

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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University of Tampa Counselor, Anthony Pinto, speaks to a student at last year's fall fair.

EECA Cancels Fall College Fair

In light of the Coronavirus pandemic, The East End Counselors Association will 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.

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.

This fall we encourage you to participate in one of NACAC's Virtual College Fairs. Information on how to register for these fairs is on page 2 of this newsletter. We also encourage you to participate in the NCA Virtual College Fair. Information is on page 6.

For information about our spring fair, contact your school counselor or e-mail Caroline Stuke at CStuke@esboces.org.



EECA Calendar 2020-2021

August 2020
Fall General
Membership Meeting
Cancelled

October 2020
Fall College Fair
Canceled

We encourage students and parents to attend one of NACAC's Virtual Fairs

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

This event will be held following CDC guidelines for social distancing. Face masks are required.

November 2020
LICAC
Time and Location: TBD

December 2020
Winter General Membership
Time and Location: TBD



Attend a Virtual College Fair This Fall

Although The East End Counselors Association will not be conducting its annual Fall College Fair, we encourage you to participate in the National Association of College Admissions Counselors' Virtual College Fair.

These virtual fairs will allow you to hear firsthand from college representatives at hundreds of colleges and universities nearby, across the country, and around the world. Over 600 colleges and universities will be online to talk with high school juniors and seniors on each of the following dates this fall:

Sunday, September 13 / 12-8 p.m.

Monday, October 12 / 1-9 p.m.

Sunday, November 8 / 2-10 p.m.

Each virtual fair is a free, one-day event. Attend as often as you like. Parents are invited, too. Registration begins in mid-August. Visit https://nacac.formstack.com/forms/student_virtual to receive an email reminder as soon as registration opens. NACAC Virtual College Fairs are designed from the ground up as mobile experiences that are intuitive, informative, interactive, and fun.

- During each NACAC Virtual College Fair, hundreds of college and university representatives will be available to talk with you and other students.
- On the day of each fair, log into virtualcollegefairs.org using your phone or computer. It's easy to navigate.
- Create your itinerary by selecting which colleges you're interested in. Then attend the colleges' live and interactive Zoom sessions. The sessions cover topics such as how to apply, financial aid, and student life. They are presented by admission staff and sometimes feature current students, faculty, or alumni. Watch, learn, and get your questions answered about academics, athletics, diversity, study abroad, and much more.
- You can also meet one-on-one (virtually) with a college's admission representative. Just choose a meeting date and time.
- And, no worries if you don't know where to start! We can help. Each fair offers informative Zoom meet-ups with the College Advising Center, Common App, and other organizations. Plus, you can easily connect with a college counseling expert for personalized advice via chat.

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
Dates To Be Determined

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 >>](#)

Counselor Awards Announced

Each year, the East End Counselors Association honors counselors whose dedication to our profession produced unique and innovative contributions to our school guidance programs.

The *Barbara Ackerman Counselor of the Year* award, named after an outstanding counselor who influenced the growth of the East End Counselors Association, is given to a counselor who best exemplifies the qualities of dedication and professionalism exhibited by Barbara.

The winner of this award demonstrates outstanding service to the profession of school counseling. Marilyn Marsilio, school counselor at East Hampton High School is the recipient of this award for 2020. She is credited for running innovative programs at the high school including a program called, "Countdown to College" for juniors and a "Personal Best" program for freshmen. A school counselor for over 30 years, Marilyn is described as a passionate, committed and a caring counselor by her peers.

