Win-Win Dynamics

**For more information about the conference and registration information visit:**

<http://nyssca.org>



## **NYSSCA Hosts Fall Conference**

*"School Counselors: Making A Difference"*

The Double Tree by Hilton,  
Tarrytown, NY

*November 18-19, 2016*

This conference offers an opportunity for professional growth and collegial sharing of best practice in school counseling. Workshops and meetings are planned over the weekend, and various awards including NYSSCA School Counselor of the Year and the NYSSCA Outstanding Program, Practice or Project Award will be announced. The East End Counselors Association will send four of its members to attend the conference and represent the association.

The Keynote speaker is Terence J. Houlihan. His presentation, "Adolescent Brain Development: What Every School Counselor Needs To Know," grew out of his experience. Houlihan has been an educator and counselor for over 20 years. He began his career as a high school teacher in New York City. He has held various positions including teacher supervisor and school counselor.

In addition to being a high school counselor, he is an adjunct lecturer at the graduate program in counselor education at the City University of New York, Lehman College. He has written articles and book chapters for the American School Counselor Association, the National Association of School Superintendents and the National Association of College Admissions Counseling.

In addition, Dr. Donna Ritter, an Independent Behavioral Consultant/Educational Trainer will speak on "Understanding Challenging Behavior: Learning Along the Way." Dr. Ritter currently works as a Senior Life Space Crisis Intervention Trainer for Dr. Nicholas Long, Director of the Institute of Psycho-Educational Training, formerly of American University.

## A Mindfulness Practice: PEACE

Excerpt from Mindfulness: A Guide for Teachers  
By Dr. Amy Salesman

This is a sample Mindfulness practice called P.E.A.C.E which can be offered to students to support them in dealing with difficult situations. The practice goes like this:

**P is for pause.** When you become aware that things are difficult, pause.

**E is for exhale.** When you exhale you may want to let out a sigh, or a groan, or even weep. And after you exhale you want to...Inhale. Just keep breathing.

**A is for acknowledge, accept, allow.** As you continue to breathe, acknowledge the situation as it is. Your backpack with all your stuff is gone, your parents are getting divorced. Acknowledging a situation doesn't mean you are happy about it. It just means that you recognize the situation is as it is.

Accept the situation, and your reaction to it.

Allow your experience. Do your best to rest in the Still Quiet Place and watch the thoughts, feelings, and body sensations.

**C is for choose.** When you are ready, and this may take a few moments, days, weeks or even months, choose how you will respond. At its best, responding involves some additional Cs.

Clarity: being clear about what you want, what your limits are, what you are responsible for.

Courage: the courage to speak your truth and to hear the truth of others.

Compassion: compassion for yourself, for others, and for how difficult it sometimes is to be a human being.

Comedy: It is amazing what a sense of humor and a willingness to not take ourselves too seriously can do.

**E is for engage.** After you have paused, exhaled, allowed and chosen your response, you are ready to engage with people, the situation, and life.



## Mindfulness in Education: We Should Teach Adolescents To Breathe and Take a Break

By Christa Narus

While running practice for the middle school swim team, a young man came on the deck asking if it was too late to join the team. He was the lead in the junior high school play, and he asked to join the team after the last performance. I welcomed him into the pool and quickly saw that he had talent.

He showed up each afternoon with a smile on his face and although he was on the quiet side, his teammates took a liking to him and he eased right into the swing of things. Spring break was approaching, and he informed me that he was going on vacation with his family and would not be able to make Friday afternoon practice, or any of the vacation practices. I told him not to worry and to enjoy his trip. That Saturday, I received a call that he had committed suicide. He was 14.

Life events can often take us by surprise and leave us wondering if we've made the right choices. My experience with this talented yet troubled young man forced me to question what I wanted to do with my life.

Prior to becoming certified as a school counselor, I studied holistic medicine. This particular field of medicine is focused on treating the client rather than the symptom through different techniques that attempt to leave medications out of the equation.

I decided to move from holistic medicine to the field of education and in particular to school counseling as a result of losing this young man. I realized that I wanted to continue to touch the lives of adolescents in a positive way and really be there for them as another supportive adult.

As I went through my internships, I began to notice a pattern of students who were suffering from anxiety; anxiety from exams, anxiety

# We Should Teach Adolescents to Take a Break

(Continued From Page 6)

from walking through the hallways, and anxiety from feeling alone.

I would talk with these students and speak with them about how their body was reacting, asking questions like “When the exam is put in front

of you, what do you notice your body doing?”

“What thoughts are going through your head?” “Do your hands shake? Is your heart racing?” Soon enough, students were able to come back to me and state what was happening to them. I would sit down with them and go through breathing exercises to help them in the moment.

