

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

NCA FALL COLLEGE EXPO

SUNDAY, SEPTEMBER 23, 2012

12 NOON TO 3:00 P.M.

*SUNY OLD WESTBURY
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Up-to-date information about the colleges attending will be posted on this website, as well as opportunities to volunteer.

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.

FALL COLLEGE EXPO Co-CHAIRS

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bellm@oldwestbury.edu

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CALENDAR OF EVENTS 2012

June 12	Retired Counselors' Luncheon	Puglia, Garden City
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Mona Allen

FROM THE PRESIDENT'S CORNER

The past few months have certainly been replete with professional and fun-filled programs! (Read more about them on the following pages.)

We ended on a high note with a Send-Off Bash that was so lively, it certainly didn't feel like this group was winding down in any way. We had a great time and honored our colleagues, future colleagues and students. Congratulations to all of our honorees, all of whom were most deserving. And thanks to LIU Post for their sponsorship and to Erin Beirne, Christine Rossi & Debbie Roth for chairing the committee.

Spring Expo changed its format this year to three hours, but that did not deter the 4200 parents and students who attended! It was a major success under the leadership of Joy D'Anca and Mike Hearne & the support of Hofstra. A Newsday representative was on hand as part of our ongoing involvement with their College PrepTalk series.

The CAP Conference had such a "hot" topic that it, too, was covered in the press! Way to go Christina D'Angelo and Ryan Kase with a "shout out" to Adelphi for another year of sponsorship for this wonderful annual program.

Every event this year was notable for its attendance, organization, relevant content and enthusiasm of its participants due, in no doubt to the dedication and professionalism of the chairpeople and the hard working volunteers they recruited. I, personally, couldn't have asked to work with a better group and my role certainly was easier thanks to the following "event planners" on the executive board:

AnnThompson, Cynthia Rossi, Mary Marquez Bell	Fall Expo
Kim Vereline	Kick Off Meeting
Susan Pescador	Holiday Party
Christina D'Angelo, Ryan Kase	CAP Conference
Joe Izzo, JasonMiller	Intern Breakfast
Tara Bilicki, Lancene Union	Career Day
Joy D'Anca, Michael Hearne	Spring Expo
Rosemarie Alario	Middle School Luncheon
Erin Beirne, Christine Rossi*	Send-Off Bash
Ronni Smithline, Lenore Kops	Retirees Luncheon

*Debbie Roth (coordinator) and Dianne Guarino, Susan Sklar, Bob Germino, Joe Izzo & Tara Bilicki chaired committees for award recipients as well as represented constituent groups within the association.

Other "behind the scenes" Executive Board members whose roles play an integral part of what we do include: Tim Pellet, volunteer coordinator; Wayne Branker, webmaster/historian; Marguerite Lane, NewsCAster business editor; and, Karen Cole, NewsCAster editor.

I couldn't have asked to work with a finer elected board. Busy professionals with demanding personal lives as well, I could always count on: Dave Follick, president-elect; Sue Moller, program chair; Meghan Schlosser, secretary; Christine Krut, membership chair; Christine Murphy, treasurer; and Jackie Nealon, past president.

"Volunteers don't necessarily have the time; they just have the heart." source unknown

I hope you had the chance to volunteer or participate at an event and encourage you to mark your calendars early for the opportunity to do so next year.

continued on next page (4)

Over the past two years, I am very proud of the accomplishments of this hard working executive board. Despite financially difficult times, we have remained fiscally solid, maintained and improved programs, tried new things – some more successful than others, embraced new technology and challenged ourselves and each other to the benefit of the organization. (We even put Long Beach on the map!)

Being president of this dynamic organization has been a wonderful experience and I thank you for the opportunity to have served and for your support. As I look forward to continued involvement as a volunteer, I hope you'll join me. "If you have accomplished all that you have planned for yourself, you have not planned enough." Edward Everett Hale
Wishing you the kind of summer that brings out the "kid" in you.