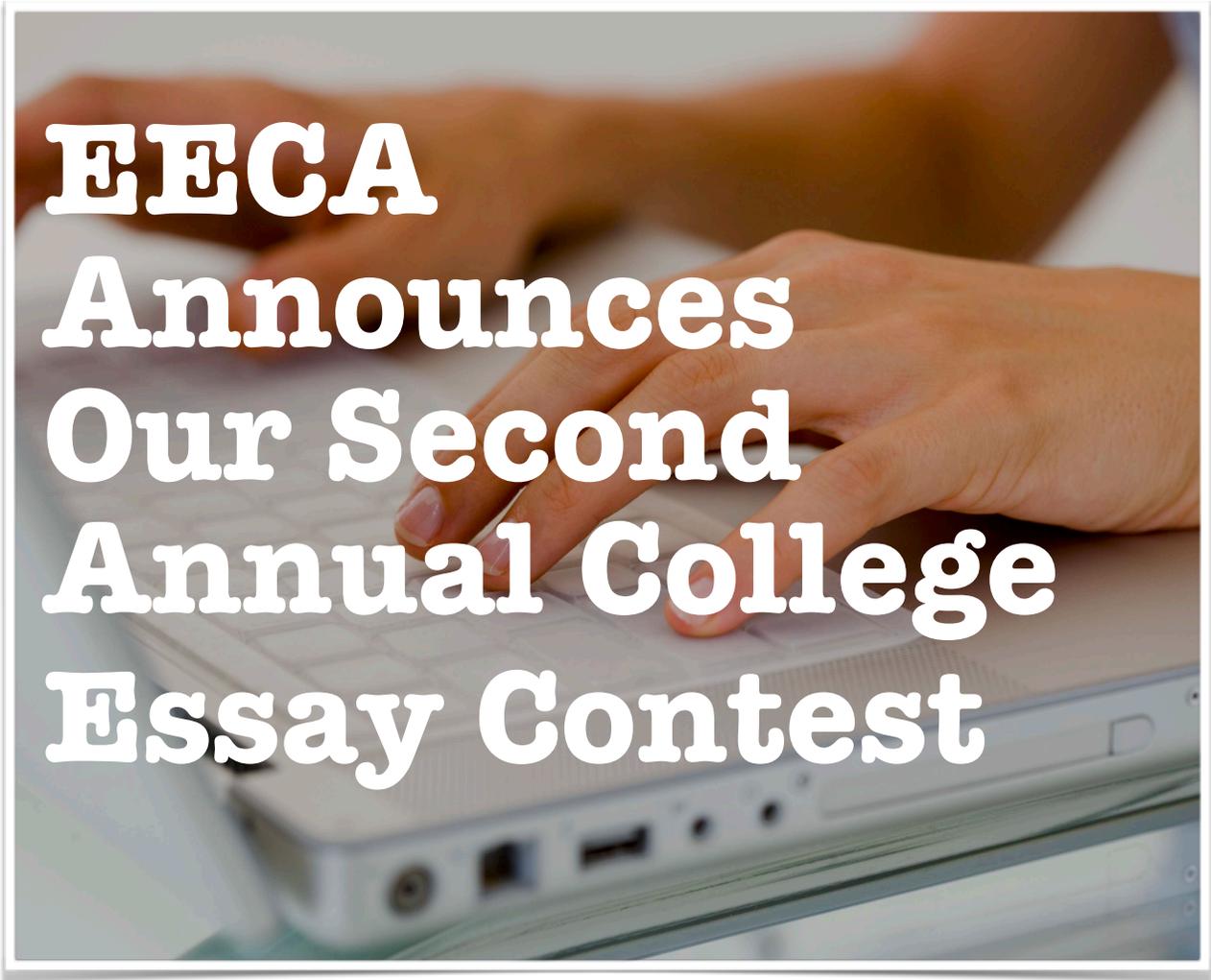
The *Rising Star* award recognizes outstanding service to the profession of school counseling by those who are "new" to the career. Pam Camacho, a social worker at Eastport South Manor, is this year's *Rising Star*. According to Kathleen Sutton, her colleague at ESM, "Pam has been instrumental in working with our Spanish speaking students. Pam spends a plethora of time each day translating for teachers and staff, calling homes, meeting with administration, nurses and all else who need to communicate with our students. She created social groups for the ELL population as well as integrating these students into groups of English speaking students to assist in their language and social skill development."

EECA also recognizes outstanding service to the profession and the children of Suffolk County by presenting an *Administrator of the Year* award. This year's recipient is Charles Connolly, Director of Enrollment Services for Suffolk Community College. For more than 30 years, Chuck has served the students of the East End while providing invaluable direction and advice to area school counselors.

To nominate someone for these awards or for more information about East End Counselors awards, visit our website at <http://eastendcounselors.org/>



Recipient of the Administrator of the Year, Chuck Connolly, was honored for his dedication to East End students pursuing higher education.



EECA Best College Essay Contest

Deadline:
December 1, 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.

A Time For Music

The Winning Essay from the 2019 EECA Essay Contest

By Karyme Hurtado / East Hampton High School / School Counselor: Lynne Brown

I saw people of all ages: women, men, children, huddled with ragged clothes under a bridge. Their eyes hollow and black like the ghosts that haunt them. As the car passed by, I felt an urge to help, more like an obligation.

