



# The M.Ed. In School Counseling Newsletter

## Meet the members of the 2018-2019 cohort

The 16 members of the 2018-2019 class survived the first two summer school sessions of the 14-month UNC M. Ed. Program and are well into the fall semester. The members are Lennox Balog, Kaia Bednar, Rachel Cox, Kalie Halpin, Hannah Jeter, Billy Lane, Brenna Lewis, Melissa Letzler, Derek Marion, Kim Miller, Suzy Niederland, Selena Pruitt, David Puffer, Shaily Shah, Reem Tabet and Sam Weissler.

All of the students have begun practicums at area schools, getting up close and personal with the important field they have chosen to pursue.



For a closer look at five cohort members, please see Page 4.

## And the ideas are already flowing

At North Wake College and Career Academy, the School Improvement Team has chosen to focus on helping students with Social Emotional Learning (SEL), which involves developing the skills to manage emotions, set positive goals, establish and maintain positive relationships and make good decisions.



Cohort member Kim Miller recently presented to the faculty on how to use [High Five Cards](#) to help collect data for the School Improvement Plan.

Every week teachers receive five cards, and each day they will use one card to comment on a student's behavior using positive descriptive feedback. Each recognized student can submit the card to Student Services to be entered in a prize drawing held every Friday.

Teachers are hoping the program provides students with effective reinforcement for positive behavior.

## About the program

The UNC M.Ed. in School Counseling Program trains professional school counselors in a unique 14-month cohort model and is based on the innovative Strengths-Based School Counseling framework pioneered by the program's faculty members.

### APPLICATION DEADLINES

**Dec. 1, 2018:** Applications must be submitted to be considered for awards. In some cases, the GRE is no longer required, but you must submit GRE scores for merit scholarship consideration.

**Feb. 12, 2019:** Final due date for [all applications](#).

### UPCOMING EVENTS

**Saturday, Sept. 29, at 10 a.m.:** UNC School of Education Fall Open House. Register [here](#).

**Thursday, Dec. 6, at 6 p.m.:** School counseling online information session. Register [here](#).

### MORE INFORMATION

To get the latest and greatest in graduate news, check out the [Carolina Graduate School Magazine](#)

## Faculty corner

### Greene, Bernacki project wins \$2 million in NSF funding

A project led by Jeff Greene, associate professor of learning science and psychological studies, and Matt Bernacki, assistant professor in education psychology, has won \$2 million in funding from the National Science Foundation.



Greene

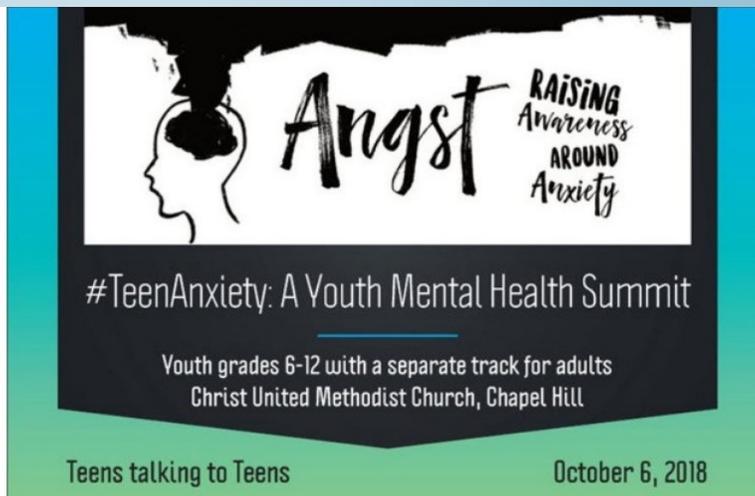
The grant will fund work at Carolina and at the University of Nevada-Las Vegas to help undergraduate college students struggling in STEM courses. The project will identify struggling students then test various interventions to help them succeed. These interventions include ones developed by Bernacki at UNLV as well as academic coaching interventions developed at Carolina as part of the Finish Line project.

### Akos elected to National Career Development Association board

Patrick Akos, professor of school counseling and school psychology, has been elected to the board of directors of the National Career Development Association. The NCDA is considered the leader in developing standards for the career development profession and works with licensing and credentialing bodies to support the preparation and recognition of career counselors and career development practitioners. Akos will serve as the trustee representing counselor educators and researchers.



Akos



### Cohort helping with upcoming teen mental health summit in Chapel Hill

Stand by Me NC and Faith Connections on Mental Illness are sponsoring #TeenAnxiety: A Youth Mental Health Summit for teenagers in grades six through 12 with a separate track for adults. Small group discussions will follow the showing of the Indieflix documentary, “Angst: Raising Awareness About Anxiety,” and cohort members Kaia Bednar, Billy Lane, Kim Miller and Suzy Niederland each has volunteered to lead one.

“One of our first classes during the summer was a groups class, and this event sounded like a great opportunity to put some of those skills into practice early,” Lane says. “For my groups assignment in Dr. Griffin’s class, I created an anxiety group, and doing the literature review for that proposal, I came to learn how big of a problem anxiety is for teens. We all hope to run groups at our internship sites this year, so we’re looking forward to the summit to practice the skills we’ve worked on.”

Find more information about the summit and how to register at [standbymenc.org](http://standbymenc.org).



The conference includes topics specific to NC school counselors, administrators and counselor educators and features breakout sessions, keynote speakers and core-skills-building workshops. Find information and registration materials [here](#).

## Three 2017-2018 cohort members honored with awards

Each year, the UNC School Counseling Program recognizes outstanding students with two prestigious awards. For 2017-2018, Ashlyn Knosby and Samantha Borkovic were selected for the W.D. Perry Award and Nina Brashears received the Galassi-Brown Social Justice and Advocacy Award.

