



# Spring 2023 Newsletter

## School Counselor Roundtable Highlight: By Janelle Lyons, CDCA Past President

"Alone we can do so little, but together we can do so much." -Helen Keller

This quote is a great representation of what the CASDA/CDCA School Counselor roundtables are all about. Counselors from all levels and different demographics, coming together virtually with other leaders in the capital district education profession to discuss pressing issues, share information and ideas, brainstorm, and facilitate growth while supporting each other in this unique professional learning community.

School counselors serve an essential role in helping students maximize educational opportunities, develop and engage interests and plan for a future beyond graduation. Relationships and engagement with students and their families form the foundation of this work. The School Counselors Roundtable focuses on strategies for developing and sustaining engagement with students and families however there is freedom for participants to bring any topic of interest to the discussion. We build upon themes identified in the meetings and continue to provide a space for counselors to share effective practices that meet the academic and social emotional needs of students, as well as 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 roundtables address the topic of coordination of support services for students in relation to the following needs: academic, social/emotional, risk/crisis, and mental health.

Our first two roundtables of the 22-23 academic year were well attended and provided an accessible and productive opportunity to identify several current issues counselors are facing in their schools. Topics such as attendance, mental health support, parent communication, staff wellness, staff burnout, academic rigor, regents, graduation trends, and more, are all important areas our participants are seeking support and resources on. The roundtable allows counselors to learn about the issues other counselors are facing and the interventions and resources that found to be helpful. One of the hot topics last session was employee staffing challenges and the means to which districts are addressing this issue. Staffing shortages impact all school staff as they seek to fill in the gaps and still provide students with what they need. According to current research and several news outlets, staffing shortages are predicted to continue as less people are entering the field of education and more people are leaving education abruptly or early. This is a concern that impacts all in the school community and we are hopeful that our organizations, CDCA and CASDA, may be able to help by continuing these conversations with other stakeholders through the work we do in our associations.

Communication, awareness and collaboration are powerful and the roundtables will continue to provide valuable insight and information to our participants as well as provide the opportunity for further discussion on these issues among other collaborative platforms.

The virtual PLC for school counselors of all levels is such a valuable way to spend an hour



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# What we've been up to....

## National School Counseling Week





# School Counseling Week Mixer At Fort Orange- Raffle Winners

2023-2024 CDCA Membership- Amanda Swart

2023 Business Meeting Admittance- Deb Zeh, School  
Counselor at Bethlehem CSD & Linda Fennelly, Retired  
School Counselor

NYSSCA Conference 1 Day Admittance- Darnell Douglas,  
School Counselor at Bethlehem HS & Karen Murphy,  
School Counselor at Guilderland HS  
Congratulations to the Winners!

