

COUNSELORS VIEW

A Publication of The East End Counselors Association

A Chapter of the New York

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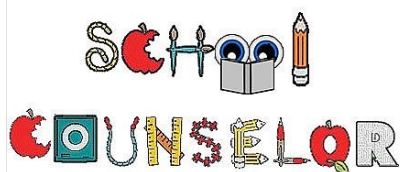
Barbara seen here hosting a college fair with retired counselor Linda Aydinian

Barbara Ackerman Named President Emeritus of EECA

Retired School Counselor, Barbara Ackerman, in recognition of her contributions to education and the school counseling community, has been named President Emeritus of the East End Counselors Association, the first in the Association's history.

Barbara was honored at our spring meeting on June 7, 2023. She is the first member of the East End Counselors Association to receive this honor.

Barbara retired as the School Counseling Director of Southold Schools in 2002, having served the children of Southold for over 16 years. Since her retirement, she has served as a consultant to the Executive Board of the East End Counselors Association. Over the years, Barbara served the Association in many roles,



EECA Calendar 2022-2023

September 15, 2022

Fall Membership Meeting

The Riverhead Cider House
2711 Sound Ave, Calverton
4-7 pm

October 19, 2022

Financial Aid & NCAA Night

Riverhead High School
5:30pm NCAA
6:30pm Financial Aid

October 26, 2022

Fall College Fair

Riverhead High School
5-7 pm

December 16, 2022

Bring an Administrator to

Breakfast / Graduation

Requirements Review
Melissa Montague, NYS
Education Department
Time and Location: TBD

December 8, 2022

Holiday General

Membership Meeting

The Inn and Spa at East Wind
5720 Route 25A
Calverton, NY 11792

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most notably as President and liaison to local and state counseling organizations. The Association's most prestigious award, where we recognize our choice for Counselor of the Year, is named in her honor. *The Barbara Ackerman Counselor of the Year Award* recognizes a counselor who has made outstanding contributions to the profession by advocating for



Barbara seen here with Executive Board member Veronica Stelzer

the children of Suffolk County and who embraces professional development through active participation in their school, the EECA and state and national counseling organizations. Criteria for this award summarizes the contributions Barbara has made to our profession.

Earlier in her career, Barbara served as a school counselor at Hampton Bays, a medical social worker at St. Joseph's Hospital Health Center in Syracuse, and was a Child Protective Case worker in Suffolk County.

She is a graduate of Ursinus College, where she received a bachelor's degree in political science in 1962, and Long Island University, where she received her Master of Science degree in School Counseling and Guidance Services in 1979.

Barbara will mark her 21st year of retirement this August. Her retirement has been an active one. Aside from her untiring contributions to the school counseling profession, Barbara is an active member the Southold Rotary Club of Southold where she has served as District 7255 Assistant Governor, Scholarship Chairperson and in other roles that promote the organization's primary goal of encouraging civic responsibility and promoting peace through international programs to aid those in need.

EECA Calendar

2022-2023

March 10, 2023
Spring Mental Health
Professional Development
 Jason's Vineyard
 Jamesport, NY

April 2023
Administrative Professionals
Luncheon
 On the Docks
 Aquebogue, NY

April 27, 2023
Spring College Fair
 Westhampton Beach
 High School 5-7 pm

Spring 2023
Tour of Boston Colleges and
Universities
 March 23 - March 24

June 2023
 General Membership Meeting
 and Awards Dinner
 CowFish
 Hampton Bays, NY 4-7pm

News & Resources

We encourage you to use our News & Resources for School Counselors page to find helpful information from local, state and national organizations. We encourage you to reach out to a colleague for support and information as we all remain focused on the emotional, social and academic needs of our students and their families. [Click here for more](#)

President Emeritus / *continued from page 2*

Barbara is moving to Boston to be closer to her family. She claims to be looking forward to a “quieter” retirement. Her friends and colleagues are skeptical. She will no doubt be a force for good in her new community. In a recent message on social media Barbara posted the following:

“The single biggest thing I learned was from an indigenous elder of Cherokee descent, Stan Rushworth, who reminded me of the difference between a Western settler mindset of “I have rights” and an indigenous mindset of “I have obligations.” Instead of thinking that I am born with rights, I choose to think that I am born with obligations to serve past, present, and future generations, and the planet herself.”

DAHR JAMAIL

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Barbara ended the post by saying, “Something to think about.” Her career has certainly been a testament to that mindset which values obligation and service to others over self-interest. Members of the Executive Board of the EECA, on behalf of our membership, wish Barbara all the best in Boston and look forward to her continued guidance.



EECA Honors Administrative Assistants

Each year, school counselors and their administrative assistants gather for lunch to celebrate the outstanding work performed by school counseling assistants. This year's event took place on April 26 at *On the Docks*, in Aquebogue.

First to greet students and parents who visit the counseling office, Administrative Assistants create an atmosphere of welcome; their diligence and dedication help ensure the success of our programs. Praising their work, Barbara Ackerman, chairperson for the event said, "School Counselors are grateful to have assistants who not only work beside them but share their vision and commitment to children."



Winner:
Ryan Michalski
Miller Place High School
 Counselor: John Scherer

2nd Place:
Lilah Lindermann
Miller Place High School
 Counselor: John Scherer

3rd Place:
Isabel Doyle
Pierson High School
 Counselor: Margaret Motto

The East End Counselors Association sponsored our third annual *Best College Essay Contest* this year. The contest was open to any high school student sponsored by a member of the East End Counselors Association.

