



# THE BRIDGE



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## Counselors Nominate Thirty-three Outstanding Students for JLACD Recognition Awards!

Fourteen outstanding students were awarded a \$200 Senior Scholarship, and another nineteen students were recognized with Students of Distinction awards. These awards were established this year, to empower JLACD Counselors with the opportunity to select deserving students for special achievement and service recognition. Each JLACD guidance counseling office can put forward a scholarship recipient, and each JLACD member has the opportunity to nominate two students that they feel have made special contributions to their school. Thank you to all who went the extra mile to encourage and support their students!

## What High School Students Struggle with in College

**Reading:** There is significantly more reading required in college. As students are now preparing for their professional careers, reading assignments require analysis and integration that students are not used to. That analysis and comprehension makes reading far more time-consuming than students are often willing to commit to. **Strategy: READ, READ, READ, even if it's magazines or newspapers.**

**Time Management:** While most HS students are obligated to a consolidated 6-hour school day, college student schedules can be more scattered. How students manage larger gaps in between scheduled courses, can affect academic success. In addition, some college instructors don't monitor attendance, and many students see that as a chance to not go to class. Unfortunately missing class has been identified as the quickest path to academic failure.

**The Social vs. Study Struggle:** With all of the new found freedom of being away from prenatal supervision and the structure of home life, students can get carried away with social opportunities and partying. If students get involved with student clubs, intramurals, and sanctioned campus events, they are less likely to get lured into the "party" scene.

## Higher Education Day Soon Approaching (9-28-15)

Once again, the JLACD will be sponsoring this year's Higher Education Day on Monday, September 28, in the McVean Center at Jefferson Community College. Ryan Tastor (current Sackets Harbor School Counselor and former JLACD President) and the JCC Admissions staff will again be coordinating the event. This is an exceptional opportunity for students and their parents to connect with college admissions representatives from over ninety (90) colleges and universities, and save on the expense of hundreds of miles of travel.

## Comprehensive School Counseling Plan Development

As you develop or revise your Comprehensive School Counseling Plans, the following American School Counselor Association (ASCA) link is a helpful resource: <http://www.ascanationalmodel.org/>. It provides excellent content on the four fundamental dimensions addressed in an effective school counseling plan.

### Upcoming Events:

- Nov. 20-21, NYSSCA CONFERENCE, SAGAMORE RESORT, BOLTON LANDING, NY
- 9/28, HIGHER ED DAY @ MCVEAN CENTER, JCC
- 9-25-15, JLACD LUNCHEON MEETING, RIDEVIEW INN
- 8-23-15 @ 8AM, JLACD BIKE RIDE ON BLACK RIVER TRAIL.

### HELPFUL COUNSELING LINKS:

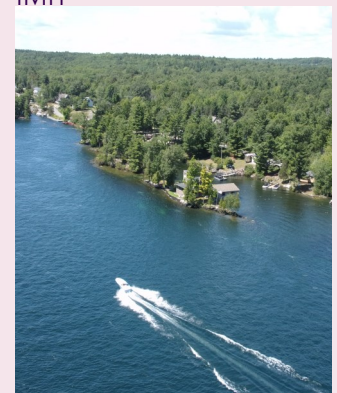
- WWW.NYSSCA.ORG/ (NYS)
- WWW.SCHOOLCOUNSELOR.ORG/ (AMERICAN SCHOOL COUNSELORS ASSOCIATION)
- WWW.COUNSELING.ORG (AMERICAN COUNSELING ASSOC.)

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# Career Exploration with Young Adults

## C-A-R-E-E-R P-R-E-P:

The acronym that captures the multiple approaches necessary for successful career planning by young adults

**C-ounseling:** Talk about career possibilities with a pro! (Guidance Counselor/Vocational Counselor)

**A-ssessment:** Use surveys and questionnaires to gain better self-awareness and discover hidden passions

**R-esearch:** Explore the infinite job possibilities by researching occupational directories and college catalogs

**E-xperience:** Through community involvement, volunteering, job-shadowing, and employment, we discover ourselves

**E-ducation:** By earning college degrees or completing training programs, we build upon our knowledge and skills

**R-esume:** By having a complete, polished, updated resume ready to go, we're able to pounce on good opportunities

**P-ortfolio:** A resume alone, can't capture our depth and variety of experience.

**R-eferences:** It is essential that you have employers, teachers/counselors, coaches and community members who can provide excellent feedback pertaining to your skills, abilities and experience

**E-ffective networking:** Establishing membership in community organizations, unions, professional associations; attend Conferences, workshops, and special events in your field, distribute business cards, remember names, stay connected

**P-romoting the package:** interviewing skills, proper attire, timely responses/follow-ups, well organized resume & portfolio

*Note: Feel free to copy and distribute this acronym as needed as it's important that students understand that there are many facets to preparing for career success.*

Students are beginning to develop distinct personality styles in High School. **Encourage your students to gain more self-awareness regarding their personalities, and how personality affects career choices.** Based on the descriptions below, encourage your students to access the following website for an assessment and more information on personality types:

<http://www.16personalities.com/personality-types>

## Personality Styles (based on the MBTI Model),

### Analysts (N-T)

"Architect" \_\_\_\_INTJ: Imaginative and strategic thinkers, with a plan for everything.

"Logician" \_\_\_\_INTP: Innovative inventors with an unquenchable thirst for knowledge.

"Commander" \_\_\_\_ENTJ: Bold, imaginative and strong-willed leaders, always finding-making a way

"Debater" \_\_\_\_ENTP: Smart and curious thinkers who cannot resist an intellectual challenge.

### Diplomats (F-N)

"Advocate" \_\_\_\_INFJ: Quiet and mystical, yet very inspiring and tireless idealists.

