



SPRING 2022 NEWSLETTER

A Note from our President

BY JANELLE LYONS

Colleagues and Friends! On behalf of the CDCA executive board, we hope that this newsletter finds you feeling hopeful and well!! After almost 2 years of living our lives and working our jobs in "pandemic" mode, there seems to be a light at the end of the tunnel! This past week, the mask mandates for schools in NY were lifted and although this brings about a variety of feelings, both positive and negative, it is another sign that things are getting better. I am hopeful that the start of Spring will also bring some much needed positivity and light as we start to feel the warmth

of the sun, and see evidence of new life popping up around us. As always, the CDCA board remains committed to continuing our service as volunteers on the board with a common goal of advancing the discipline of counseling and personnel work through educational and professional development.

Despite the challenges we have faced, we have been able to continue to provide opportunities for our members to learn and grow within their profession. Our Winter Program at the Hall of Springs was a fantastic in person event that allowed us to connect professionally and personally, enjoy delicious food, and collectively learn about an abundance of opportunities and supports for students of all ages in the capital region. Our topic was Career Exploration, Pathways and Volunteerism as Part of life. We had panelists from 5 different local colleges and agencies that presented on the variety of supports and job related opportunities that are available to students. Volunteer information was also provided and there was something for every level as options for even elementary students were discussed. It was clear from hearing from members who attended the event, attendees walked away with amazing information and resources to bring back to their colleagues and students to better serve and support them in career related endeavors.



As we journeyed into 2022, we had our Virtual January School Counselor roundtable cohosted with CASDA. The roundtables continue to be a great way for counselors of all levels to connect, have a voice, share resources, and network. Coming together like this also allows for a deeper understanding of the different roles of counselors at all levels, elementary up to college. Feedback from those who attended is always positive as we leave with ideas and resources, but also ultimately appreciate the opportunity to get together with others in the profession. Our next roundtable block is open for registration and we hope you will join us!

Other events and things coming up we want you to be aware of: CDCA/CASDA College Fair at HVCC on March 9th, A Graduate Student Event Co Hosted with NYSCCA on April 7th, Spring College Caravan, Counselor of the Year Recognition (nominations accepted now), Student Scholarships, and our end of the year Annual Business Meeting at Saratoga National.

Check our website cdcanyc.org to stay updated, and follow us on our social media for updates!

Thank you for your hard work in the field and continuing to be there for your students, coworkers and communities. I encourage you to take care of yourselves and do the things that help YOU stay well and feeling good. Our role is focused on supporting others but we have to remember, WE matter too! We hope to see you soon at one of our upcoming events!

Winter Program

We were so very happy to offer an IN PERSON winter event. This year, we hosted over 40 people at the beautiful Hall of Springs, in Saratoga. Our panel spoke about career pathways and volunteer opportunities, outside of the tradition college pathway. A huge thank you to James Haas, Steffi Munson, Chris Pinheiro, Deborah Shoemaker, and Sarah Wilson-Sparrow for volunteering their time to speak at this event.



Happening Soon!



CASDA ROUNDTABLES

The School Counselors Roundtable, a collaborative offering from CASDA and the Capital District Counselors Association (CDCA), is a professional learning community that will focus on strategies for developing and sustaining engagement with students and families during this continued period of uncertainty. This spring session will seek to integrate the expertise and perspective of higher education counselors in order to build bridges to ensure support across the P-20 Continuum. Additionally, the roundtable will address the topic of coordination of support services for students in relation to the following needs: academic, social/emotional, risk/crisis, and mental health.

Session Dates: Tuesday, March 15, 2022
Tuesday, May 17, 2022

Time: 9-10 a.m.
Cost: \$10
CTLE: 2 hours
Location: Virtual

[Register Here](#)



CASDA COLLEGE & CAREER FAIR

Encourage your students to attend the College and Career Fair on Wednesday, March 9, 2022. The event will be held from 5pm-8pm, at Hudson Valley Community College, in Troy.

GRADUATE SCHOOL PANEL

Join us for this Graduate School Counseling event sponsored by The Graduate School Counseling Program at Russell Sage in partnership with CDCA & NYSSCA. April 7th at 3pm.

This program will provide attendees with:

- *Professional Development Opportunities
- *First Year Counselor Experience
- *Networking

SAVE THE DATE- JUNE BUSINESS MEETING

It is time to start thinking about the Annual June Business meeting. Please save the date for June 7, 2022. Plans are underway to put on a great meeting. Hope to see many of you there.

You must be a current member to attend. So make sure you encourage your colleagues to join!

If you are interested in a leadership opportunity on the Board, please contact Kathleen Freese at kathleenfreese@yahoo.com, to learn more!



COUNSELOR OF THE YEAR

Do you know a ROCKSTAR Counselor? Please nominate them for the 10th annual CDCA Counselor of the Year Award. The application can be found on our website, Facebook page, or just [click here](#).

Nominations are due by May 15, 2022.

COUNSELOR HIGHLIGHT



**MEET RACHEL JONES-
HUDSON VALLEY COMMUNITY
COLLEGE
ADMISSIONS COUNSELOR**



CDCA SCHOLARSHIPS

CDCA scholarship committee, led by Melissa Coon and Emma William of HVCC, is happy to announce the continuation of our scholarship program.

Scholarships this year will be awarded to :

- FRESHMAN FIRST-GENERATION SCHOLARSHIP (\$2,500)
- FRESHMAN ATTENDING A TWO-YEAR COLLEGE (\$1,000)
- FRESHMAN ATTENDING A FOUR-YEAR COLLEGE (\$1,000)
- TRANSFERING FROM A TWO-YEAR COLLEGE TO A FOUR-YEAR COLLEGE (\$1,000)

Scholarship materials are available on our [website](#), Facebook, and Instagram.

Materials must be postmarked no later than May 1, 2022.

Rachel has spent 7 years in admissions full-time capacity, 2 years as a work study student.

What are you looking forward to this year?: I am looking forward to new opportunities for students at Hudson Valley Community College, seeing my nieces and nephew (two of them for the first time since the pandemic started and they were born), and continuing to conquer my hiking goals!

What advice would you give this year's graduating seniors? : Explore your interests and don't hesitate to ask questions if you feel stuck. We have all been there, and want to support you throughout this process. We have also learned from past mistakes and will always try to provide you with the best guidance.

Words of wisdom: Don't be afraid to challenge yourself, you will be surprised with how much you are capable of!