

# COUNSELING CONNECTION

*New Mexico School Counselors' Newsletter*



## TABLE OF CONTENTS

### Page 1:

- Working in Tandem: Why Secondary to Postsecondary Partnerships are Important

### Page 2:

- Working in Tandem (continued)

### Page 3:

- 2021 School Counselors' Virtual Conference
- Community Forum News
- Contact Us Information

### Page 4:

- NAPE's National Summit for Educational Equity
- RMACAC Student Scholarships

### Page 5:

- Mental Health Issues for School-Age Children on the Rise

### Page 6:

- Tech Trek New Mexico Announces STEM Camps
- Upcoming Events

### Page 7:

- News from NMSCA

## WORKING IN TANDEM: WHY SECONDARY TO POSTSECONDARY PARTNERSHIPS ARE IMPORTANT

School counselors know it's not easy to guide students through Career Technical Education (CTE) programs of study. Programs are varied and the opportunities and occupations are vast. What counselors are discovering is that a strong partnership with a local community college or university is a valuable resource to provide students with the focus they need to succeed in high school, go on to college, or start an apprenticeship in that pathway.

The American Association of Community Colleges (AACC) commissioned the College and Career Transitions Initiative (CCTI), with a goal to identify the role of community and technical colleges throughout the United States in easing student transitions between secondary and postsecondary education as well as transition to employment and improving academic performance at both the secondary and postsecondary levels.

A successful career pathway is defined as: A coherent, articulated sequence of rigorous academic and career courses, commencing in the ninth grade and leading to an associate degree, an industry-recognized certificate

(continued on next page)

## WORKING IN TANDEM: WHY SECONDARY TO POSTSECONDARY PARTNERSHIPS ARE IMPORTANT (CONTINUED FROM PAGE 1)

or licensure, or a baccalaureate degree and beyond<sup>1</sup>. A career pathway is developed, implemented, and maintained in partnership among secondary and postsecondary education, business, and employers. Career pathways are designed to lead to rewarding careers.

Achieving this goal should be a priority in every state, according to the AACC, and guidance from counselors is a natural conduit to making these connections happen. Counselors can get information about supporting career pathways at <https://www2.ed.gov/about/offices/list/ovae/pi/hs/factsh/ccti.html>.

This year's pandemic has made the secondary-postsecondary partnerships even more important. It's a good time for high school counselors to reach out to local college instructors, to share best practices in keeping students engaged in school and their futures, or to simply learn more about available programs.

Albuquerque Public Schools (APS) and Central New Mexico Community College (CNM) are striving to strengthen their partnership so that the pipeline is solid for students to go from high school to postsecondary, and ultimately to a high-skill, in-demand, living wage occupation.

CNM Outreach and Recruitment Services Director Jennifer McDonald said good secondary to postsecondary partnerships are important. McDonald oversees CNM dual credit services to secondary schools.

"For one thing, we want students to get the best education possible from high school and beyond," she said. "Dual credit gives students the opportunity to look at their programs from a college perspective before they actually get to college. It makes sense for our college programs to reflect the skills they come to us knowing and then take those skills to the next level. A good partnership makes that easier."

<sup>1</sup> College and Career Transitions Initiative, commission under the American Association of Community Colleges

A good relationship with secondary schools directly impacts postsecondary institutions in one, critical way – enrollment. A positive dual credit experience may prompt a student to want to continue in a career pathway after graduation and it gets them comfortable with how postsecondary education is delivered.

"When we give them our options early, in high school, we hope they will choose us when they graduate from high school," said McDonald.

Tim Forest, the Film Technology director at CNM, said he wants to be more tuned into the middle and high school programs.

"It's certainly part of my job to provide guest speakers and guest lecturers at the schools," Forest said. "I think there is real value in streamlining our programs to get students into the workforce sooner."

CNM Construction Management Program instructor Eric Ghahate said when students are given the opportunity to discover their genuine interest before they graduate, it makes moving into the college setting easier and more rewarding.

"If you are going to college for something you are genuinely interested in, there's always going to be a value in that," he said. "It improves student's chances to be successful if they believe in school and believe in the credential."

Once the public health orders are lifted and in-person classes resume, Forest and Ghahate said they are eager to participate in college and career fairs, speak to classes, and talk to counselors about how to promote their programs. Likely the same holds true for most postsecondary instructors who are committed to their career pathways.

If you would like contact information for the community college or university near your school, contact the College and Career Readiness Bureau's Barbara Armijo at [Barbara.armijo@state.nm.us](mailto:Barbara.armijo@state.nm.us).