"Mediator" \_\_\_\_INFP: Poetic, kind and altruistic people, always eager to help a good cause.

"Protagonist" \_\_\_\_ENFJ: Charismatic and inspiring leaders, able to mesmerize their listeners.

"Campaigner" \_\_\_\_ENFP: Enthusiastic, creative and sociable free spirits, who always find a reason to smile.

### Sentinels (S-J)

"Logistician" \_\_\_\_ISTJ: Practical and fact-minded individuals, whose reliability cannot be doubted.

"Defender" \_\_\_\_ISFJ: Very dedicated and warm protectors, always ready to defend their loved ones.

"Executive" \_\_\_\_ESTJ: Excellent administrators, unsurpassed at managing things – or people.

"Consul" \_\_\_\_ESFJ: Extraordinarily caring, social and popular people, always eager to help.

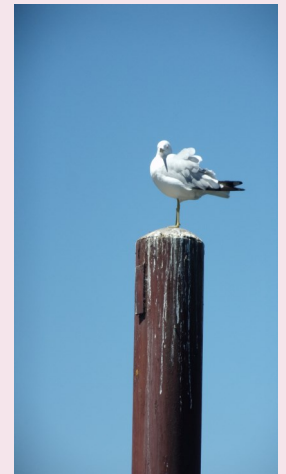
### Explorers (S-P)

"Virtuoso" \_\_\_\_ISTP: Bold and practical experimenters, masters of all kinds of tools.

"Adventurer" \_\_\_\_ISFP: Flexible & charming artists, always ready to explore & experience something new.

"Entrepreneur" \_\_\_\_ESTP: Smart, energetic and very perceptive people, who truly enjoy living on the edge.

"Entertainer" \_\_\_\_ESFP: Spontaneous, energetic & enthusiastic people – life is never boring around them.



## Counselor Inspiration

*If I had influence with the good fairy who is supposed to preside over the christening of all children, I should ask that her gift to each child in the world would be a sense of wonder so indestructible that it would last throughout life. (Rachel Carson)*



## Summary of JLACD Professional Development Activity (2013-2015)

This section is designed to document the programs that the JLACD sponsors, which enhance professional development. We welcome your feedback on topics that you feel will allow us to better serve our students.

- 9-25-15 **JLACD Fall Luncheon Meeting**, Ridgeview Inn, 6912 Bardo Road, Lowville, NY  
Note: This meeting will follow a drug prevention training program presented at the Ridgeview Inn, with lunch scheduled at 1:15pm. Training participants are encouraged to join us for our JLACD Luncheon program.  
Program Topic: **The Aftermath of Substance Use, Abuse, and Addiction**, Matt Lambert, College Counselor  
Program Topic: Roundtable Discussion Focus Groups on School Substance Abuse Prevention Programs
- 6-5-15 **JLACD Spring Luncheon Meeting**, 1000 Islands Harbor Hotel, Clayton, NY  
Program Topic: **NIRCIL Pupil Support Services**, Kathy Connor, Program Coordinator  
Program Topic: **Juvenile Diversion, Mental health, and PINS Diversion**  
Program Topic: **JCC Summer Bridge Program** (Free remedial coursework for college readiness)  
Program Topic: **Fort Drum Reg. Health Planning Org. Camps/Internships**, Aaron Naklick, Recruiting Program Manager
- 3-20-15 **JLACD Mid-Winter Luncheon Meeting**, East Hall, Jefferson Community College  
Program Topic: **Counselor Wellness: Yoga for Improved Flexibility, Relaxation, and Energy**, Nadia Garib  
Program Topic: **Professional Development Opportunities for Growth & Leadership**, Dr. Terrance Harris,
- 12-5-14 **JLACD Holiday Luncheon Meeting, The Commons at Dillenbeck Corners**, Fort Drum, NY  
Program Topic: **Emotional Development & Attachment in Youth**, Dr. Sam Rubenzahl, Psychologist  
Program Topic: **Jefferson County Drug Court Program Update**, Jennifer Hudson-Mosher, JCDC Coordinator
- 9-29-14 **JLACD Higher Education Day, Jefferson Community College**, Watertown, NY  
Program: Over 90 colleges, universities, and organizations were represented for the benefit of area students searching for educational options.
- 9-26-14 **JLACD Fall Luncheon Meeting, Maggie's on the River**, Watertown, NY  
Program Topic: **Children's Home of Jefferson County Respite Program Update**, Jane Bumgarner & Michele Monnat  
Program Topic: **Credo Community Centers Mental Health Clinic Update**, Caryn White  
Program Topic: **JCC Nursing Program Admissions Requirement Update**, Lisa Cooley
- 6-6-14 **Year-end JLACD Luncheon Meeting, Tug Hill Vineyards**, Lowville, NY  
Program Topic: **Play Therapy Applications**  
Program Topic: **JCC Summer Bridge Program** (Free remedial coursework for college readiness)  
Program Topic: **JCC Agri-Business Program Update**
- 3-28-14 **Early Spring JLACD Luncheon Meeting, HAT Dining Room, JCC Campus**, Watertown, NY  
Program Topic: **JCC Residence Hall Tour**  
Program Topic: **JCC Academic Programs, Athletic Programs & Campus Safety Update**
- 12-5-13 **JLACD Holiday Luncheon Meeting, Hilton Garden Inn, Ballroom**, 1290 Arsenal Street, Watertown, NY  
Program Topic: **Managing Conflict**; Jennifer Hutterman-Kall, Executive Director, Resolution Center  
Program Topic: **Youth Court: Empowering Youth to Resolve Conflict**; Kelly Sova, Youth Court Director  
Program Topic: **JCC Residence Hall Update**; Ron Shidemantle, Dean of Students

Jefferson-Lewis Association of  
Counseling & Development



*Building Bridges for Success*

