

COUNSELING CONNECTION

New Mexico School Counselors' Newsletter



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COUNSELOR OF THE YEAR HEATHER FRIED HUMBLLED BY THE HONOR

Albuquerque school counselor Heather Fried has had the chance to take a long look at her career, which spans nearly 21 years.

"I look back and now I really see that my work has truly impacted a lot of students in a positive way," said Fried. "Not only that, but it's also given me the chance to see how those students and families have positively impacted my life. It's been a very satisfying career."

Fried is the 2021 New Mexico School Counselor of the Year, as named by the New Mexico School Counselor Association (NMSCA). She was among the many strong nominations for the

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COUNSELOR OF THE YEAR HEATHER FRIED HUMBLED BY THE HONOR (CONTINUED)



award this year and the experience was humbling, Fried said.

“We have to apply for the award and get recommendations from our peers,” she said. “It’s quite an extensive process, but it has been incredibly humbling.

When I would reach out to some of my colleagues, they would tell me how I’ve impacted their lives and their work. To hear all of those wonderful things was amazing. Like a lot of counselors, I don’t see myself as great and wonderful. It was nice to hear.”

Fried started her counseling career at Whittier Elementary School over 20 years ago. She remained an elementary school counselor until taking over her current post as a district resource counselor at Albuquerque Public Schools. As a resource counselor she helps provide professional development and consults and collaborates with school counselors to support their needs throughout the school year.

The APS Counseling Services is made up of multiple programs, working in tandem to support school counselors in K-12. Together these programs address social/emotional, academic, and career development supports which make up Comprehensive School Counseling Programs at the school level. While each program addresses a different need, they all provide consultation, resources, and support to over 250 Professional School Counselors across the APS district.

This includes Elementary, Middle, High School, College and Career Readiness, Crossroads/ Substance Abuse, and The District Stress Management and Response Team.

“Heather is one of those unassuming, hardworking employees that does an exceptional job, and does not want or need a lot of fanfare or acknowledgement for her accomplishments,” said APS Director of Counseling Vicki Price. “However, it is time for her be recognized for the tremendous work she does in our school district.”

The work is often daunting, but Fried said it has all been worthwhile. She said it helps to remember the students and families when she thinks about the scope of her work.

“I’ve supported so many different students in my career, so far,” she said. “I think of the work we’ve done together to help a student who is struggling. I think of the students with the toughest circumstances who came to me for support. There’s no better feeling for a counselor that to see those kiddos thrive and make gains, no matter how big or how small.”

She said there plenty of times when the challenges seemed to be too much for her to handle. But there always seemed to be a light at the end of the tunnel.

“I hope those kiddos, the ones who are working through the hardest struggles, realize what they’ve done for me,” she said. “To see them smile, and to hear their teachers tell me how far they have come, has made me a better counselor. I hope they know that.”

This year’s NMSCA Counselor of the Year, also has a few words for her colleagues: “Remember the smiles on the kiddos who didn’t have a lot to smile about before you came into their lives. Take the time to remember that you had a part in that.”

PROFESSIONAL LEARNING OPPORTUNITIES

As we prepare for the upcoming school year, it's still not too late to consider learning something new, whether related to CTE or just something you've always wanted to learn. There are several websites that provide free or low-cost learning opportunities, including the following:

- [Pathway2PD](#): Discover the power of labor market information with clear and concise video tutorials, printable guides, assessments to verify your knowledge, and completion certificates. This online professional development is provided by NMPED and NS4ed free of charge to you.
- [Digital Promise](#): With a wide variety of courses, educators can earn stackable micro-credentials.
- [edX](#): Founded by Harvard and MIT, edX is a global nonprofit that provides free, stackable learning experiences on a wide variety of topics.
- [Alison](#): Alison offers over 1,000 courses available across 9 distinct categories, all free to complete.
- [Coursera](#): Coursera gives access to audit hundreds of courses for free.



