

USU School Counselor Education Program Newsletter

The Official Newsletter of USU's Only Psychology Master's Program



Welcome, 2022 Cohort!

The students entering the School Counselor Education program attended an orientation in August. This year, the mandatory meeting included an adventure component, where new students learned to lean on each other to accomplish tasks.

Thoughts from a participant:

Graduate school is off to a really great start, full steam ahead! Orientation eased the transition into this new and exciting chapter of my life. I gained crucial and useful information regarding the program through wonderfully crafted presentations, and formed in-person connections. Team building activities and casual dinner conversations allowed me to get to know my cohort, including my Salt Lake neighbors. What a fantastic time to be a future school counselor! -Melissa McKinlay

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Here is a snapshot of the newest class:

By the numbers

31 students
Average GPA: 3.7
6 different home sites

(more Orientation photos on page 2)



Wisdom From the Field

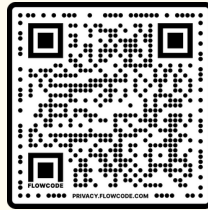
A secondary counselor shares what they wish they had known

1. Engage yourself with good mentors -- find those counselors who have significant experience and who have witnessed a lot of change and diversity. During the internship and first several years, you absolutely need someone to confide in and guide you. We all have good training as we enter the field, but the application of our training can be overwhelming. Find mentors who have a broad understanding and perspective of the profession, schools, and of our students.

2. Pace yourself and set boundaries. Critical professional boundaries with students, teachers, and parents is so important but it can be hard to establish as a new counselor. We are all very caring people - that is why we chose this profession. Boundaries can be harder for 'caring' people to establish. Follow rules and ethical guidelines exactly. Confide in your mentors, teachers, and admin and ask for advice in setting boundaries.

-Annette Whitaker, Box Elder High

Looking for ice breakers for a group activity? Thanks to Meg Campbell for the ideas.



Praxis Prep

Feeling anxious about the licensure test?

Never fear! Meg Campbell has compiled a Canvas course to help you prepare and feel confident as you take the state Praxis exam.

- Meg shares her experience from going through this program herself and passing the Praxis with an excellent score in 2020.
- The course is optional and self-paced, and is recommended for the end of your second spring semester.
- If you have any questions, contact her at meg.campbell@usu.edu.

Elementary Helpline

Try these ideas with K-6 students

Use seasons/holidays: With October upon us, try an attention grabber where teacher says, "Hocus Pocus" and students rhyme back *"everybody focus!"*

5-Star Listening is a great, generalizable expectation for classroom management during classroom lessons...

Give me 5: Ears are listening, eyes are watching, lips are closed, hands and feet are still.

Age appropriate resilience lessons:

"Work hard and keep trying" is something to repeat often.



Program Advisor, Meg Campbell

Meg Campbell is the new Program Advisor for the School Counselor Education Program. Meg has bachelor's degrees in Psychology, Elementary and Deaf Education from USU, and has spent most of her professional career as an early childhood educator. She graduated from the School Counselor Education Program in December 2020, is a Licensed School Counselor and continues to teach Kindergarten part-time.

Meg grew up in Park City and currently lives in Mountain Green with her three kids. Hiking, skiing, and adventuring with them in the Utah mountains and desert is her favorite thing! Some other hobbies include writing and trail running. She's currently training for the Wasatch 100-Mile Ultramarathon this September!

Meg loves this School Counselor Education Program and is looking forward to working with students in her new role. She hopes you please reach out with any questions, comments, concerns, and celebrations!



Instructor Spotlight

Kim Hererra
PSY 6240 and PSY 6610

Kim has over 20 years of experience in education with master's degrees in both K-12 administration and school counseling. After spending 15 years as an elementary and secondary school counselor, she accepted a position as a School Counseling Program Specialist for the Utah State Board of Education. As a professional school counselor and student advocate, she is passionate about promoting a whole student approach to academic and non-academic support for each student through implementing a comprehensive school counseling program.

Recently, Kim moved from K-12 to higher education to serve as the Director of Student Services and Counseling at Tooele Technical College. She knew she had come full circle when she helped one of her former elementary students enroll at Tooele Tech within the first few weeks of her new position. Kim can truly say that she has advocated for students K-16.

Although Kim's roles have changed over the years, she remains and always will be a school counselor at heart. When Kim is not teaching, you can find her walking her dog by the Stansbury Park Lake, exploring the beUTAHful mountains with her hiking group, listening to a true crime Podcast, traveling for her son's college wrestling tournaments, or finding the next best place to eat with friends and family. Kim is married to her high school sweetheart, and they have two sons.



Program News

The theme for our School Counselor Education Program is **Connect - Expand - Launch.**

The idea is that the entry into the program is the perfect time to connect - to your cohort members, to your instructors, and to the enrichment to be found in grad school. As you move into your second year, the mindset grows and expands into the field of education, to networking with colleagues and preparing for hands-on experiences in practicum. The final component to your schooling is preparing to launch into the field with the knowledge gained in the classroom and throughout internship. Expect to see this theme play out during your time in our program. If you have thoughts to share on the concept of Connect - Expand - Launch, please consider contributing an article to this newsletter!

Logan Campus - Did you know?

Did you know that the USU Logan Campus has a Student Nutrition Access Center? SNAC accepts food donations from people's gardens, and has a mission "to increase access to nutritious food while educating Aggies about basic needs resources and sustainable food practices." Students may receive assistance once per week, no questions asked. SNAC is located in the Val R. Christensen Service Center.

If you are not local to USU in Logan, consider creating something similar where you live.