Mona Allen
NCA President
2010-2012

On Long Island and On The Internet
Keep in Touch With The
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NASSAU COUNSELORS'



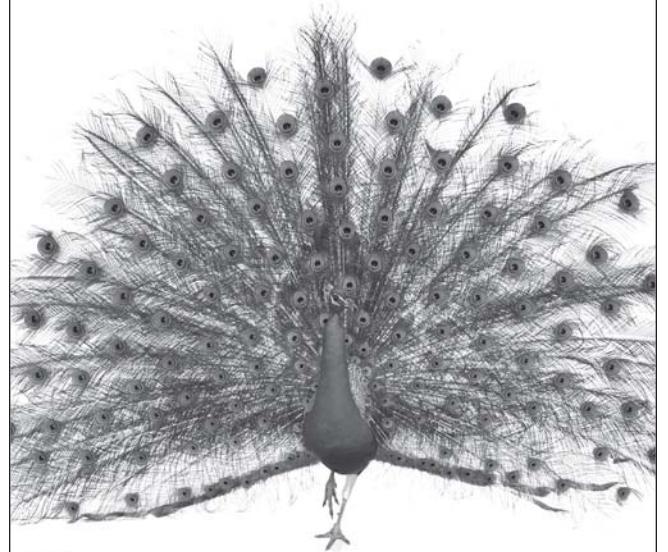
ASSOCIATION

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

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College Counselor of the Year Award - 2012

By Dianne Guarino

Nassau Counselors' Association is once again proud and honored to bestow the College Counselor of the Year Award. This year's most deserving recipient is Mary Marquez Bell, Vice President of Enrollment Services at SUNY College at Old Westbury.


Some of the criteria to receive this award are participation in a broad array of professional activities as well as demonstrated progressive advancement within, and contributions to the counseling community. Mary qualifies on all counts. She's a member of many organizations including NCA's counterparts on LI: the East End Counselors' Association and Western Suffolk Counselors' Association. She also belongs to SUNYCAP and is a member of the board of directors of the American International Recruitment Council. This last group oversees standards for international college admissions, which has become a hot button topic in the field today. Dr. Calvin Butts, President of SUNY College at Old Westbury writes, "Ms. Marquez Bell has been a staunch supporter of international education which has increased the number of international students on the campus of Old Westbury." Because of this involvement, Mary has travelled to China and India to help develop and expand the college's outreach. Additionally, she has worked hard to increase study abroad opportunities to the students at Old Westbury.

Mary has also contributed greatly to the counseling community. As a co-chair of NCA's Fall College Expo she has helped generate a major part of the revenue that NCA counts on for its yearly budget. The income is used, in part, to fund scholarships not only for HS seniors, but also for the graduate counselor education students. Additionally it is used to offset expenses incurred by the Association for organization activities including speaker fees for our annual CAP Conference.

In organizing such an event, Mary's personal and professional qualities come through. Her co-chair of the Expo, Ann Thompson writes, "Never one to 'dictate' her desires, Mary has always been willing to dialogue and reach a consensus before making a decision or implementing a policy. In addition, Mary treats every person with whom she interacts with respect and dignity. These certainly are qualities which we in the counseling profession should strive to emulate."

For all of this and more, it is most fitting that Mary Marquez Bell is NCA's College Counselor of the Year for 2012. Congratulations Mary!

Thanks to the committee for their work – David Follick LIU-Post, Kim Vereline Molloy College, Jackie Nealon NYIT, Sue Moller Lynbrook HS, and Chris Caramore Lynbrook HS.
Dianne Guarino Nassau CC – chairperson.





