

# HAMPTON ROADS COUNSELORS ASSOCIATION

## IMPORTANT DATES

**APRIL 21,**  
**Virginia Career  
Development  
Association  
Spring  
Conference**  
[www.vcacounselors.org](http://www.vcacounselors.org)

**APRIL 26**  
**HRCA  
Meeting  
NORFOLK  
STATE  
UNIVERSITY**  
**2-4pm**  
**REGISTER  
TODAY!!**

**NOVEMBER 2006**  
**VCA  
CONVENTION**  
**Williamsburg**

### Newsletter Highlights

Kids & Technology 2  
3  
4  
5  
Registration & Directions  
Executive Board



The fourth meeting of the Hampton Roads Counselors Association will be hosted by **Norfolk State University** on **Wednesday, April 26<sup>th</sup> at 2:00 P.M.** The meeting will be held in the Scott-Dozier Dining Hall located on the beautiful campus of Norfolk State.

Motivating our young people to do well in school is a continuous process, one that we all take very seriously. Robert L. DeBruyn, author of *The Master Teacher*, states that we must establish the kind of atmosphere that encourages and enables all students to do their best work. We must treat students' symptoms that may contribute to an attendance problem or low academic performance. Students who feel stressed or poorly treated by anyone may respond by avoiding school. Student's fears often include fear of ridicule, social exclusion, rejection, and parental disappointment. For older students, it may also mean fear regarding the future, such as not making grades good enough to win a scholarship, get into college, or get a job. When counseling, we must be helpful yet hopeful.

Hampton Roads Counselors

## *A Message from Our President*

Association is pleased to announce that presenting at this meeting will be local agents from the **4-H Youth Development Program**. 4-H is a youth development program sponsored by VA State Universities and local governments. 4-H is an informal, practical, learn-by-doing, fun and educational program for youth ages 5-18. Young people are involved in educational activities that teach life skills such as managing resources, decision-making, critical thinking and working with others. Meeting with us from this agency will be **Lindsay Dawley, Leslie Rafter and Lisa Tatum**. Also meeting with us will be **Andrea Long, a representative from Child & Family Services of Eastern Virginia**. This is a private, non-profit family service agency, striving to *help people live better* lives through an array of prevention and treatment services including counseling programs, family and child support programs, financial programs and programs for those with disabilities.

Each meeting, HRCA provides charity donations to various local community agencies that support community youth and families. For several years, professional handling and mailing of our award winning newsletters have been provided by a local business, **Mailing, Assembling and Copying Services** (*Take it to the*

*Macs*). Natalie Grayson, Executive Director, will share information about this non-profit agency. This unique agency provides job training to persons with special needs while offering a viable bulk-mailing service to Hampton Roads. A donation raised through a raffle will be given to this worthwhile organization; this will also provide us with a chance to thank Ms. Grayson and her staff for a job well done!

This meeting will also recognize the recipient of the **2006 Hampton Roads Counselors Association Scholarship and the recipients of special HRCA/VCA awards**. This is always a wonderful time to share in the celebration of recognizing those unsung heroes of this profession and to also recognize the continued support of the Executive Board as we work together to provide professional development opportunities and service.

Calling all members and supporters of Hampton Roads Counselors Association: **RSVP!!** You are invited to this special professional meeting! Hope to see you soon!

Jenise B. Bond  
President

*Photo Highlights  
Virginia Wesleyan College  
February 28, 2006*

OUR PRESENTERS

Alex Ottaviani, School Outreach Educator, Fleet & Family Support Center Hampton Roads



Susan Smith, representative March of Dimes



Mickey Held, representative United Jewish Federation of Tidewater Chair of the Holocaust Commission



Retiree Rosalind Gilbert (Chesapeake) Introduces her guest -her sister!



Virginia Wesleyan College Hosts



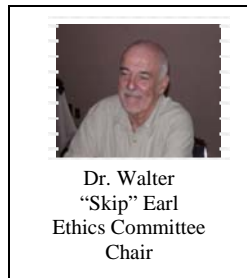
Chesapeake Schools Superintendent, W. Randolph Nichols, "Proclaims" National School Counseling Week

Make your reservation **TODAY**  
APRIL 26 meeting at  
Norfolk State University  
2:00-4:00 p.m.  
Joe New - [jnew@cceva.org](mailto:jnew@cceva.org)  
Marilyn Draughon -  
[mdraughon@vbschools.com](mailto:mdraughon@vbschools.com)

Debi Finlay, Guidance Director at Western Branch Middle School (Chesapeake), and our own Cyber Bullying guru, has made eight presentations on the topic. She flew to Carroll County, MD, to give one workshop and drove to Spotsylvania to give a presentation and two workshops. She presented at the VSCA convention in Richmond, and will present in Portsmouth in April and Virginia Beach in August. Additionally, she will make a TeleTech presentation and a leadership conference presentation at ODU and the Beach respectively.

