

# COUNSELORS VIEW

A Publication of The East End Counselors Association

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

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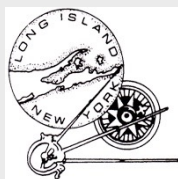
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Tom Gleeson, seen here at a past Fair, looks forward to representing Vaughn at our Spring Fair.

## EECA Plans Spring College Fair

In light of the Coronavirus pandemic, The East End Counselors Association did not hold its annual fall college fair this year. **We plan to conduct our Spring College fair at Westhampton High School in April assuming it is safe to do so. If conditions preclude an in-person fair, the EECA plans to conduct a virtual one.**

Last year, our College fair attracted over 150 colleges and universities, and more than 400 students and parents from East End schools took advantage of the opportunity to speak directly with representatives from colleges, universities, and the military. The fairs are sponsored each year by the East End Counselors Association, in association with the school counseling departments of East End high schools.

For information about our spring fair, contact your school counselor or e-mail Caroline Stuke at [cmstuke98@gmail.com](mailto:cmstuke98@gmail.com)



## EECA Calendar 2020-2021

**August 2020**  
Fall General  
Membership Meeting  
**Cancelled**

**October 2020**  
Fall College Fair  
**Canceled**

We encourage students and parents to attend Virtual Fairs sponsored by local and national School Counselor Associations. Check our website for current information about college fairs and other events offered to assist students as they prepare for post-secondary education.

**10/22/20**  
Financial Aid & NCAA Night  
Riverhead High School  
5:30pm NCAA  
6:30pm Financial Aid  
**Virtual Event**

**11/13/2020**  
LICAC  
**Virtual Event**

**December 2020**  
Winter General Membership  
**Cancelled**

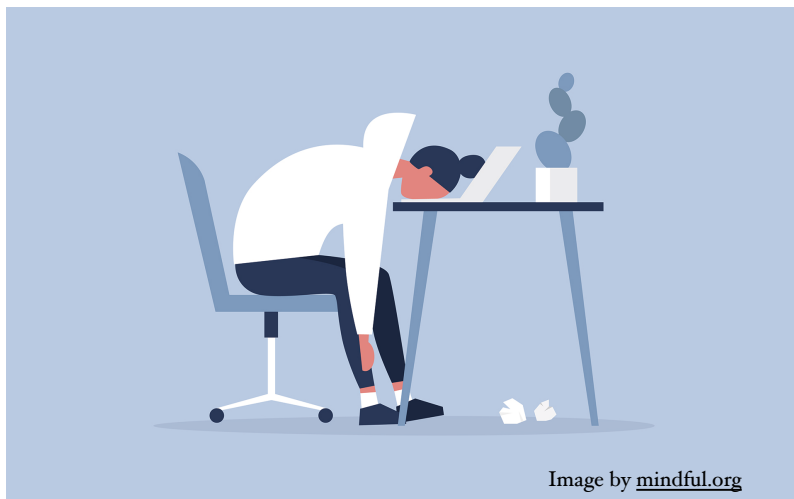


Image by [mindful.org](https://mindful.org)

## How to Combat “Zoom Fatigue” As an Online Counselor

In 2019, the term “Zoom fatigue” probably would have sounded like nonsense. In 2020, it’s a very real issue for working professionals.

The COVID-19 pandemic forced many individuals to work or study from home to adhere to social distancing guidelines. For counseling professionals who usually work face-to-face with clients, this meant transitioning to virtual meetings through Zoom or other video conferencing platforms. With numerous appointments scheduled daily, counselors can find themselves excessively worn out by the end of the day — even more than normal.

This sense of fatigue can affect anyone working from home who takes frequent video calls throughout the day. This resource focuses specifically on counselors and therapists who have switched their practice primarily to tele-health as a result of the pandemic. We also feature advice from mental health professionals on how to combat Zoom fatigue and keep you motivated during uncertain times.

### What is Zoom Fatigue?

Zoom fatigue refers to the phenomenon of feeling drained after a day of virtual video meetings or “Zoom therapy.”

It might seem strange that online meetings feel more exhausting than in-person meetings, but experts say this is not unexpected. When we speak with others in person, we communicate through body language and social cues. Screens, however, add an extra barrier. “We have to remember that our brains were not designed to stare at screens for this long (or at all), and the sudden jump from moderate screen use to using screens all day, every day, can take an emotional and physical toll,” said Nikki Rubin, a licensed clinical psychologist based in Los Angeles.

The added factors of physical fatigue that come with working from home — like eye strain from staring at a screen and sitting in one place all day — only add to the sense of mental depletion.