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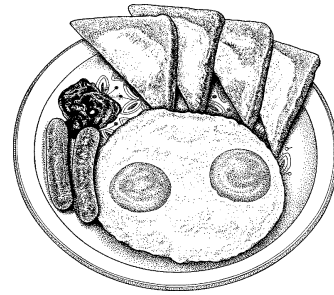
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NASSAU COUNSELORS'



ASSOCIATION



The NCA hosted a breakfast for interns on March 30 at LIU Post, and it was an exciting event! Interns represent the future of our profession, and they heard from established veterans of the profession who have authority as it relates to hiring decisions. Joseph Izzo and Jason Miller facilitated this casual, yet comprehensive event, and were thrilled that the panel of presenters gave such an incredible welcome to the profession to the group of interns who listened intently and took notes. There was also time for questions at the end, and everyone seemed in agreement that school counseling remains as vibrant and essential a profession as ever.

The panel consisted of Regina Agrusa (Director of PPS, Sewanhaka Central HS District), Eileen Connolly (Assistant Principal, JFK HS Bellmore-Merrick), Laurie Lynn (Director of Guidance, Plainview-Old Bethpage CSD), and Dana Rubenstein (school counselor, Hewlett HS). They entertained the audience with personal anecdotes and stories that rang true for many of the interns. They also gave serious, thoughtful advice and suggestions on topics ranging from how to secure an interview in this tough job market, to resume and interviewing do's and don'ts. They elaborated on what they look for in a candidate interviewing for a job. Finding a good match is just as important for the group dynamics of a guidance department as is the competency and counseling skills of the applicant. The importance of being earnest and honest throughout the process was also emphasized. For instance, why not introduce yourself to the candidate sitting next to you waiting for an interview, and wish him or her good luck? Finally, there was also an emphasis on the value of being a part of professional organizations such as the NCA, both in securing a job and experiencing growth over the course of one's career.

Joe and Jason received nothing but positive feedback after the event! Many thanks to our panel for doing such a phenomenal job and taking time out of their busy schedules to help with this event. Thank you as well to LIU Post for providing the venue and food for the event, and Dr. Richard O'Connell for providing complementary copies of his book to raffle off to the interns. The next steps facing our interns seem daunting, and we have all been in their shoes. Yet while the process of securing a job sometimes seems overwhelming, the interns walked away with a better sense of how to proceed, from those "in the know". We wish all those present, as well as the interns who couldn't attend, the best of luck and success in the days and weeks ahead!

-Joseph Izzo and Jason Miller



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NASSAU COUNSELORS'



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LICAC: Long Island Counselors Annual Conference: A little History and an Appeal

LICAC has been a part of the counseling community of Long Island for more than thirty eight years. Organized in 1973, the founders had a vision of providing a cutting edge conference for counselors throughout Long Island. They understood the value in counselors coming together to learn, grow and network so, they began putting together a conference planning committee that would reflect the variety of counseling needs on Long Island. The committee was composed of proportionate membership from Nassau Counselors, Western Suffolk Counselors, and East End Counselors Associations. This ensured that interests unique to each group were adequately addressed. It also afforded the conference planning committee the opportunity to network beyond their immediate geographical area.

The economic climate of today makes it even more urgent that we join together as counselors. Our voice is needed within our professional organizations if we are to weather many of the changes currently affecting education. The LICAC committee still believes in the vision of its founding fathers and mothers. There is value in meeting and supporting each other. This is why we persevere in providing a stellar conference each fall for our constituency here on Long Island.

The committee, however, does not have proportionate membership. We are hoping a few individuals from Nassau Counselors Association will consider joining our conference committee. We work hard yet find time to enjoy and get to know each other. If you are interested in being a part of the committee to plan this fall's conference, please contact Claire Mis at 631-345-2706 (work) or 631-680-6635 (cell).

This year's conference is Friday, November 16th at Dowling College.

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2012 Spring College Expo

*Your mind will take you far
The rest is just pure heart
You'll find your fate is all your own creation
Every boy and girl
As they come into this world
They bring the gift of hope and inspiration*

- David Foster

On April 23, 2012, the Nassau Counselors' Association alongside 312 colleges, universities, and post-high school programs brought a most successful Spring College Expo to Nassau County's doorstep. Located within the Mack Sports and Exhibition Complex on the sprawling campus of Hofstra University, students from all over Long Island, the tri-state area and beyond were met with open arms from varying college representatives with countless working counselors, retirees, interns, and other generous volunteers working to assist in navigating this sprawling plain of opportunity. This year, the Spring College Expo was home to over 4,300 students and families, which is more than 1,500 more than previous years! Ask any attendee and they will tell you that aisles were jam-packed consistently throughout the evening!