The Internet topic is constantly changing and evolving. Amazing isn't it? She has assisted counselors from all over the state who call or e-mail with concerns about kids in trouble with technology. Debi states, "We have only begun [to see] the problems with the new phones the parents are buying the kids along with the ipods and mp3 players. The kids can do so much more than talk and listen to music. They are truly amazing--they can figure out how to abuse the technology but cannot remember a date in history, or how to work a math problem!"

Debi had two interviews in February with Feb with the "Christian Science Monitor" and "Education Weekly."



### ETHICS RESPECT FOR AUTONOMY

Several newsletters ago we listed the six guidelines (Herlihy, Corey, etc) in practicing ethical counseling. Let's think about the number one guideline:

**counselors will respect autonomy.**

Torn comes to you with the question: "Should I drop out of school and join the army or wait until I have finished my senior year?"

As the counselor you respond:

- Don't you dare think about dropping out of school!
- I am sending you to the Army Recruiter down the hall.
- Here is a book on "Making Decisions". Go read it and come back later.
- This is an important decision. What are some reasons, Torn, you might want to drop out of school and what are some reasons you might want to finish the Senior year?

Clearly, choices a., b., and c. do not respect Torn's responsibility to make one's own decisions. In choice "a", the counselor challenges Torn's right to even make a decision about the immediate future. In choice "b", the counselor directs Torn to a convenient solution. And in choice "c", the counselor assumes low autonomy in Torn's ability to make a decision.

Look at some of the ways that choice "d." respects Torn's autonomy.

- The counselor verbalizes acceptance of Torn's dilemma. ("Important decision")
- Assumes Torn has legitimate reasons for each choice. ("What are some reasons?")
- Returns the answering of the question ("should I...") to Torn's autonomy to make a decision.
- Respects Torn's right to make personal life decisions and offers counseling for the process.

Can you think of other examples of counselor's showing respect for their client's autonomy?

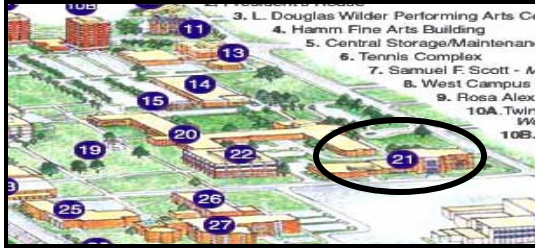
B ethical. Cheers, Walter Skip Earl



Take It To The MACS! Your solution to mailing,  
assembling and copying problems!

[takeitothemacs@msn.com](mailto:takeitothemacs@msn.com)

Hampton Roads Counselors Association uses The MACS for its Newsletter mailings.



~ **HAMPTON ROADS COUNSELORS ASSOCIATION ~**  
**PROFESSIONAL DEVELOPMENT MEETING**

**Wednesday, April 26, 2006**

**WHERE: Scott/Dozier Dining Hall**

**NORFOLK STATE UNIVERSITY**

**WHO: HRC A Members and Their Invited Guests**

**PRESENTERS**

Lindsay Dawley, Leslie Rafter and Lisa Tatum  
4-H Youth Development Program

# Archives

The Archives Committee would like to chronicle your accomplishments, events and special occasions for the Hampton Roads Counselors Association Scrapbook. We want to showcase all the wonderful things you do with students in school and the community service you participate in such as walk-a-thons, serving at the local soup kitchen, or presenting at the VCA Convention in November.

Don't hesitate to share your experiences and accomplishments with HRCA. The scrapbook in the past has helped HRCA win Chapter of the Year Awards by highlighting all the great *things you are doing* to help students and your community.

Let's Help HRCA Win Again!

Write a brief paragraph below and submit to the archives committee or the newsletter editor. Pictures would be great but are optional. If *others participated, include their names and workplace. Submissions can be entailed, mailed or faxed to the following numbers* listed below or give them to the committee members at the HRCA meeting. Remember to include name, workplace, date and name of event.

Send your information to either...

[phayes@pps.k12.va.us](mailto:phayes@pps.k12.va.us) or  
[donallpa@cps.k12.va.us](mailto:donallpa@cps.k12.va.us)

Subject: HRCA Archives or mail to Patricia Hayes, I.C. Norcom H.S. 1801 London Blvd. Portsmouth, VA 23704  
Fax: 757-393-5449



**Patricia Hayes**  
**Archives Chair**

## Professional & Community Involvement of HRCA Members

### \*\* NORFOLK PUBLIC SCHOOLS \*\*

**JOYCE G. BEAMON**, Senior Coordinator of School Counseling for the Norfolk Public Schools (Norfolk, VA), has been selected as the VSCA Administrator/Supervisor of the Year. She was honored at the VSCA awards banquet on Mar. 30.