As a young girl from a close, tight-knit community in the United States, seeing peculiarities was unusual. I was a normal fourteen-year-old girl, commencing her first year of high school. I worked hard to obtain A's in my rigorous courses despite dealing with depression, stress, and anxiety. The significant change between middle and high school was negatively affecting my well-being and state of mind. I began to isolate myself from the world around me, altering my excitement towards going to Colombia to visit my family. A trip I only take every couple of years.

Don't get me wrong. I am a very outgoing person, and I love traveling and exploring the world, but the overwhelming change in environment got the best of me. My high competitiveness for the best grades kept me from wanting to go because the trip would affect my stress due to the loads of work. However, I was dragged along and when we landed in Colombia, I looked out the window of the taxi on the way to my grandmother's house and saw something that I hadn't realized before. There was a profound state of poverty that blended so well into society. It almost appeared "normal" at first glance. People of all ages were all sprawled before me on the side of the road. Women, men, children were all huddled up with clothes hanging onto their skin and bones. Their expressionless faces conveyed the normality of their situation, and an overwhelming wave of sadness engulfed me as we drove by the bridge. In a split second, I was gone, but that eerie sensation persisted.

As my trip came to an end, I was deeply saddened that I would have to leave, and those children would still be there with their empty bellies and their doleful eyes. I became embarrassed that I spent many months not appreciating the beautiful aspects of my life such as family, school, and basic living necessities while these children were not presented with the opportunities to succeed. They were brought into a world filled with poverty and sorrow and didn't have a chance to escape their grasp. Even though money has been a struggle for my family, I was never left hungry. Additionally, I realized that although being upset is okay, I should cherish the opportunities that fall in my path and use those to strive forward to reach my future goals. I aspire to become a traveling general surgeon and use my expertise to help people who need medical attention and be able to give pro-bono assistance with the help of an organization that I plan to start.

Although I couldn't help those children in Colombia at that moment, the children helped change my mindset to a more positive way of thinking and enlightened me to pursue my new goal. Instead of getting overwhelmed with school, colleges, and my life in general, I decided to take a step back and start doing activities that help me relax. I enjoy doing community service with my friends and giving back to my community such as participating in beach clean ups, food drives, or the local thrift store. I involve myself as much as possible and always do my best to stay occupied. I began to become more disciplined and not procrastinate. Overall this experience shaped me to focus on my surroundings and become more aware of the world outside of my own. In the past, my main focus was my problems, and I let them consume me. Now I know how to manage my life, use adversity to drive my goals, and help others who are less fortunate than me.

EECA Hosts Financial Aid & NCAA Night at Riverhead High School

The EECA will host its annual Financial Aid and NCAA information night on **Tuesday, October 20** 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 the process of 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.

Seating will be limited. To register for the event please contact Philip Antz at pantz@riverhead.net. If required, this Financial Information and NCAA information session will be held in a virtual format. In that event, details about participating in a virtual session will be sent to those who have registered.

Long Island Virtual College Fair Set For October 29

The Nassau Counselors' Association (NCA) with promotional support from the East End Counselors' Association is proud to present the 2020 Fall College Expo! This year, the event will be offered virtually with attendance from a variety of colleges and universities offering their time and knowledge to students and families from Long Island.

This is a free service with the goal of targeting students of all ages, especially those in grades 11 and 12, who continue to discern their post-secondary plan. The NCA understands the difficult times that we are enduring through the COVID-19 pandemic, which is why we are thrilled to be able to offer this event in a thorough and safe manner.

College/University Reps: If you wish to register, [click here for the Registration Invitation](#) or [click here to register](#).

High School Students: Register online at <https://reg.ecareerfairs.com/e/nca>

For More Information about this event, please contact:

Denise Pavone

ncaofficemanager@gmail.com



SEL Roadmap For Reopening School

Reunite, Renew, and Thrive

Download the Entire Document [Here](#) For a smooth transition



01

Take time to cultivate and deepen relationships, build partnerships, and plan for Social Emotional Learning.

Prioritize relationships that haven't been established, engage in two-way communication, and build coalitions to effectively plan for supportive and equitable learning environments that promote social, emotional, and academic learning for all students.



02

Design opportunities where adults can connect, heal, and build their capacity to support students.

Help adults feel connected, empowered, supported, and valued by cultivating collective self-care and well-being, providing ongoing professional learning, and creating space for adults to process and learn from their experiences.



03

Create safe, supportive, and equitable learning environments that promote all

Ensure all students feel a sense of belonging; have consistent opportunities to learn about, reflect on, and practice SEL; examine the impact of the pandemic and systemic racism on their lives and communities; and access needed support through school or community partners.