The Nassau Counselors' Association also holds great pride in this year's Spring Expo being the first to introduce the College Automation System, giving attending colleges the opportunity to rent a scanner to capture student information in a more efficient manner. Our students were able to register for a personal barcode prior to or during the event that held their contact information and interests for college representatives to scan directly into their school database! I think that everyone can agree that this system was a great success and we look forward to it being a growing trend in the years to come!

The Spring Expo would not be possible without the tireless efforts of our generous volunteers who willingly give of their time and expertise. Whether it was crowd control, college search assistance, or distributing floor plans, every person played an insurmountable role in making this one of the best events to date! Special thanks goes to Tim Pellett for working tirelessly to recruit and gather volunteers to set up and spearhead the event and our presenters who educated our patrons on important concepts such as *Financial Aid*, *NCAA*, *Highly Selective Colleges*, and *Students with Special Needs*. 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 is both appreciative and grateful for your time and contributions this year and every year.

As school counselors, we strive to instill confidence and drive in all of our students, since they do indeed bring the world hope and inspiration by simply using their talents to change the lives of others and ultimately themselves. It is with great pleasure that we extend our gratefulness to our Executive Board, members and friends for helping us to achieve this important goal at the 2012 Spring College Expo.

Revisit the Expo on the next page

2012 Spring College Expo





Our Host Briarcliffe College

Middle School Career Day 2012

Middle School Career Day 2012 was a huge success! Over 100 8th grade students from five different districts visited Briarcliffe College on April 20th, 2012 to learn about career options and college preparation.

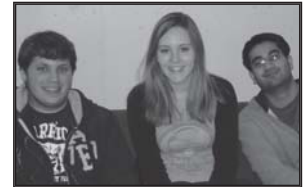
Presentations by experienced professionals exposed the students to the career opportunities available in the areas of law, law enforcement, dentistry, animal care, fashion, video and television production, auto technology, carpentry, personal training and the culinary arts.

The students were clearly engaged, inspired and excited to be sitting in a real college classroom. The day culminated with an admissions presentation that included college trivia and prizes. A big thank you to Briarcliffe College for hosting the event and to all the volunteers and speakers that made this amazing day possible.