## EECA Calendar

### 2020-2021

#### March 2021

Spring Mental Health  
Professional Development  
Time and Location: TBD

#### April 2021

Administrative Professionals  
Luncheon 12:30 pm  
Cooperage Inn, Baiting Hollow  
Date To Be Determined

#### April 2021

Spring College Fair  
Westhampton Beach  
High School 5-7 pm  
Date To Be Determined

#### April - May 2021

Tour of North Carolina  
Colleges and Universities  
Canceled

#### June 2019

General Membership Meeting  
and Awards Dinner

### **Covid 19 Resources**

We encourage you to use our Covid 19 Resource page to find helpful information from ASCA and NYSCCA during this time of traditional, hybrid and remote school schedules. 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 news and resources >>](#)

## How Zoom Fatigue Can Affect Online Care Providers

Zoom therapy offers undeniable advantages for therapists and counselors. Clients may feel more comfortable opening up in their own homes instead of an unfamiliar office environment. Zoom therapy is also more accessible, which allows people living in rural areas or without transportation to take advantage of mental health services. It can offer a certain degree of flexibility for counselors, too.

That said, mental health counseling can be an emotionally taxing profession. And using Zoom for psychotherapy can only add to the fatigue. "Therapists who are performing emotional labor all day may already find themselves feeling a bit spent after a full day of work, and this can be compounded by Zoom fatigue," Lear said. "I think this is especially true if a therapist is seeing large numbers of clients back-to-back all day; working a very condensed schedule might have been doable in-person, but may not work so well online."

This is especially true for mental health professionals who didn't have the chance to slowly transition from in-person to virtual sessions. Rubin adds, "The instantaneous transition from in-person sessions to telehealth may have also added to this type of fatigue because most clinicians didn't have previous practice building up 'endurance' to using a computer to do therapy."

This article is printed courtesy of [BestCounselingDegrees.net](https://www.bestcounselingdegrees.net) a source for counseling degree & university information online.

## Tips for Online Counselors to Combat Zoom Fatigue

When it comes to Zoom for therapists, experts recommend tried and true advice for self-care: be aware of your time, and ask for help if you need it.

- ♦ **Take breaks - Looking at screens without any breaks can take a heavy toll on your eyes and your mind. It's important to schedule breaks within your day for 5-10 minutes, or even half an hour.**
- ♦ **Talk to someone - Counselors and therapists spend all day offering support and advice to others. But when it comes to their own mental health, these professionals should also feel comfortable reaching out for support.**
- ♦ **Switch up your schedule - One of the main benefits of remote work is a certain flexibility in scheduling. Spread out your meetings to give yourself ample time for exercise, meals, and general breaks.**

## Annual Financial Aid & NCAA Night Went Virtual

The EECA hosted its annual Financial Aid and NCAA information night on Tuesday, October 20 at Riverhead High School. Due to the pandemic, this annual event went virtual.

Students and parents from all East End schools were encouraged to attend this informative session to get a better understanding of the student aid process.



GETTY IMAGES

According to Philip Antz, Riverhead School social worker and coordinator of the event, over 60 viewers participated in the Financial Aid presentation while at least 40 parents and students viewed the NCAA presentation.

Gordon Rowe, Coordinator of Financial Aid Data Operations for St. Joseph's College, explained how to apply for all types of financial aid, including completing the Free Application for Federal Student Aid (FAFSA). He also reviewed the process of completing the FAFSA, which is required to determine

eligibility for most student aid programs.

