

# COUNSELING

## New Mexico School Counselors' Monthly Newsletter

# CONNECTION

### NM School Counselors' Community of Best Practice



## Career Cafes at Eagle Ridge Middle School

Like most of you, I work in our schools as a school counselor - which means addressing all three of the ASCA (American School Counselor Association) domains. These are academic, social/emotional and career or future ready. All three of these areas can take on wildly different meanings at each educational site and level and a big influencer of the look of our school counseling programs is dependent on the needs of the community we serve, other duties as assigned, as well as how large of a caseload we are contracted to work with at our site.

We are masters at multitasking, getting things accomplished, and checking off the to do lists, all while sharing tissue with a child who might be having a hard day. So, I know you have heard it, we work smarter not harder. There are loads of opportunities to create connections to student futures, one notion that takes very little time, is consistent, repetitive (which we know students

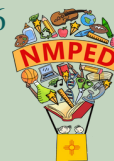
need) and allows for community engagement at the same time, our school calls it the Career Cafe.

When doing a bit of research for our middle school students at the University of New Mexico's Career Services center, our community partners and I had a conversation about how to incorporate career building into the middle schools. The discussion turned to the needs of middle school students and how to get them thinking about career exposure during this unique developmental stage in their lives. We landed on short and frequent exposure and the Career Cafe concept was initiated.

Career Cafe is an event that is held monthly at our school during student's lunches. Wait what? Yes, you read that right. It is along the lines of a traditional career fair but much smaller. We typically host 2-6

tables during lunches with community members coming to share with our students. We have three lunch periods, one per grade level and students during that grade level can visit the tables through self-selection during their lunch free time. Does each community member appeal to all students? Nope not even close. But there is still a taste and an opportunity to roll through something new. Community members are given guidance to share something about their jobs that they love and connect to their own education.

The grade level counselors work the cafeteria to encourage students to engage, set up a few "softball" guiding questions for those who



*The New Mexico Public Education Department partners with educators, communities, and families to ensure that ALL students are healthy, secure, in their identity, and holistically prepared for college, career and life.*

*Students in New Mexico are engaged in a culturally and linguistically responsive educational system that meets the social, emotional, and academic needs of ALL students.*

who might be a bit shy with students, and they share information about the current set of presenters to homeroom teachers to talk about the event first thing in the morning. Additionally, our principal shares the event through our staff newsletter. Between lunches, we have almost 30-minute blocks that we schedule specific classes to come and visit with the presenters (rotation and depending on what is needed in the content that day). We do this so that there is a more personalized and calmer opportunity for students to ask deeper questions.

It is a great time for some of our special education students to have time to ask and interact with the presenters. As an example, last year we had a community member come and create a cloud and talk about their job in science. The CBI class made up a song to the tune of Bill Nye the Science Guy and sent their singing message as a form of thank you to him.

Why is Career Cafe easier? Having a one and done event with say 20-30 community members can be logistically overwhelming and take many resources and the day of nothing else can really get done. Not so with holding a Career Cafe. Full on fairs are usually whole day events, that can be a ton of time for a volunteer. Career Cafes are short and sweet and easier to make a time commitment. We easily have 30 participants/community members who volunteer over the course of the entire year. Setting up a full day Career Fair, setting up community members to visit can be a challenge. Having just one time, shuts many out because of availability. Having many connection points allows for deeper flexibility.

To get volunteers, we work with the City of Rio Rancho's Mayor's office, specifically the economic development department or person. We send a request each year to our staff to determine if they have access to community members who may want to volunteer. We tap our district office staff too. There are many different jobs that are done within a school system that bring a ton of wealth to the conversations needed by our students. As an example, one of our district HR representatives came to share why she likes working with data.

I saw her deep in conversation with a student, so I wandered over. It turns out that the student had no idea that there were jobs that didn't require lots of social interaction. She legitimately was surprised as that is not what has been demonstrated to my student by her family and through her own observations.

Invite your career class instructors or students to come to represent those classes from the high school. Students love to speak to other students. Additionally, we contact the outreach centers of big employers in our community. Intel sets up shop in our city, but the large car dealership on the hill has been a great supporter of the initiative as well. Next, we contact various departments within our state, the labs, statewide technology transfer programs, Workforce Solutions, the NM Department of Transportation. Think creatively, just because they are not headquartered in your area, doesn't mean that they do not have a willingness to participate.

For example, a representative from the Department of Agriculture in Farmington who helps run one of the largest indigenous farms in the state, participated in our event. Our native students were thrilled because they said, they had "someone who looks like me visit and spend time with them."

Finally, we use these little fun moments to have a meaningful conversation around setting up realistic next step plans. We use them not just for our 8th grade students who are required in our state, but to guide and share the pre-steps during 6th and 7th grade so they are prepared to take on the real deal in 8th grade.