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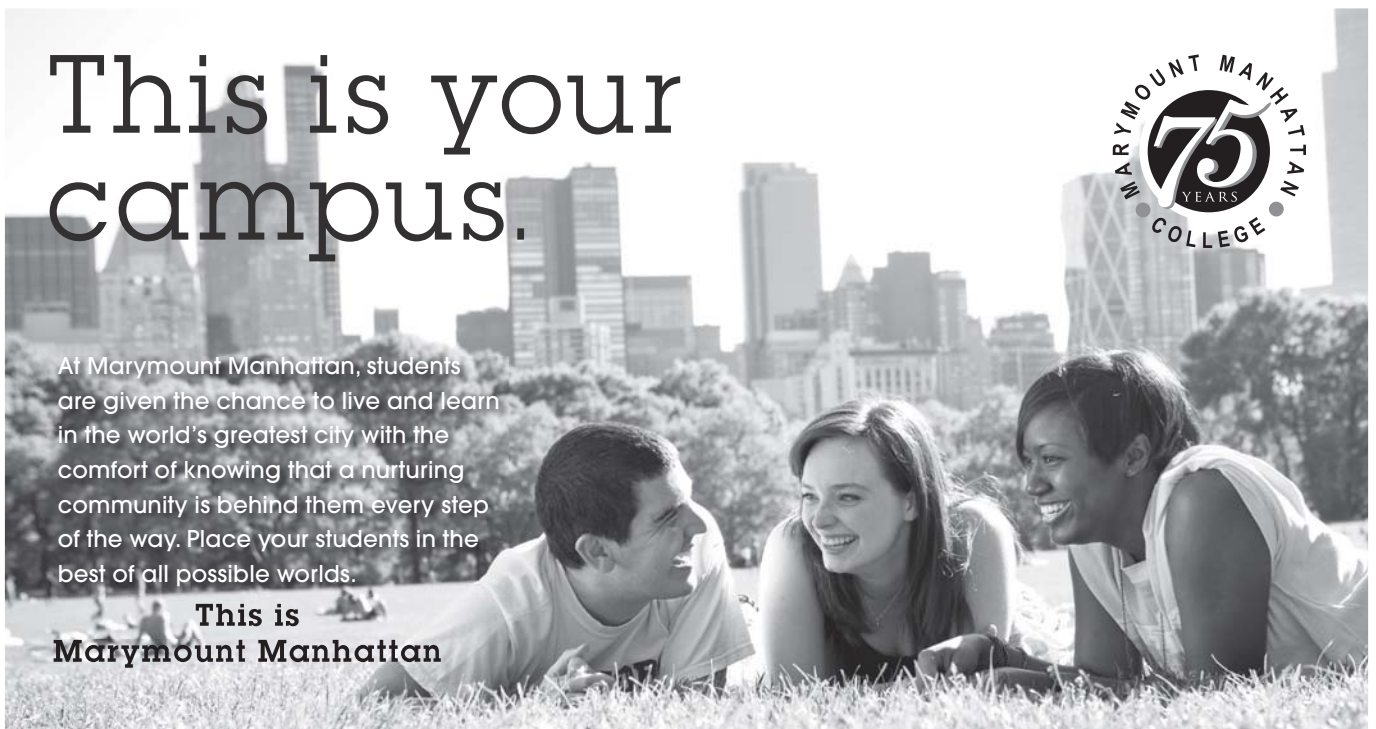
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The CAP ReCAP

By: Jaclyn Forman and Jessica Molof

The annual CAP Conference for the Nassau Counselors' Association was held at Adelphi University this year on March 15, 2012. With over 160 attendees, this year's theme was "When Dedication Turns to Addiction: Have Our Student Athletes Gone Too Far?" We felt our audience of counselors, administrators, and parents would all relate to this important topic. We had a wonderful event and were captivated by the enthusiastic speakers and subsequent workshops. Thanks to Adelphi University, our gracious host, members of NCA were delighted with breakfast, lunch and athletic bags.

This year we were delighted to have Clint Faught, Educational Program Manager of the Taylor Hooton Foundation, as our keynote speaker. Mr. Faught's gripping presentation concentrated on "Steroids and Nutritional Supplement Use: Myths, Misinformation and Realities." Mr. Faught is an advocate for the Taylor Hooton Foundation; he shared with us a touching video of his dear friend Taylor who was a popular, athletic, and smart seventeen year old high school junior who began taking steroids in order to get bigger to make the varsity basketball team. After prolonged steroid use, Taylor's behavior became erratic and he eventually committed suicide at age seventeen. Taylor's family established this foundation in order to raise awareness of what may happen when anabolic steroid use consumes you.

Mr. Faught sent out a very strong message when he informed us of the statistics of Appearance and Performance Enhancing Drugs (APEDs). He shared that over 1.2 million Americans are taking supplements for sports performance. Some children even start at as young as ten years old. He also shared that 4-6% of United States high school students admit to using anabolic steroids nationally, which results in 800,000-1 million students.

Mr. Faught demonstrated how there has been a change in the appearance in role models as time goes on. For example, super heroes; we see them in the movies, in the magazines and even on Halloween costumes. Imagine the pressure this is putting on young children. It is teaching children at a young age that they need to be big and built... like their role models. It is important to educate our youth about the dangers of steroids and APEDS, and it is equally important to educate the adult influences in young people's lives.