The Perry Award (nominated by peers, faculty and public school personnel) recognizes the student judged by the faculty to have demonstrated excellence in academics, in the counseling field placement, in unwavering adherence to ethical standards and in student leadership within the program.



Ashlyn

In honoring Ashlyn and Samantha, the faculty noted their hard work, dedication and empathy as students and at their internship sites. They also showed great initiative, making valuable contributions in staff meetings, designing and delivering creative services to their students and even driving a minibus so students could attend a college-access event.



Samantha

“Everyone in my cohort had done so many great things throughout the program so it was a huge surprise and I felt very honored,” Ashlyn says of winning the award.

In class at UNC, Ashlyn and Samantha often were praised for their thoughtful and insightful questions and perspectives.

“I now serve as the school counselor for an Episcopal K-12 school in Vero Beach, Florida,” Samantha says. “My classes at UNC and internship experience at the North Carolina School of Science and Mathematics truly helped to prepared me for my role.”

The Galassi-Brown Award recognizes the student who promotes social and educational justice and demonstrates exceptional advocacy for the students they serve, the schools where they work and the school counseling profession.



Nina

The nomination letter submitted by her site supervisor said Nina identified a need for the school’s growing Hispanic population to have access to Hispanic role models and mentors. Nina coordinated an opportunity for Hispanic college students from UNC to visit monthly and engage with Hispanic students who were unaware of post-secondary opportunities. In addition, Nina coordinated a field trip to North Carolina Central University to give another group of students access to an HBCU campus.

“As a school counselor, I believe that I have a role to play to ensure that every student is able to access and achieve within the educational system,” Nina says. “As I work toward social justice and consider myself an advocate, I know that powerful work can be done within the educational system, and school counselors are in a unique position to help work toward systemic and societal change.”

“As a school counselor, I believe that I have a role to play to ensure that every student is able to access and achieve within the educational system,” Nina says. “As I work toward social justice and consider myself an advocate, I know that powerful work can be done within the educational system, and school counselors are in a unique position to help work toward systemic and societal change.”

To see previous program award winners, click [here](#)

## Professional development

### CFNC/College Foundation of NC Fall School Counselor Trainings

Registration is now open for the 2018 CFNC Fall Training! Sessions are offered throughout the state from Oct. 4 to Oct. 19. Find information [here](#).

### 2018 NC Social Work Association Conference

Oct. 17-19 in Greensboro. To register and get more information, click [here](#).

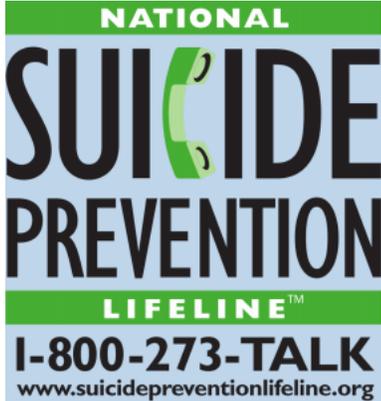


### Working well with teachers

Looking for a resource to help teachers understand how to better collaborate with you as a counselor? Click [here](#) for the Top 10 suggestions from Homeroom, the official blog of the US Department of Education

*Dates of note*

September is Suicide Prevention Month.



Sept. 24-28 Ally Week

October Bullying Prevention, LGBT History, National Depression and Mental Health Screening months

Oct. 1-7 Mental Illness Awareness Week

Oct 24 Unity Day/Stop Bullying Day

November National Career Development, National Homeless Youth Awareness, Native American Heritage months



*Follow along*

Check out UNC School Counseling goings-on on Twitter and Instagram at @uncschcounsm\_ed

## Who's in the 2018-2019 cohort? A look at 5



### LENNOX BALOG

BS in Human Development and Family Science, University of Georgia • **Internship site** North Carolina School of Science and

Math • **Why school counseling?** I believe in people and I want to help students discover and reach their maximum potential • **Greatest strength** My warm personality. I am approachable and fairly easy to talk to. • **Fun fact** I was on Georgia's state-winning water polo team in high school



### KAIA BEDNAR

BA in sociology, University of Florida • **Internship site** Ephesus Elementary in Chapel Hill • **Most looking forward to**

becoming a rock star school counselor! • **Greatest strength** My eagerness and my drive. I want to use every opportunity to continue to learn and grow as a professional school counselor. • **Fun fact** I have a pet bunny named Wednesday!



### RACHEL COX

BA in Communication Studies, Speech and Hearing Sciences minor, UNC-CH • **Internship site** Eno River Academy • **Most looking**

**forward to** finding my place and building relationships with students at Eno River and building the knowledge and skill-set I need to be the most helpful school counselor I can be. • **Why school counseling?** Having the opportunity to invest in students' lives through so many means will be rewarding and humbling. I am excited to get to know high school students and help them determine who they are. • **Favorite books** "The Chronicles of Narnia" by C.S. Lewis

### KALIE HALPIN



BS in Health Science, University of Missouri • **Internship site** Jordan

Matthews in Chatham County • **Previous job** College adviser in Chicago Public Schools • **Looking most forward to** figuring out my counseling style and putting the techniques we've learned into action! • **Why school counseling?** My degree in health science taught me that I did not want to "fix" people with medicine, but rather to empower them mentally to achieve success. My work with College Advising Corps solidified my desire to work with high-school age youth. • **Fun in past year** Skydiving and visiting five National Parks!

### HANNAH JETER



BA in psychology, University of Texas • **Internship site** Glen-

wood Elementary • **Why school counseling?** I am passionate about school counseling because it gives me the opportunity to effectively support students in a number of areas, which I believe is critical to student success. • **Favorite book** "Tuesdays with Morrie" • **Favorite vacation spot** Seattle, Washington