Setting the Career Cafes up is a lot of work, but very worthwhile. For a sample flyer click below.



[Sample Flyer](#)

[Sample Email](#)

Elesha welcomes any questions you have so you can implement Career Cafes at your school!

**Elesha Fetrow, NCSC, NCC, LPCC**  
**School Counselor - 7th Grade**  
**Elesha.Fetrow@RRPS.net**



# Career & Community Connections

## PISD HOSTS SKILLED-TRADES CAREER DAY

On Thursday, Sept. 15, PISD hosted a large event to educate students about skilled-trade careers. The event included film screenings showing local trades workers and their careers, guests from local and regional businesses and organizations, 9 different presentations, and a fair that was open to both students and the community. Thank you to Dr. Quinto-MacCallum for organizing the event and for Julia Geffroy and Maryam Bordbari for their help in making this event a reality, and to all staff who helped set up and run the event!



From top, clockwise: a student goes sky-high in the PNM lift truck, Christina Martinez and Kyle Sturtz practice making dental molds, and the end results of a fruit carving demonstration.

**Mayson Guinn, 3rd Grade**- "Mayson is OUTSTANDING on presenting how to use a backhoe with his uncle for the skilled trades career day!"

- Mrs. Gonzales, Elementary Principal



# Career & Technical Education

Looking at your course catalogs for next year and want to include CTE information and programs of study?



# Scholarships

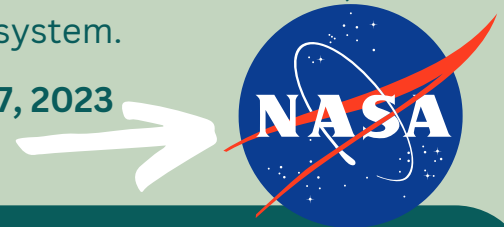


It takes a special kind of power to explore the extremes of our solar system, and NASA wants to hear how it would energize your space exploration dreams! If you could plan a mission in our solar system or beyond, where would you go, and what would you explore?

If you are a K-12 student in the United States, your challenge is to research Radioisotope Power Systems (RPS) and dream up a new RPS-powered space mission. RPS is a type of nuclear "battery" that has been used for over 60 years, enabling many spacecraft to explore some of the harshest, darkest environments, and the farthest reaches of our solar system.

**Contest Deadline: January 17, 2023**

**Click for more**



## COLLEGE HORIZONS

College Horizons is a 501c3 non-profit dedicated to increasing the number of Native American, Alaska Native, and Native Hawaiian students succeeding in college and graduate programs.

**Deadline to apply is January 25, 2023**

**Click [HERE](#) to find out more.**

**Albuquerque Community Foundation** has over 24 separate scholarship and student aid programs to help New Mexico residents attain their educational goals.

Applications will be available for the 2023-2024 school year beginning on Sunday, **January 1, 2023**. (State-wide scholarships, not just for Albuquerque students). Click [HERE](#) for more details



**ALBUQUERQUE  
COMMUNITY  
FOUNDATION**  
*leadership • trust • legacy*

# Professional Learning



## Big Future Workshop

Join **NMPED** and **College Board** on *December 7, 2022*, from 4:00 pm - 5:00 pm for a virtual **Big Future Scholarship** workshop.

Updated information will be provided on how students can qualify for up to \$40,000 in scholarships by completing steps toward college planning.

Click [HERE](#) for more.

Join Here:



## CTE Application Workshop

**PURPOSE:** To support participants applying for federal and state funding to strengthen CTE programs in the 2023-2024 grant year.

**WHEN:** January 11-12, 2023

**WHERE:** CNM Workforce Training Center, 5600 Eagle Rock Ave NE, in Albuquerque

Registration link [HERE](#)



# Career Development

*Click the book titles below to learn more*



# Counselor Check-Ins

## Celebrate Your Semester!

- How many students did you see in the counseling department?
- How many meetings did you have this year with students and parents/guardians?
- How many college and career events have you hosted thus far?
- How many classrooms did you visit this semester for core curriculum lessons?
- How many seniors have you met with to discuss college applications, scholarships, and letters of recommendation?

Be sure to share this date with students, family, staff, and community!

Need help collecting data? Email Angelica

*Dear NM School Counselors*

*We  
thank  
you!*

**No meeting in  
December!**

**Enjoy your winter break  
and see you next year!**

*Thank you for  
going above  
& beyond.*

*Grateful!*

**MUCH  
appreciated**

**NMPED & NS4ed**

**Interim Director**

*Alexandra Lutz*

**School Counselor Liaison**

*Angelica Delgadillo*

**VP, School Services**

*Dr. Jamisa Williams*

**Director of School Counseling**

*Holly Noel*

**Program MGR, EDU Services**

*Kelly Kennedy*