### CONGRATULATIONS!!

### \*\* PORTSMOUTH PUBLIC SCHOOLS \*\*

**FRANK SCARINGELLO** of James Hurst Elementary School and **LEE BOND, JR.** of Stephen H. Clarke Academy Elementary School presented at the first mini-conference sponsored by the Hampton Roads School Counseling Leadership Team on Saturday, March 18, 2006 at the Virginia Beach Higher Education Center. Frank presented information on *Child Abuse and Neglect*. Lee's topic was *Classroom Management*.

Cradock Middle School held Career Day on February 23, 2006. Guidance counselors, **Mrs. R. England, Mrs. Doristine Earl and Mrs. Teri Thomas-Kulhman** served on the planning committee. Mrs. R. England was the committee chairperson. The theme chosen for the event was "Chart Your Course to a Career." This activity was enhanced by presentations from various career professionals and the recognition of staff members for their contributions to education. The students participated in an essay contest, poster display and career survey.

**Professional Development Mini-  
Conference  
By Dr. Norma Brumage**

*On March 18, 2006, at the Virginia Beach Higher Education Center, approximately 150 school counseling candidates and non-tenured counselors participated in Transforming School Counseling to Close the Achievement Gap*  
Mini-Conference sponsored by Hampton Roads School Counseling Leadership Team. Hampton Roads School Counseling Leadership Team is a regional collaborative partnership between school counseling supervisors from five universities and school counseling supervisors from eight school divisions. Its purpose is to address the challenges of local, state, and national reform initiatives, build team cohesion, create a shared vision, identify annual goals, and implement an action plan to transform school counseling in Hampton Roads. HRSCLT is dedicated to ensuring that school counselors across the region are trained and ready to help **ALL** students reach high academic standards.

The following educational organizations comprise this leadership team: Chesapeake Public Schools, Norfolk Public Schools, Newport News Public

Schools, Portsmouth Public Schools, Suffolk Public Schools, Williamsburg – James City County Public Schools, Virginia Beach Public Schools, Hampton University, Norfolk State University, Old Dominion University, Regent University, and The College of William and Mary. In like manner, the Mini-Conference was supported financially and with representation from the following organizations: Virginia School Counselors Association, Hampton Roads Counselors Association, Secondary Education and School Leadership Department at Norfolk State University, Peninsula Counselors Association, and Western Tidewater Counselors Association.

Dr. Norma W. Brumage, Norfolk State University Professor and Facilitator for HRSCLT, presided as the Mini-conference facilitator. An overview of the sessions was presented by Dr. Gabrielle Peltier, Norfolk State University Assistant Professor, and secretary for HRSCLT. Dr. Lee A. Underwood, Regent University Assistant Professor, was featured as the keynote speaker for this event. More precisely, Dr. Underwood shared his research on strategies for serving students, particularly African- American and Latino males who exhibit maladaptive behaviors.

Participants were able to attend a total of four sessions during the day as follows: *Integrating Core Curriculum SOL and Guidance SOL When Delivering Classroom Guidance Lessons; Nurturing Future Generations: Empowering Youth through Social, Emotional and Cognitive Skills; Using Data to Close the Achievement Gap; Child Abuse and Neglect; Bullying: A Cry for Peace; Ethical and Legal Issues for School Counselors In the 21<sup>st</sup> Century; Keeping The Counselor Out Of Court; Interviewing: Yes, I want the Position!; Leadership and Advocacy: Essential Skills for Effective School Counselors; Cyber Bullying and Internet Safety for Children and Adolescents; and Classroom Management for School Counselors.*

Dr. Arlene L. Brown, Regent University Assistant Professor, moderated the "Ask-It Basket" luncheon panel. Counseling supervisors from Hampton Roads school divisions answered questions posed by participants. Some of the questions related to researching data on schools and divisions to create counseling projects, current issues impacting school counseling, successful strategies for interviewing, and future implications for transforming school counseling.



**Hampton Roads School Counseling Mini-Conference  
Saturday, March 18, 2006**

**HAMPTON  
ROADS  
COUNSELORS  
ASSOCIATION**

**AWARDS**

**SCHOLAR  
SHIP**

**AWARDS**

**SCHOLAR  
SHIP**

**AWARDS**

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SHIP**

**AWARDS**

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Don't forget to  
make your  
Reservation for  
NORFOLK STAE



April 26

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**HAMPTON ROADS  
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ASSOCIATION  
Wednesday, April 26  
Norfolk State University**



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