



CATHOLIC SECONDARY SCHOOL COUNSELORS OF NEW YORK

FALL 2022

President's Message

WELCOME BACK CSSC/NYC

Welcome back CSSC/NYC!

I hope you all enjoyed a wonderful summer and are having a great beginning to the 2022-23 school year. Another school year invites more relationships to build and a new set of opportunities to support our students.

A special welcome to the 2 new schools joining our organization this year - St. Joseph Hill Academy (Staten Island) and Sacred Heart Academy (Long Island). We're happy to have you here with us!

Last year our theme was showing GRACE. This year's theme is being INTENTIONAL. Being intentional does not happen by chance, it's a choice. We choose to be intentional about what we commit to, understanding there is only so much time in the day and that it's okay to say no. We choose to be intentional in our words, actions, and behaviors, ensuring they align with our personal values and purpose as school counselors. It's easy to get lost in the mundane of the school year and feel like we're just getting by on autopilot; being purposeful, thoughtful, and full of intention can help us combat these obstacles and have a great school year!

More information regarding our first meeting will be coming soon.

All the best,
Sarah Stiglianese

President
CSSC/NYC 2022-23

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Be Intentional



Live in Purpose

Goals vs. Intentions

At the ASCA 2022 Conference, one of the speakers said: "Last year was the year of surviving. This coming year is the year of thriving." These past 2 years, many of us created big goals awaiting our return to in-person learning. We imagined all the programs we could finally bring back or start in our school communities. However, many of these goals had to take a back seat as we tried to survive each day.

The start of a new school year invites us to think about what we hope to achieve -- personally and professionally. Now is the perfect time to set meaningful and realistic intentions. While goals are results-focused, intentions focus on the energy we put into achieving those results. Instead of prioritizing external achievements, intentions prioritize our emotions, hopes, and larger purpose.

Sample Intentions for the 2022-23 School Year

I intend to form meaningful relationships with my students by meeting with each student on my caseload before Christmas break.

I intend to prioritize my mental wellness and leisure time by not checking my e-mails outside the hours of 7AM - 4PM.

I intend to enhance my professional development and passion for the field by attending at least one conference or webinar.

When we fall short of our goals, it feels like we have failed. Intentions are adaptable and serve as a guiding principle *behind* our goals. I challenge you to reframe your thinking this school year. Intentions can help bring focus, direction, and meaning to your work. They help you assess not only *what* you want to achieve, but *why* you want to achieve it.