04

Use data as an opportunity to share power, deepen relationships, and continuously improve support for students, families, and staff.

Partner with students, families, staff and community partners to learn about students' and adults' ongoing needs and strengths, and continuously improve SEL and transition efforts.

CASEL, The Collaborative for Academic, Social, and Emotional Learning collaborated with more than 40 partners to suggest a way to reopening schools centered on relationships and built on existing school strengths.

**The East End
Counselors
Association
Gratefully
Acknowledges**

**Salve Regina
University**

**St. Thomas
Aquinas College**

**We Thank You For
Sponsoring our
meetings during the
2019-2020 school year.**

**We will resume our
meetings when it is
safe to do so.**



The East End Counselors Association (EECA) is a chapter of the New York State School Counseling Association, which is the Chartered Division of the American School Counselor Association (ASCA).

We sponsor 3 general membership meetings per year:

- ✦ A Welcome Back meeting in September
- ✦ A Holiday Meeting in December
- ✦ A Year End Meeting in June.

If you are interested in sponsoring one of these meetings please contact Caroline Stuke at CStuke@esboces.org.

School Counselors Re-imagine Their Roles

During this pandemic, school counseling and mental health services became virtual. School Counselors all over the East End created platforms where students and parents could communicate their concerns and have a counselor call them back. Counselor check-ins became routine over the last few months of school.

School counselors, social workers, and psychologists have been able to support students on a wide range of issues, from assisting seniors with college and scholarship deadlines to offering behavioral strategies for special need students struggling with the sudden loss of their normal routine. Joe Garvey, school counselor at Westhampton Beach High School reflected on this unique experience. “Who would have imagined? I entered the counseling profession to work with young people. I believed that work was going to be face-to-face. Counseling from a computer screen? This was the reality of counseling in the spring of 2020.”

Perhaps one of the most difficult realities of counseling during the pandemic was giving up personal contact with students while having to rely on emails. “I had never seen so many emails!” Says Garvey. “Besides the normal spam, I was getting emails from students, parents, administrators, colleagues, testing agencies, tutors, summer enrichment programs and from colleges



near and far. Now this was an epidemic and everyone seemed to be scrambling.”

One of the most difficult decisions made by counselors during this time was the issue of prioritizing student needs. “I wrestled with communicating with 260 students,” says Garvey. “Who do I prioritize? My seniors are missing out on their final semester of high school. That thought was painful, but motivating.”

Counselors all over the East End got creative in meeting the needs of their students.

Their strategies included: Finding time to call students and parents; using online tools like Google to help build a sense of student community;

using Telehealth resources to keep up with students in need; maintaining the cohesion of therapy groups through online tools; and recognizing populations who needed the most support.



School Counselors During the Pandemic

- Finding time to call students and parents**
- Using online tools like Google to help build a sense of student community**
- Using Telehealth resources to keep up with students in need**
- Maintaining the cohesion of therapy groups through online tools**
- Recognizing populations who needed the most**

Counselors Support Our Students During This Unprecedented Covid Pandemic



As we deal with the challenges brought on by the Coronavirus pandemic, East End Counselors, Social Workers, and Psychologists have demonstrated their extraordinary dedication, support, and commitment to their students and the children Eastern Long Island. From teacher parades for graduating seniors to food and technology deliveries for families, school counselors have assumed leadership roles to help students navigate these unsettling waters.

The East End Counselors is proud 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.

Eastern Suffolk BOCES Student Assistance Services

Social workers from Eastern Suffolk BOCES (ES BOCES) Student Assistance Services collected 2,950 pounds of food during two food drives. Gena Marino, an ES BOCES school counselor, organized the events to support the Harry Chapin Food Bank through Long Island Cares, Inc.

Student Assistance Services is an ES BOCES program designed to address the social and emotional needs of students by placing professional counselors in schools.



ESBOCES Social Workers distributing donations to Long Island Cares

This story about ES BOCES originally appeared on the NYSED website [Staying Connected](#). Click this link to see more stories.



Save the Date

November 12-14, 2020

[Turning Stone Resort and Convention Center](#)

**5218 Patrick Rd
Verona, NY 13478**

[Conference Brochure](#)

[Register as an Attendee](#)

[Grad Student Poster Session](#)

[Become a Sponsor](#)

[Exhibitor Application](#)

[Call for Presenters](#)



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.

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

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