But, what are our students really taking? They are injecting themselves with steroids that are imported from China and they are unaware of what it is really made of and what it could possibly be laced with. In addition to male athletes, female athletes are taking APEDs as well. In fact, high school freshman girls are the fastest growing users of steroids! Mr. Faught also warned attendees against energy drinks, dietary supplements, and protein shakes which are not regulated by the FDA and have the potential to be spiked with steroids.

The Taylor Hooton foundation continues to raise awareness and provides education on this topic by creating the Hoots Chalk Talk and Education Programs. These programs can be implemented in classroom settings. The foundation offers two programs, online and face-to-face programs as well.

We were thrilled to have Brian McNamee, Personal Trainer and Strength and Conditioning Coach, for our feature presentation. Mr. McNamee spoke about "Creating a Safe Environment for our Student-Athletes." Mr. McNamee has been through it all, he has taken steroids and won the battle against addiction. He believes steroids are everywhere and not only athletes are taking them.

This is a huge epidemic based on the professional industry. Student athletes want to emulate their favorite player, they want to be them. Mr. McNamee stated "We all want to be like Mike [Michael Jordan]". But those famous players who are taking steroids or other APEDs are taking ones these students could never afford. Instead of taking exactly what professional athletes may be taking, the students are settling for whatever they can get.

As for student athletes, Mr. McNamee sees the student as being a student first, athlete last. The students are usually the first to put pressure on themselves leading to potential use of steroids. Next come parents and then the coaches. It is the parents' and coaches' responsibility to educate students on the pros and cons of steroids and this is often more effective than telling them they can or cannot take them.

CONTINUED ON NEXT PAGE

The workshop “Academics and Athletics- The College Admissions Process for the High School Athlete” was led by Shantey Hill, Senior Associate Director of Athletics and Senior Woman Administrator at C.W. Post Campus – Long Island University. Ms. Hill believes that counselors are the gatekeepers for the high school athlete. Everyone is involved in the process, the counselor, coaches, student athlete (PSA), etc. But too many hands in one jar can get tangled up.

For Divisions I and II athletics, Ms. Hill demonstrated how to use the NCAA online eligibility center, where students need to register prior to applying. Students must satisfy specific core courses, a GPA within these core courses, and SAT/ACT scores. She spoke about the recent changes for the eligibility center; changes that counselors, parents and students MUST know about. The requirements will be getting more and more stringent in the next few years. All of these changes and new rules can be found on the website, www.eligibilitycenter.org. For Division III athletics, there are no initial eligibility requirements, students do not need to register for initial eligibility, and there are no athletic scholarships given. Instead, students should contact the institution directly.

In every division, it is important to realize that the institutional academic requirements supersede all other requirements. With small exceptions, this means that if a student minimally qualifies for the NCAA eligibility, but wants to play and attend at a competitive college, the student will be denied since the student did not meet the academic requirements of that college.

Counselors can help in the following ways: understand the NCAA requirements, remind students to register with the eligibility center, encourage students to take standardized tests, emphasize the importance of strong academic performance, help students identify colleges that fit their criteria, encourage students and parents to educate themselves on the initial eligibility standards and recruiting rules, and send student transcripts to the clearinghouse in the junior and senior years.

The workshop “A Son’s Addiction Becomes a Father’s Greatest Teacher” was led by Larry Glenz, Author, Teacher, and Coach. Mr. Glenz spoke about his own personal story on how he lost his son to opiate addiction. He stressed that students do not realize these tragedies do occur, even in their own backyard. Students need to know that they are not invincible.

Mr. Glenz wrote a book “Forgiving Kevin- A son’s Addiction Becomes a Father’s Greatest Teacher” during his son’s last relapse from a seven year addiction. He reflected on the stages of recovery and relapse and how much he looked back on what he could have done to save his son. In the two years since he lost his son, he has learned that he did not cause his son’s addiction, he could not control it and he could not cure it. All he can do now is achieve serenity and happiness. He regretted all the shame, guilt and anger he used to try to break his son’s addiction.