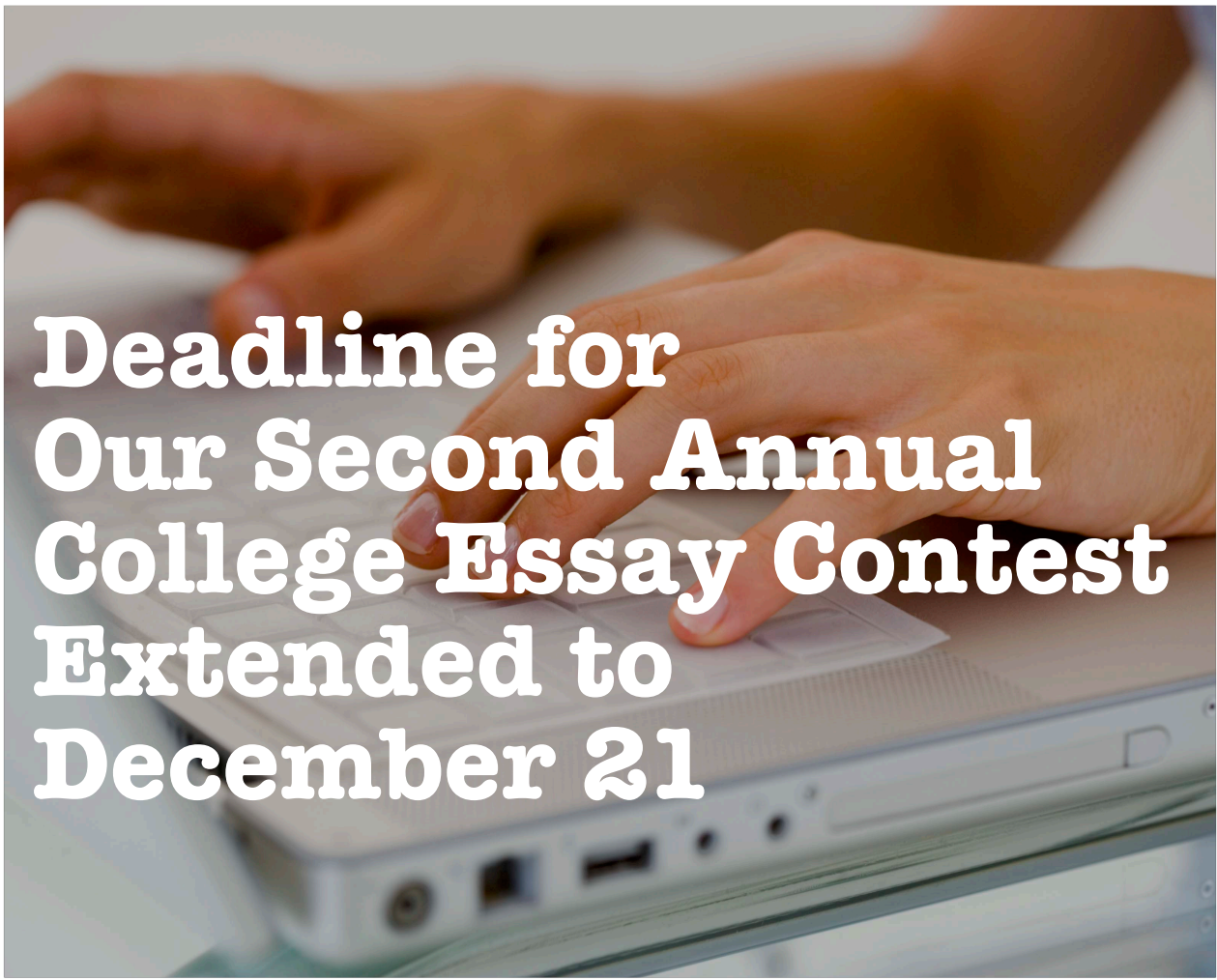
Part of the evening's agenda focused on the procedures student athletes must follow to become eligible to play sports in college. Registration with the NCAA is required before a student can practice, try out, or play any competitive college sport.

Melissa M. Reilly, Associate Commissioner/SWA East Coast Conference, gave an overview on NCAA academic requirements, divisions of college sports, ACT and SAT testing information, and explained what courses are

necessary for students to complete while in high school.

Mr. Antz was impressed with the turnout for these virtual events and felt the number of students and parents who "attended" the event equaled the in-person participation at last year's program. He said, "It was great to see that our organization and collegial relationships remain strong in these pressing times. It is reassuring to know that EECA has been able to adapt and tap into the "digital world." These fall events show that we can still provide our members with quality presentations, resources and networking opportunities throughout this pandemic."





# Deadline for Our Second Annual College Essay Contest Extended to December 21

## EECA Best College Essay Contest

**Deadline:**  
**December 21, 2020**

The Winning Essay will  
receive a cash award of  
\$250

**Send Essays to:**  
**trabbitt51@gmail.com**

The East End Counselors Association invites you to participate in our second annual Best College Essay Contest. The contest is open to any high school student who is sponsored by a member of the East End Counselors Association.

The submitted essays will be judged by a committee consisting of a college admissions counselor, a guidance director, and a dean of college admissions.

### Contest Requirements

- Limit your essay to 650 words and submit your essay as an attachment by December 1, 2020 to trabbitt51@gmail.com

- Identify the prompt you are using whether that prompt is from the Common Application or particular to a given college.
- Identify your name, high school and sponsoring School Counselor
- Send your contact information that includes your full name, address and email. Do not include this information within the file, as essays will be blind-reviewed.
- Please note that by submitting an entry, you are giving the EECA permission to publish your essay in *Counselors View*, the newsletter of the East End Counselors Association.