The essays were judged by a team of retired East End School Counselors, Linda Aydinian, Eileen Kochanasz and Tom Rabbitt, chairperson for this EECA activity.

Contest Rules:

- Essays were limited to 650 words and were submitted by January 1, 2022
- Students identified the prompt they used whether that prompt came from the Common Application or was particular to a given college.
- Essays were blind-reviewed. Judges were not aware of the high school a student attended.
- By submitting an entry, students gave the EECA permission to publish winning essays in *Counselors View*, the newsletter of the East End Counselors Association.



EECA Announces the 2023 Best College Essay By Ryan Michalski, Miller Place High School

I'm Ryan Michalski. I am nothing extremely special; as Jango Fett from the Star Wars franchise once said, "I'm just a simple man trying to make his way through the universe." I'm pretty short, skinny, and have a metabolism that allows me to eat a pint of Ben and Jerry's ice cream every night before a cross country race - it isn't the ideal carbohydrate load but I'm superstitious like that. This Ben and Jerry's also fuels my studies, as I would sit in bed learning about the macromolecules and chemistry of life for hours on end, becoming frustrated but not giving up on myself because they are 100% what my body and mind crave: mastery... and sugar. It was a strange study session because, as I sat there learning about how unhealthy unsaturated fats were, I proceeded to fill my mouth with excessive amounts of triglycerides.

I tend to be a very energetic person outside of 20 minutes of waking up when I reflect the qualities of Grumpy, my favorite of Snow White's seven dwarfs. But what I really want to share with you is my most unique quality: my ambition to make others laugh.

Being the reason others smile fills me with endless amounts of joy; when others make me laugh, my deafening, wicked-witch cackle gets made fun of every time, which in turn induces more laughter. Why live if not to laugh? Why have a miserable time doing something when laughter can make it exponentially more enjoyable?

I strongly believe that laughter is something that is beneficial to everybody's mind and quality of life, which is why I try my hardest to project it upon others. I don't care how I do it. For example, to explain the lack of standardization in data collecting, I proposed the idea of putting Mrs. Matura (my science teacher) in a cage against John Cena or a grandma and calculate the difference in her aggression level. I once got a question completely wrong in my AP Calculus class and justified my failure by claiming, "I am just a silly goose today," to which Mrs. Crawford (my math teacher) responded with a fierce "Honk honk!" The laughter the class endured after was absolutely priceless, and that series of events quickly became the highlight of my week. These situations were extremely silly but they got everyone to laugh for just a couple of seconds. During these few seconds, though, there was no stress, no worry, just us enjoying life as everyone should. Now I know I sound like Crush the Turtle from Finding Nemo, but if I was a Disney character, I would hope to be Woody from Toy Story. Woody is the comedic relief squad- leader that everyone admires and follows. He is always there for all of his fellow toys and promotes a positive environment even in the scariest of situations. I try to be like Woody in those aspects.

I'm merely a man trying to make a difference in a world filled with negativity. Earth is absolutely crazy right now: wars are transpiring, new viruses are spreading fear amongst the population, and so many more existential factors exist that I can't directly impact or change. But, what I can do is put a smile on someone's face because, well, you never know how much they need it. I hope I did that here today because my essay would have felt empty without at least an attempt at making someone's day better. If you at some point smiled, giggled, chuckled, laughed or snorted, then I thank you, for you are already helping me accomplish my mission.

Personally, I would rather chew glass than have to read thousands of college essays. But hey, you made it through this one, so I'm sure you're doing just fine. Keep on chipping away at that stack, buddy. I hope to see you in the fall.

East End Counselors Host Professional Development Events



Spring College Fair

Westhampton Beach High School once again hosted our annual Spring College Fair on Wednesday, April 27. The fair, open to all students on the East End in grades 9-12, hosted over 75 colleges and universities and attracted over 100 students from East End High Schools.

This is one of two college fairs sponsored each year by the East End Counselors Association. Students should contact their school counselors for information about these fairs.

College representatives interested in attending our fairs are encouraged to contact Caroline Stuke at cmstuke@optonline.net for registration protocols and materials.



Workshop on Mindfulness

On March 10, EECA sponsored a workshop on Mindfulness practices for counselors and their students. Carin Winter, CEO of Mission Be, offered an overview of the value of mindfulness and ways to gain a greater understanding of how it can be used in school settings.

Tools and practices were provided to enhance personal self-care and relaxation practices to better manage stress and regulate emotions.

More information about Mission Be can be found on their website <https://missionbe.org/mindful-educators/>



East End Counselors Association
PO Box 1357
Riverhead, NY 11901

**REPRESENT YOUR STUDENTS AND YOUR SCHOOL AS A MEMBER OF
THE EECA EXECUTIVE COMMITTEE AT EASTENDCOUSELORS.ORG**

*The Following Schools Are Represented On
The East End Counselors Executive Board*

Bridgehampton Schools

Danielle Doscher

East Hampton

Julie Petersen

Eastport South Manner

Kathleen Sutton

Greenport

Brandi Hopkins, Avery Reisig

Miller Place

Jane Hayden

Oysterponds

Veronica Stelzer

Riverhead

Phil Antz

Southampton

Martha Tuthill

St. John Paul II Regional School

Christa Narus

Southold

Lisa Simonetti

St. Thomas Aquinas College

Kristen Domeischel

West Hampton Beach

Joe Garvey