Mr. Glenz had no answers and no wrong or right way to help students with addiction, rather his greatest motivation is helping others become educated and to hear his story. He gave an inspiring speech on how we can love and forgive our students and children. He believes everything is forgivable.

Our CAP Conference this year was a successful event thanks to our CAP committee and Chairpersons, Christina D'Angelo and Ryan Kase. Counselors, administrators, and parents were given the opportunity to participate in informative workshops and learn about the dangers of steroid use, pressure on students to perform, and the college admissions process for high school athletes. Discussions ensued in each of the workshops as many felt that the topics were relevant to their daily experiences. We hope that counselors, administrators and parents will share this information with others to ensure safety while guiding our student athletes through high school and beyond.



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The CAP ReCAP



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
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Counselor of the Year Award - 2012

The Nassau Counselors' Association is pleased to announce Joanna Silberman, School Counselor at East Meadow HS, as this year's recipient of the Counselor of the Year award.

According to those who have worked with her, Joanna has every great quality a counselor should possess. She is compassionate, genuine, knowledgeable, approachable, and professional. She has taken on additional tasks above and beyond her job description. For instance, every year she spends endless hours using her creativity to put together a senior showcase to announce where every senior will be attending after graduation. When she went out on maternity leave, she was very upset, knowing she'd be missing her junior college conferences. She spent months putting together a 75 page booklet entitled, "What to do when you're a junior and your guidance counselor goes out on maternity leave".

Joanna has also been involved in professional organizations including our very own Nassau Counselors' Association. She began her involvement as a graduate student, and participated on the Executive Board as historian, co-chair of CAP, Secretary, and Program Chair. She volunteered for the Fall and Spring Expos as well as a New Counselor Workshop. Had it not been for the demands of raising a family with two small children, Joanna would still be on the Executive Board, and it's clear that she will most likely devote more of her time and talent at some point in the future!

Of course, it is student testimonials that most significantly help describe Joanna as a phenomenal counselor. One student who was proud to nominate Joanna said, "She has always been someone I can confide in, receive support, and advice...in all aspects of my school life." A former student writes about a long, costly education to become a school counselor yet attending East Meadow HS "is where I learned the most about being a school counselor and decided to devote my life to it. Joanna Silberman wasn't even MY counselor and she still managed to support, motivate, and most importantly inspire me about things far more important than the 9 periods in my high school day."

Each year presents another opportunity to pick a counselor of the year. This year's committee consisted of Joseph Izzo (POBJFK High School), Karen Cordani (Mineola High School), Ray Polk (Roosevelt Middle School), Linda Ragin (West Hempstead High School), and Thomas Rogers (school counseling intern). The committee debated and discussed, and in the end its work paid off! We are proud to select Joanna Silberman for the high standards she sets, the work ethic she displays, and a commitment to the profession and students that is second to none. Congratulations, Joanna, on being named the 2011-2012 NCA Counselor of the Year!

Bullying and The Special Needs Child

By Rosemarie C. Alario, School Counselor
Freeport Public School District

“If you want your child to be bullied mercilessly, make sure that his green top hat matches his green tie on Easter Sunday.”

At Nassau Counselors’ Association luncheon in the spring, elementary and middle school counselors gathered together to listen to the issues encompassing Bullying and The Special Needs Child. Guest speaker, Edward J. Nitkewicz, Esq., board member for Long Island Autism Speaks, spoke about his involvement in special education and his expertise as an attorney. Mr. Nitkewicz’s delivery of this sensitive material with his expertise and humor made for a very enjoyable lecture which was very well received and appreciated by all. He shed light and generated thoughtful conversation amongst our professionals which will positively influence the lives of young people.



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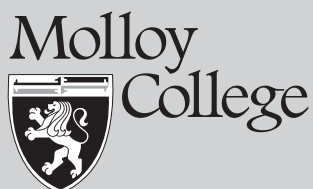
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*Have a happy, healthy and
safe summer. Enjoy!*