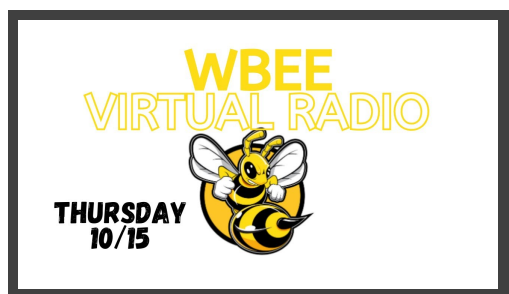
# Counselors Support Our Students During This Unprecedented Covid Pandemic

As we deal with unprecedented challenges brought on by the Covid 19 pandemic, East End counselors, social workers and psychologists have demonstrated their extraordinary dedication, support, and commitment to the children of Eastern Long Island.

The East End Counselors Association continues to highlight the exceptional dedication of our counselors with examples of emotional support and instructional practices they used to stay connected with their students during this pandemic. Here is one of those stories.

## Bridgehampton Counselor Keeps His School Connected

Last spring, when Bridgehampton went to remote learning, School Counselor Ryan Barker decided to “Do everything in my power to keep everyone



Click on the bee to see Mr. Barker's show.

connected.” Inspired by his principal’s use of video to prepare students and staff for virtual learning, he decided to float the idea of using YouTube to create morning announcements. Continuing a practice he began last spring, Ryan begins every day with a 3-5 minute video he broadcasts via Bridgehampton’s YouTube channel.

Each day, a student leads the school in the Pledge of Allegiance, and then Mr. Barker reminds students that it is an “A” or a “B” day and announces any special events or activities for the day.

Mr. Barker always includes a weather segment, which

features different animals. On one video he featured his dog, Bear, predicting a snow storm that didn’t materialize. Humor is a critical element in his videos.

In addition to regular school announcements, Mr. Barker sends out birthday greetings to students and staff. He also broadcasts staff and class challenges. Last



School Counselor, Ryan Barker, broadcasting the announcements.

spring, former basketball coach Carl Johnson took up a push-up challenge from the eighth grade.

Using the platform to utilize his elementary counseling skills, Mr. Barker organizes his video announcements around themes.

Monday is “Mindful Monday.” He asks students to be thankful for someone in their lives. Tuesday is “Dance Day,” and Wednesday emphasizes good nutrition and exercise. “Throwback Thursday” reprises popular clips from the week before, and Friday is “Spirit Day,” when everyone is invited to show their school spirit by wearing the “black and gold.”

Mr. Barker continues to start each day with morning announcements, humor and good will. He says, “We are in a pandemic. When we engage in remote learning, we can’t see our students and colleagues. These announcements help keep us connected.”

A wise person once said, “Maybe we are not here to see each other but to see each other through.” With creativity, humor and a commitment to his community, Mr. Barker is doing just that.

# EAST END COUNSELORS ASSOCIATION



Why Not Become a Member of the East End Counselors Association? Join Today.

## WHO WE ARE:

The East End Counselors Association (EECA) is a chapter of the **New York State School Counselors Association (NYSSCA)** which is the Chartered Division of the American School Counselor Association (ASCA). Our mission is directly aligned with the objectives of NYSSCA.

**Visit our Website**

**[East End Counselors Association](#)**  
**[Become a Member](#)**

## REASONS TO JOIN US:

- Information on current trends in school counseling
- Networking opportunities with other professional school counselors on the East End
- Subscription to our newsletters
- Representation and advocacy regarding policy and legislation affecting school counselors
- An affiliation with NYSSCA ensuring that school counselors are well represented in educational and social policy decisions in Albany





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](http://EASTENDCOUSELORS.ORG)**

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

**The Academy at Ward Technical Center**

Caroline Stuke

**Bridgehampton**

Danielle Doscher

**East Hampton**

Christa Narus

**Eastport South Manner**

Kathleen Sutton

**Greenport**

Brandi Hopkins

**Hampton Bays**

Erin DaSilva

**Middle Country**

Mark Palios

**Riverhead**

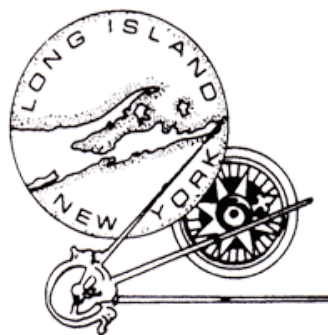
Phil Antz

**Shelter Island**

Martha Tuthill

**West Hampton Beach**

Joe Garvey













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