These techniques are part of Mindfulness Therapy, a therapy that helps people accept the present moment and let go of anxieties that often prevent them from living in that moment.

According to Rebecca L. Tadlock-Marlo of Eastern Illinois University, “Mindfulness can be most comprehensively defined as a multifaceted, present-moment awareness intervention that capitalizes on self-perceptions. Derived from Buddhist philosophy, mindfulness practices take the perspective that all life is composed of sufferings, providing teachable moments for personal growth. These inescapable sufferings may be based on attachment to objects, relationships, inherent illness, change, and death (Hahn, 1998). Recognizing that suffering is an intrinsic aspect of living provides

the opportunity to practice letting go of what is beyond personal control to live a more fulfilling life.”

The idea of mindfulness techniques to help students get through high stress, anxiety filled days has become a focus for many districts. We cannot lose sight that teaching students how to breathe through



their fears and stay focused on positive thoughts is only one part of mindfulness therapy. We need to also teach our students acceptance, compassion, empathy, and kindness not only toward themselves, but to others as well. Teaching young students to be present in the moment, even if that means stopping for minute to digest the content of materials that they have just learned, allows for students to take a break from their fast-paced life.

In a world that is dominated by the access to technology, both students and teachers need to remain aware that sometimes stopping to connect to the thoughts we are having can be enough to keep anxiety at bay.

For me, the ability to combine holistic medicine with school counseling, is an effective way for me to reach students. Change is often something that comes from within, and teaching adolescents how to be present in the moment is a way to enable them to cope and thrive in the educational environment.

There is still a lot for us to learn in order to help students put down their phones and detach themselves from the instant-gratification they get from Instagram, Snapchat, and Hoovoo.

We need to remain aware that

this generation has been brought up to receive information at a fast rate, however this does not mean this information is always processed. Allowing students to remember that it is okay to take a break, digest the information, and process their thoughts about this information will help them become more aware of the environment around them, and perhaps be better able to deal with the stress of this information saturated age.

**Christa Narus has a Masters of Science in both Psychology and School Counseling. She is currently working in William Floyd High School, where she is a Teaching Assistant in their CTE Medical Assisting Program.**



## **Criminal History Question to Be Removed From SUNY Application**

The Trustees of the State University of New York voted 8-2 in September to remove from the SUNY application a question asking applicants to admit to any past felony convictions.

Colleges may ask for that information after a student is admitted, if the applicant is seeking campus housing or applying for certain clinical experiences, internships, or study abroad.

The vote by SUNY's board is seen as a victory for the "ban the box" movement, which urges colleges and universities to stop asking questions about criminal convictions. The idea is that merely asking the question may discourage people who were convicted unjustly or people who have moved past their criminal activity to fully participate in society. This problem is particularly acute among minority youth.

Governor Andrew Cuomo praised the decision, "We must help individuals who have served their time to move past their mistakes."

Not everyone agrees. Ronald G. Ehrenberg, a trustee who voted against the policy shift said, "I would have preferred evidence from the criminal justice system that felons who committed acts of violence were felt to be rehabilitated." He added, "I understand fully the social imperative to provide access to college for underrepresented groups who are overrepresented in our criminal justice system, but I guess I concluded the resolution was too rushed and deserved further discussion with our campus presidents before being adopted."

( Summarized from [insidehighered.com](http://insidehighered.com) )



Howard University is one of the Washington Universities Counselors will visit.

## **Register for the Cherry Blossom Tour Of Washington DC Universities**

The East End Counselors Association will sponsor a tour of colleges in the Washington DC Metropolitan area, featuring six of Washington's nationally recognized universities, from April 19 until April 17, 2017.

Bridgehampton School Counselor Danielle Doscher is coordinating the event on behalf of the East End Counselors Association and the Undergraduate Admissions officers at American University, The Catholic University of America, Gallaudet University, Georgetown University, George Washington University and Howard University.

School counselors will spend three days visiting each campus, meeting with students, faculty, and administrators and experiencing the unique offerings of these universities.

In addition to seeing firsthand the distinctive strengths of each individual campus, counselors will learn about the various collaborative shared programs of the Consortium of Universities of the Washington Metropolitan Area, including Cross Registration and the Consortium Research Fellows Program.

Cost for the event is \$100 for EECA members and \$135 for non-members. This includes transportation, lodging and most meals during the trip. The tour, subsidized by EECA for school counselors, is a great opportunity to learn about these universities and assist students in their college search.

Please contact Daniele Doscher at [ddoscher@bridgehampton.k12.ny.us](mailto:ddoscher@bridgehampton.k12.ny.us) to reserve your place on this tour.