# PREPARING STUDENTS FOR THE FUTURE OF WORK 2021 VIRTUAL CONFERENCE

We hope you have already set aside Thursday, February 25 for the 2021 NM School Counselors' Virtual Conference, *Preparing Students for the Future of Work*.

The day will begin at 7:45 a.m. with a welcome and overview of the day, followed by keynote speaker Bill Daggett, Founder of International Center for Leadership in Education, speaking on *Preparing Students for Their Future, NOT Our Past*.

After the keynote session, breakout sessions will be offered through 2:50 p.m. A variety of sessions will be offered on multiple counseling-related topics, including:

- Understanding High Value Careers for Students
- New Mexico's Social and Emotional Learning Framework
- Next Step Plans: How to Make Them More Useful
- Resources for Work-Based Learning Opportunities
- The College Board and SAT Changes
- Welcoming Non-Traditional Students into CTE Pathways
- Adjustments for Seniors
- Career Guidance Messaging for Today's Workforce Needs

Additionally, there will be a "Lunch and Listen" Session with Hasan Davis, J.D. If you have never heard his personal story, you do not want to miss it! The impact others had on his life made him who he is today... a Hope Dealer. You, too, impact the lives of others tremendously!

Visit the [conference webpage](#) to learn more about the session offerings.

Although the conference is FREE, you must register to attend. To register for the conference, click the button below.

## Conference Registration

### CONTACT US

#### NMPED COLLEGE AND CAREER READINESS BUREAU

<b>DIRECTOR:</b>	Elaine Perea, PhD <a href="mailto:Elaine.perea@state.nm.us">Elaine.perea@state.nm.us</a>
<b>DEPUTY DIRECTOR:</b>	Bobbi Eichhorst <a href="mailto:Barbara.eichhorst@state.nm.us">Barbara.eichhorst@state.nm.us</a>
<b>EDUCATION ADMIN. FOR COUNSELORS</b>	Barbara Armijo <a href="mailto:Barbara.Armijo@state.nm.us">Barbara.Armijo@state.nm.us</a>

CLICK [HERE](#) TO VISIT WEBSITE



## JANUARY WINNER!

Congratulations to a counselor from Jemez Valley Public Schools! The counselor was the winner of our first \$50 gift certificate for participating in the Community Forum on [schoolcounselors-nm.com](http://schoolcounselors-nm.com).

Each Wednesday, we will be sending out an email with a new Community Forum activity.

**Participate to be entered in the drawing!**

(Entries for the monthly drawing are limited to one per counselor per week. Only New Mexico school counselors are eligible to win. Remember, you must **register** to access and participate in the Community Forum.)



VIRTUAL  
NATIONAL SUMMIT FOR EDUCATIONAL EQUITY

## Advocates for Equity

April 26-29, 2021  
Preconference: April 20-22, 2021



**Register now for early bird pricing!**

Learn more at the [Summit](#) website.

The Summit brings together education and workforce leaders, researchers, practitioners, and advocates to increase our collective ability to create education systems where each student can thrive. The Summit puts an emphasis on equity in high-skill, high-wage, in-demand career pathways in Career and Technical Education (CTE) and Science, Technology, Engineering, and Math (STEM).

**Sessions cover equity in higher education and K-12 through four strands:**

- Equitable Learning Environments in a COVID-19 Reality
- Access and Equity in CTE and STEM
- Fostering a Diverse Workforce
- Public Policy and Advocacy

## ROCKY MOUNTAIN ASSOCIATION FOR COLLEGE ADMISSIONS COUNSELING (RMACAC) STUDENT SCHOLARSHIPS



The Rocky Mountain Association for College Admissions Counseling (RMACAC) is proud to announce their student scholarship application is now open! For full details and link to the application form go to [RMACAC Student Scholarship Application](#). All applications and supporting materials must be submitted by **11:59 PM MST on Friday, March 19, 2021**.

RMACAC offers two (2) \$1,000 scholarships to students in each of their member states; Arizona, Colorado, New Mexico, Utah, and Wyoming, for a total of \$10,000 in award monies. They have tried to keep this application and supplementary materials as concise and simple as possible. This scholarship is awarded to either:

1. Students who live in one of the member states, attend a public or private high school in one of the member states, is in their final year of high school, and will be attending a regionally accredited college or university beginning the Summer 2021 or Fall 2021 term. Students must have at least a 3.0 high school GPA (on a 4.0 scale).
2. Students who live in one of the member states, attend a regionally accredited 2-year college in one of the member states, and will be transferring to attend a regionally accredited college or university beginning the Summer 2021 or Fall 2021 term. Students must have at least a 3.0 college GPA (on a 4.0 scale).

