



CATHOLIC SECONDARY SCHOOL COUNSELORS OF NEW YORK CITY

### *PRESIDENT'S MESSAGE*

HAPPY NATIONAL SCHOOL COUNSELING WEEK, CSSC/NYC!

National School Counseling week begins on February 1, so this is our time to celebrate all of the work that we do for our students and for our profession.

The role of school counselor has existed for over 100 years. It has evolved over time; for example, we are no longer called "Guidance Counselors." Sure, some people at your school may still call you that - and you may even call yourself that sometimes! - but the reality is that you are a school counselor because what you do no longer involves just vocational and career counseling. It is all encompassing!

The role of the School Counselor or, in this case, The *High School Counselor*, involves meeting all of the needs of your students in their final transition into adulthood. We provide counseling about the

curriculum, assess student abilities and interests to help them make decisions about their future, provide support during times of stress and crisis and make appropriate external referrals while reminding ourselves that we cannot provide long term therapy.

Sometimes, we need that reminder about our roles. Too often we are pulled in a thousand different directions and are tasked with responsibilities outside of our scope. It is our job to advocate for our students and for ourselves. The only way to be effective counselors for our students is to do the job we were tasked to do for them each and every day. So, this week, celebrate how hard you have worked to help those remote students, or those students who experienced a tragic loss due to COVID, and celebrate your resilience in the face of this tragic time. Whatever personal loss you may have faced, you are there each day for your students ... on the computer or in person. You are pretty amazing!

# WINTER 2021

EXECUTIVE BOARD

Best Regards,

**CHRISTINE CURCIO**

**St. John's Prep**

**President of CSSC/NYC 2020-2021**

Pictured Below



Hello CSSC/NYC!

To introduce myself, my name is Sarah Stiglianese and I'm a first year school counselor at Fontbonne Hall in Brooklyn. Definitely a crazy year to get thrown into your first job! But I've been making it work one day at a time, with a lot of support from my Director and hearing about what has been working from other amazing counselors like yourselves. It was great to be able to connect virtually at our first CSSC meeting to share our challenges and triumphs from this school year. While I enjoyed hearing all of your strategies for best supporting our students, I also appreciated connecting with others who are facing similar emotions of being a school counselor in a global pandemic.

One discussion we had at the first meeting was how to help our students get the social connection they are craving, especially those who are fully remote. All of our students, especially the freshmen, are sadly missing out on a fun and interactive high school experience. Although not all of our students cannot be physically together right now, I have been creating new ways for them to connect.

I've been calling these events Virtual Lunch Rooms. Once a week during each lunch period, students from different cohorts come together over Google Meet to eat their lunch, chat, and participate in different activities. So far, we have played the game Among Us (a phone App that students love), TikTok Jeopardy, Disney Pictionary, and everyone's favorite, Kahoot. It is great to see students connect with new and old friends from afar and get some interaction outside of the classroom setting. While the turnout isn't always huge, we have a consistent group of students from all grade levels who eagerly join us each week. It's great to watch their friendships slowly

forming, even through the computer screen.

I know we are all so busy with our other responsibilities it can seem impossible to take time out of our day to plan and run a social event such as this. But even if it is only once a month, I recommend giving it a try and seeing if it is something your students would enjoy. I have made some of my best connections and built rapport with students at these events that translates into our counseling sessions.

Here is the link to the TikTok Jeopardy template I created:  
<https://docs.google.com/presentation/d/1I-18aB1VMBrdKluFEwVhyr3aYu6Z5OvxhAQIB4ug7AA/edit?usp=sharing>.  
 Please don't hesitate to reach out if you have any questions about how to use it - [stiglianese@fontbonne.org](mailto:stiglianese@fontbonne.org).

I look forward to connecting with you all again soon!

Best regards,  
 Sarah Stiglianese



## National School Counseling Week - American School Counselor Association (ASCA)

[nyssca.org](http://nyssca.org)

# National School Counseling Week

National School Counseling Week 2021 (#NSCW21), "School Counselors: All In for All Students," is Feb. 1-5, 2021, to focus public attention on the unique contribution of school counselors within U.S. school systems. National School Counseling Week, sponsored by ASCA, highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. National School Counseling Week is always celebrated the first full week in February.

## 2021 Activities and Events

### Photo Challenge


Download each day's sign, take a picture with it and post to your social media channels with #NSCW21. Follow the #NSCW21 to see how school counselors across the country are celebrating. Download the National School Counseling Week [social media toolkit \(PDF\)](#).

- Monday, Feb. 1: [I'm All In for students because \(PDF\)](#)
- Tuesday, Feb. 2: [I'm All In for my professional development because \(PDF\)](#)
- Wednesday, Feb. 3: [I'm All In for collaboration because \(PDF\)](#)
- Thursday, Feb. 4: [I'm All In for building an equitable and inclusive school because \(PDF\)](#)
- Friday, Feb. 5: [I'm All In for school counseling because \(PDF\)](#)
- [I'm supporting the Black Lives Matter at Schools Week of Action because \(PDF\)](#)
- [Happy National School Counseling Week \(PDF\)](#) or [jpeg image](#)
- [Photo challenge signs in Spanish \(PDF\)](#)

### Webinars and Events

Tuesday, Wednesday and Thursday events will be available for viewing on [Facebook Live](#) or [ASCA On Air](#). Registration required for Monday and Friday webinars.

- Monday, Feb. 1: Webinar: TeacherTalk: **School Counselors Collaborating for Student Success**, 4 p.m. EST
- Tuesday, Feb. 2: Webinar: State of the Profession: **Protecting the School Counselor Role**, 2 p.m. EST
- Wednesday, Feb. 3: Webinar: State of the Profession: **School Counselors Respond to COVID-19**, 2 p.m. EST
- Thursday, Feb. 4: Webinar: State of the Profession: **School Counselor Demographics and DEI**, 2 p.m. EST  
**School Counselor of the Year Gala**, 8 p.m. EST (watch on ASCA On Air or Facebook Live)
- Friday, Feb. 5: Webinar: **State of the Profession Q&A**, 2 p.m. EST



Feeling overwhelmed  
about COVID-19?

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NEW YORK STATE  
COVID-19 EMOTIONAL SUPPORT HELPLINE

**1-844-863-9314**

8 AM - 10 PM, 7 days a week