2021 COUNSELOR SUMMER INSTITUTE AUGUST 3-5, 2021

The 2021 Counselor Summer Institute, a **free** comprehensive online professional development event, is a flexible opportunity for counselors to connect and learn from higher education and counselor leaders. Join the CollegeBoard for insightful discussions, updates, and advising strategies relevant to the evolving landscape of college admissions, student preparation and college success to assist students, families, and professionals.

The CollegeBoard is excited to partner this year with leaders from national organizations including American School Counselor Association (ASCA), College Board Counselor Community Advisory Group (CCAG), National Association for College Admission Counseling (NACAC), National Association of Secondary School Principals (NASSP), and National College Attainment Network (NCAN).

This year's event provides counselors of all experience levels with:

- Effective **college and career readiness strategies and resources** from school counseling leaders
- **College admissions trends and innovations** presented by higher education professionals
- Critical conversations and insights to help professionals understand and navigate the "new now" of academic preparation, role of assessments in college admissions, and effective support strategies for all students.
- Discussions on the role of school counselors in **supporting students' social and emotional learning and development**

All webinars are 1–2 hours in length and allow you to earn 0.1–0.2 continuing education units (CEUs).

[Learn More and Register](#)



NMACTE CALL FOR PRESENTERS

Would you like to share your expertise and best practice with fellow counselors and teachers? The New Mexico Association for Career and Technical Education (NMACTE) is searching for presenters to its NMACTE Conference on September 8-10, 2021. The goal of the conference this year is to provide information on topics of interest to everyone involved with CTE. There will be a special Pre-Conference with sessions devoted to counselors. This would be a great time for showing off the great work being done in Next Step Planning and career pathways.

Organizers are also looking for presenters in the following areas: Business & Industry Partnerships, Teaching & Learning, STEM, Assessing Performance, and Technology. If you are interested in sharing your knowledge by becoming a presenter for the NMACTE Conference, please email carol.mcalister@carlsbadschools.net. Applications must be submitted by August 6, 2021.

ELIMINATING RACISM AND BIAS IN SCHOOLS: THE SCHOOL COUNSELOR'S ROLE

School counselors have a unique opportunity to be an important part of ending racism and bias in schools. Through implementation of a school counseling program, school counselors promote equity and access for all students and make a significant impact on creating a school culture free from racism and bias.

The American School Counselor Association (ASCA) has released an important resource and statement regarding the school counselor's role in supporting students, the education system, and the community at-large in a time of particularly difficult times.

To read this document on ASCA's Standards in Practice page, please visit: [SIP-Racism-Bias.pdf \(schoolcounselor.org\)](#).



UPCOMING EVENTS

August 18, 2021 – 3:00 p.m. (MST)

- NM School Counselors' Monthly Meeting – Learn more and register by clicking [HERE](#)

Information about meetings and professional learning communities scheduled for the 2021-22 academic year will be posted on the resource site as they are finalized. Check the "Upcoming Events" section on the home page or the Events Calendar on the counselor resource website: <https://schoolcounselors-nm.com>

IT'S ALMOST TIME!

The 2021-22 Academic Year is just around the corner! As in your schools, planning and preparation for the upcoming academic year is in full-swing at NS4ed. We're excited about the opportunity to continue supporting you as you serve the students, families, and faculties in your school communities.

Our first New Mexico School Counselors' Community monthly meeting will be held on August 18 at 3:00 p.m. (MST). In addition to providing an opportunity for you to reconnect with other counselors around the state, we will share plans for the upcoming year and an overview of the updated resource site, which we've revised and expanded based on your feedback.

Additionally, Carol McAlister, Executive Director of the NM Association of Career Technical Education, will speak briefly about the SPECIAL counselor's only pre-conference session at NMACTE statewide conference in September. She will also issue a call to action for a counselor to serve on the NMACTE Board of Directors next year.

Join us Wednesday, August 18!

Register by clicking here!

CONTACT US

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CLICK [HERE](#) TO VISIT THE NEW MEXICO SCHOOL COUNSELORS' COMMUNITY OF BEST PRACTICE RESOURCE SITE

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