***International students and students with undocumented/DACA status who attend high school or a 2-year college within the RMACAC region are also eligible to apply.***

This scholarship also requires that interested students be nominated by a current paid member of RMACAC by the date of the close of the application (March 19, 2021). If you are not already a member but plan to recommend a student for this scholarship, you can still join by going to <https://rmacac.memberclicks.net/membership>. Your student's application will not be considered if the nominator is not a member of RMACAC by March 19.

For more information contact the IDEA Committee Chair, Frank Laro, at [Frank.Laro@du.edu](mailto:Frank.Laro@du.edu).

## MENTAL HEALTH ISSUES FOR SCHOOL-AGE CHILDREN ON THE RISE

**Hanover Research** reports *The New York Times* recently printed an article about Las Vegas (Nevada) Schools partially reopening its schools following a tragic rise in the number of student suicides. According to Hanover, many districts across the country have observed increased evidence of trauma among their students since the onset of COVID-19, a worrisome trend echoed in national data. The CDC **found** that, between April 2020 and October 2020, the share of emergency room visits caused by mental health concerns grew 31% from the previous year among adolescents aged 12-17 years and 24% among children aged 5–11. As such, **Hanover Research** gathered resources to assist schools in their efforts to support students who may be experiencing trauma or other harmful mental and emotional effects from the pandemic.

### Supporting Students in Trauma

- **Considerations for Building Trauma-Sensitive Environments** – This report discusses best practices for building trauma-sensitive environments to support students and staff districtwide, including in virtual settings. The report also highlights effective strategies used by individual districts nationwide.
- **Best Practices for Trauma-Informed Instruction** – This brief examines best practices for trauma-informed instruction, including classroom-based strategies for identifying, supporting, and teaching students coping with trauma.

### Strategies to Address Social-Emotional Challenges

- **Mitigating the Impact of Student Social Isolation During and After COVID-19** – This brief expands districts' understanding of the symptoms and effects of social isolation in school-age children, provides guidance on how to identify students at greatest risk of social isolation, and highlights appropriate supports to mitigate the impact of social isolation during school closures and once students return to school.
- **Supporting Students' Social-Emotional Needs During COVID-19** – This brief contains strategies and resources districts and staff can leverage to support students' and families' social-emotional well-being during traumatic circumstances, including tips for communicating effectively and with empathy.
- **Best Practices for School Mental Health Screenings** – This brief provides an overview of best practices in administering universal mental health screenings in schools, identifies recommended mental health screening tools, and discusses districts' obligations related to supporting students with identified mental health concerns.
- **Establishing Partnerships to Support Student Wellness** – This brief outlines how districts and community organizations can partner to implement systems and programs that support students' health, wellness, and social-emotional development.

In last month's newsletter, Leslie Kelly, Behavioral Health Coordinator for NM PED, shared COVID-19 resources for parents. She also maintains a repository of **Behavioral Health Resources** on the state's website. Included are COVID-19 resources and updates, information and supports specific to the behavioral health of New Mexico students, an overview of the New Mexico Public Education Department's initiatives that support behavioral health in schools, and a variety of other resources to help you better meet the behavioral health needs of the students you serve.

For more information, contact Leslie Kelly, NMPED Behavioral Health Program Coordinator, at [Leslie.Kelly@state.nm.us](mailto:Leslie.Kelly@state.nm.us).

## TECH TREK NEW MEXICO ANNOUNCES STEM CAMPS



AAUW Tech Trek NM is proud to announce their 8<sup>th</sup> annual week-long

STEM summer camp for rising eighth grade girls **July 18-23, 2021.**

Because of the Covid-19 pandemic, they will be presenting the camp in an online virtual format rather than a residential camp on the campus of New Mexico Tech in Socorro, NM. They will also be holding the postponed 2020 camp virtually in June 2021. The girls who were selected in the spring of 2020 to attend camp will be invited to attend the June virtual camp.

They are developing a curriculum that will include hands-on projects and virtual field trips. They are planning their curriculum to look and feel quite different from regular online school. The curriculum for the postponed 2020 camp will be adjusted to meet the abilities of girls who will have completed 8<sup>th</sup> grade. As always, the classes will be taught by women who are middle school science teachers, experienced in both virtual and in-person teaching formats. Each girl selected will be provided with all the materials and equipment needed to fully participate in the virtual classes. They are also gearing up to provide the necessary hardware for wi-fi connectivity to girls who may not have internet access at home.

