



CATHOLIC SECONDARY SCHOOL COUNSELORS OF NYC WINTER 2022

President's Message

NATIONAL SCHOOL COUNSELING WEEK: BETTER TOGETHER

Happy National School Counseling Week! It is times like these where I feel truly blessed to be among such caring, empathetic, and creative individuals in our profession. As the theme says, we truly are "Better Together." I am grateful for our organization and the collaboration and support it provides.

However, our national week is a bit different than appreciation weeks for other professions. ASCA defines this as a week to "highlight the tremendous impact school counselors can have in helping students achieve school success." It is not only an opportunity to celebrate ourselves and peers, but also to advocate for our (evolving and often misunderstood) profession.

In recent years we have seen ASCA stress the transition from guidance counselor to the all-encompassing title of school counselor -- school counselor most accurately reflects the roles we perform. This title calls us to be more proactive, data-driven, embrace our role as a leader, and develop comprehensive school counseling programs for ALL students.

All the best,
Sarah Stiglianese

2022 ASCA #NSCW22 PHOTO CHALLENGE

JOIN IN TO CELEBRATE #NSCW22 BY DOWNLOADING THE PHOTOS FROM THE ASCA WEBSITE AND POSTING YOUR RESPONSES ON SOCIAL MEDIA.

FEB 7: SCHOOL COUNSELORS AND OTHER SCHOOL-BASED MENTAL HEALTH PROFESSIONALS ARE BETTER TOGETHER BECAUSE...

FEB 8: SCHOOL COUNSELORS AND ADMINISTRATORS ARE BETTER TOGETHER BECAUSE...

FEB 9: SCHOOL COUNSELORS AND TEACHERS ARE BETTER TOGETHER BECAUSE...

FEB 10: SCHOOL COUNSELORS AND THE COMMUNITY ARE BETTER TOGETHER BECAUSE...

FEB 11: SCHOOL COUNSELORS ARE BETTER TOGETHER BECAUSE...

[HTTPS://WWW.SCHOOLCOUNSELOR.ORG/EVENTS-PROFESSIONAL-DEVELOPMENT/EVENTS/NATIONAL-SCHOOL-COUNSELING-WEEK](https://www.schoolcounselor.org/events-professional-development/events/national-school-counseling-week)

Shining a Spotlight on School Counselors

In the July/August 2021 ASCA Magazine, there was a great article entitled "Find Your Light" by Sweetie Patel. It offers simple ways we can shine a spotlight and advocate for our profession and role as school counselors.

<https://www.schoolcounselor.org/Magazines/July-August-2021/Find-Your-Light>

1. Market your work through building-wide advocacy, connect with state and national school counseling associations, join committees, present at conferences, and extend your unique school counselor voice on social media. Let your admin, students, families, colleagues, and fellow school counselors hear about the amazing work you're doing!
2. Embrace your leadership lens! Never forget: you play a valuable role on your school's leadership team. We can use data and results to determine need, execute our goals, and share results of how students are better because of our programs.
3. Look inward and engage in self-reflection. Patel writes that in our profession "we inevitably have to incorporate our own life and experience into our work." Investing in our own self-care is essential to putting our best foot forward for our students, our schools, and most importantly, ourselves.

So this week, take time to celebrate YOU and all of your accomplishments as a school counselor. If you remember from our first newsletter, extend yourself some grace. It's okay if you're feeling tired or if giving 100% right now looks different for you than it has in the past. Acknowledge all of the hard work, dedication, and effort you put into serving your schools and your students. Don't forget to practice self-care and take time to rest -- you deserve it!

**NEXT
MEETING
DATE**

**THURSDAY
2/10 3PM**

ZOOM LINK IN E-MAIL



Counselor Spotlight



AUGUSTUS "GUS" ESGRO
*ARCHBISHOP MOLLOY
COLLEGE COUNSELOR*

WHAT IS YOUR FAVORITE PART ABOUT WORKING IN A CATHOLIC HIGH SCHOOL?

HAVING HAD THE CHANCE TO WORK AT BOTH A CATHOLIC UNIVERSITY AND NOW A CATHOLIC HIGH SCHOOL, I FOUND THERE IS AN ORGANIC SENSE OF UNITY AND COMMONALITY AMONG THE FACULTY AND STAFF THAT DOESN'T NECESSARILY EXIST IN THE OTHER PLACES I'VE WORKED IN THE PAST.

WHAT DO YOU LOVE MOST ABOUT BEING A COLLEGE COUNSELOR?

KNOWING THAT JUST A FEW MINUTES OF MY TIME CAN POTENTIALLY OPEN UP A WORLD OF OPPORTUNITIES FOR A STUDENT THAT THEY DIDN'T KNOW EXISTED BEFORE WE SPOKE.

WHAT HAVE YOU GAINED FROM BEING A MEMBER OF CSSC/NYC?

NOT HAVING A BACKGROUND IN SCHOOL COUNSELING, SPECIFICALLY, BUT WORKING IN AN ADVISORY SETTING THAT FALLS UNDER THE COUNSELING UMBRELLA, I HAVE FOUND THE CONVERSATIONS AND RESOURCES PROVIDED BY CSSC/NYC HELPFUL IN BECOMING A MORE INFORMED, WELL-ROUNDED COLLEGE COUNSELOR.



MIRIAM EISENMENGER
*MOUNT SAINT MICHAEL ACADEMY
SCHOOL COUNSELOR /
COLLEGE & CAREER ADVISOR*

WHAT IS YOUR FAVORITE PART ABOUT WORKING IN A CATHOLIC HIGH SCHOOL?

AS A COUNSELOR, AND A SPIRITUAL PERSON, I LOVE HOW WELL I'VE BEEN ABLE TO WORK TOGETHER WITH THE CAMPUS MINISTRY PROGRAMS AT BOTH SCHOOLS I'VE WORKED AT. THE TYPE OF CONNECTIONS YOU MAKE WHEN YOU HAVE BUILD SOMETHING TOGETHER, OR RAKED ACRES OF LEAVES TOGETHER, OR WATCHED THEM USE AN AX OR HAMMER FOR THE FIRST TIME--THERE IS REALLY NO COMPARISON. THE SHARED EXPERIENCES, OUTSIDE THE SCHOOL BUILDING, ARE PROBABLY THE MOST MEANINGFUL TO ME.

WHAT DO YOU LOVE MOST ABOUT BEING A SCHOOL COUNSELOR?

WATCHING AWKWARD TEENAGERS MATURE INTO PHENOMENAL, SELF-ASSURED ADULTS.

WHAT INITIATIVE/GOAL AT YOUR SCHOOL RIGHT NOW ARE YOU MOST PROUD OF OR EXCITED ABOUT?

WE INITIATED A PEER LEADERSHIP PROGRAM LAST YEAR, AND FROM IT, I BELIEVE WE'LL BE ABLE TO EXPAND IT INTO A PEER COUNSELING/MENTORING PROGRAM.