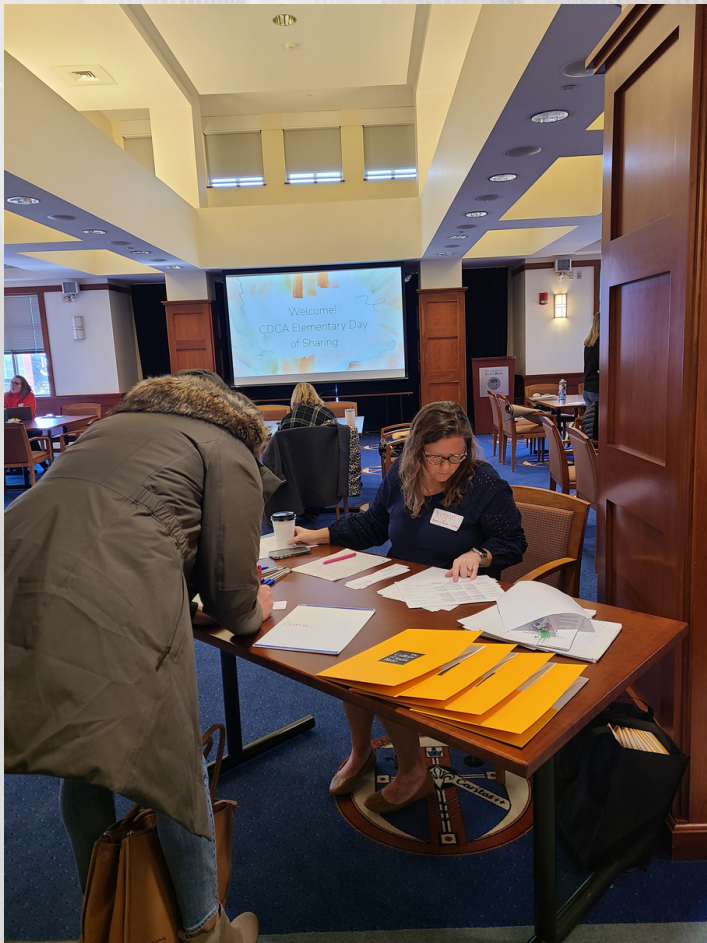




# Elementary Day of Sharing

The March 10th elementary day of sharing was a wonderful collaborative PD day! Counselors left with resources and ideas to bring back and implement in their districts, we had helpful conversation, prizes and great food!

Thank you to Megan Beauchamp for her hard work coordinating this event!





# A Message from our President

Welcome to Spring Y'All!

I love spring. March and April in Admissions has always been my most favorite time of year. When it stays lighter later, March Madness games, St. Paddy's, the crocus and daffodils, dressing in layers because... upstate, it all makes me feel like we are emerging out of winter's hibernation. I suppose because we are. CDCA's winter was less hibernation and more collaboration.

Our winter gathering at the Barnsider in Colonie was successful with 30 plus members and the good appetizers went fast!

We had a retreat in January that allowed for the Executive Board to plan for events. After a four-hour planning day, we headed to The Axe Yard for team bonding.

Fort Orange Brewery CDCA mixer cosponsored with NYSCCA to celebrate National School Counselor Week was quite engaging!

Continuing to develop partnerships with CASDA through the counselor roundtables and our regional college fair on Tuesday April 4, 2023 at HVCC. Bringing back Elementary Day of Sharing. Huge shout out to former board member and elementary committee chair, Megan Beauchamp for planning.

Social Posts for open positions, effects of ChatGPT, or the revamp of Regents have kept us focused on the issues and connected to each other.

As always, we keep our members at the forefront of our planning.

CDCA is volunteer-run, k-12/college focused, funded by dues and minimal event fees. We believe that part of meaningful professional development is the connection to each other and the advocacy of our profession and students. We need more volunteers to help with the work!

We are hosting a virtual meet the Executive Board on Monday March 27, at 6 p.m. for people interested in learning more about our open positions, planning and opportunities to get involved.

More to come on Spring and Fall caravan, May Mixer to honor Administrative assistants and

June Business Meeting. Thank you for all your support.

Enjoy the newsletter! CDCA Executive Board

P.S. CDCA Counselor of the Year application's are open.



Time to Nominate a  
ROCKSTAR Counselor!!  
Counselor of the Year  
applications are ready to  
go. Nominations due by  
May 1, 2023.

[Click here for form.](#)

**Shout Out to our  
Scholarship  
Committee!!  
Scholarship  
applications are  
available on the  
website.**





# Coming up soon.....

- 1) Virtual Meet and Greet with the E-Board- March 27th at 6pm- Learn more about what we do. Learn about open positions for the 2023-2024 year. Ask questions! [Link here for meeting](#).  
Open Positions- President Elect, Treasurer
- 2) CASDA and CDCA Regional College Fair-  
at HVCC on April 4, 2023
- 3) May 4th Mixer- Bring your administrative assistant
- 4) Annual June Business Meeting June 7, 2023 \*\* Please note the date change

## **WANT TO GET INVOLVED?**

- There are openings on the Executive Board for the upcoming year. Please consider joining!
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- For those who can give a little more, Volunteer on a specific Committee - Elementary, Middle School, High School, College and Retirees - for more relevant connections and topics.  
Please reach out to [Paige Collins](#) to join a committee.
- Be active on Social Media! Join our Facebook page and add content. Share what you are doing.
- Bring a friend to events. We love to have more people involved.

Any questions? Please reach out to us at [cdcamembership@gmail.com](mailto:cdcamembership@gmail.com)