The AAUW Tech Trek NM environment provides girls with female STEM role models as well as

many opportunities for learning and practicing new skills both individually and as members of a team. Each girl will take a core class in a subject ranging from astronomy to coding to robotics to probability and statistics. Virtual field trips in a variety of areas will also be provided for the whole group. Please visit their webpage at <https://techtrek-nm.aauw.net/> to learn more.

As in years past, the **cost to each girl selected is only \$50.** AAUW Tech Trek NM is a diverse and inclusive science camp experience for New Mexico girls who may not have much exposure to STEM programs. Application forms are available on their website: <https://techtrek-nm.aauw.net/>

In January, they invited all New Mexico middle school science and math teachers to nominate girls who are now in 7<sup>th</sup> grade to apply for Tech Trek NM 2021.

AAUW Tech Trek builds on issues illuminated in AAUW's research report, *Why So Few? Women in Science, Technology, Engineering and Math*, which demonstrated that camps like Tech Trek increase girls' interest and confidence in STEM fields. You can download the report free at: <https://ww3.aauw.org/research/why-so-few/>. The link is also on their webpage.

For more information, please contact Helena Whyte, AAUW Tech Trek NM Board President at 505-690-7824 or email them at [atechtreknm@gmail.com](mailto:atechtreknm@gmail.com).



### UPCOMING EVENTS

#### February 9

- 9:00 a.m. – COMBINED Engaging Students Through Careers/CTE Cohort PLC

#### February 16

- 9:00 a.m. – Engaging Students Through Careers PLC with Dr. Danielle Tallent

#### February 17

- 3:00 p.m. - New Mexico School Counselors' Update Meeting

#### February 25

- All day – *Preparing Students for the Future of Work*, NM School Counselors' Virtual Conference

For additional information and to register for the above meetings, see the "Upcoming Events" section or the Events Calendar on the home page of the counselor website: [schoolcounselors-nm.com/](https://schoolcounselors-nm.com/)

## NEWS FROM THE NEW MEXICO SCHOOL COUNSELOR ASSOCIATION

Hello School Counselors,

I'm Megan Goodman, APS School Counselor, and also NMSCA Membership Chair. I want to share with you about an exciting opportunity for **6 Ethics CEUs** provided by the New Mexico School Counseling Association (NMSCA) and NS4ed. The presenter is **Carolyn Stone, Ph.D.** (who is amazing!) and she will help us explore *Negotiating the Legal and Ethical Landscape of Schools*.

- SAVE THE DATE for **March 8th**, Virtual Professional Development
- **6 Ethics CEUs FREE** if you are a NMSCA Member
- \$75 for non-members
- NMSCA Membership is only \$50, so becoming a member is a \$25 savings for this event, plus you will receive all of the NMSCA membership benefits!
- If you are not yet an NMSCA Member, *please see the Membership flyer below for more information.*

Additionally, if you have any questions about becoming a NMSCA Member, please feel free to contact me anytime - [membership@nmschoolcounselor.org](mailto:membership@nmschoolcounselor.org)



NEW MEXICO  
SCHOOL  
COUNSELOR  
ASSOCIATION



NEW MEXICO  
SCHOOL  
COUNSELOR  
ASSOCIATION  
Committed to Supporting School Counselors.

### Membership For Professional School Counselors

**BENEFITS OF MEMBERSHIP**

- Opportunity to grow professionally and personally
- Networking with hundreds of other New Mexico school counselors to share a common vision
- Learning about best practices in school counseling specific to New Mexico
- Access to free consultation, resources, lessons, publications, and more
- Connecting with other school counselors to share experiences and research

**ABOUT NMSCA**

The New Mexico School Counseling Association (NMSCA) is here to support your efforts as a School Counselor to help students focus on academic, career, and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society. NMSCA provides professional development, publications and other resources, research and advocacy, and connection to school counselors around New Mexico. Our goal is to build a sense of community and equity for all school counselors and students across the state of New Mexico.

**Become a Member**

Membership is \$50

NMSCA Yearly Membership application can be done while also joining ASCA as a member or you can join directly through our NMSCA website

**Join anytime in January and you'll be entered into a drawing for a free copy of the newest edition of the ASCA National Model book!**

<https://www.schoolcounselor-nmsca.org/Join-Us>

### NM SCHOOL COUNSELORS NEGOTIATING THE LEGAL AND ETHICAL LANDSCAPE OF SCHOOLS

Dr. Carolyn Stone, Ph.D.

◆◆◆◆◆◆◆◆◆◆

**MARCH 8TH, 2021**

Virtual PD