

SPECIAL POINTS OF INTEREST:

- **Message from Robin Lee, SACES's 2006-2007 President**
- **SACES 2006 Conference at a Glance!!**
- **Getting through your first year as an educator**
- **Maintaining a professional presence when switching jobs**

INSIDE THIS ISSUE:

- School Counseling Interest Network 3**
- Lessons Learned 3**
- Women's interest Network 4**
- Maintaining a Professional Presence 5**
- Conference at a Glance 6**

Incoming President's Message

Hello SACES members! Words can not express how honored I am to be SACES president. I knew immediately while attending my first conference in Louisville, KY that SACES was a very special group of folks. There have been many SACES members along the way who have helped me become involved with SACES, and I am truly grateful. Since I have a public forum, I would like to thank them personally. Dr. Craig Cashwell offered me mentoring that I desperately needed and wanted during my doctoral program. He introduced me to SACES and encouraged me to get involved. I will forever be indebted to him for his guidance. Dr. Harriet Glossoff was the person that said "come on and get involved." As a new professional, she opened many doors for me to get involved in SACES as well as ACES. Harriet is a wonderful counselor educator, mentor, and leader. SACES is so proud to have her representing us as the current president of ACES. Thanks Harriet! I would be remiss if I did not mention the one person who has provided me with tremendous support throughout

my career, Dr. Jennifer Lewis Jordan. Most of us have at least one colleague we can also call a friend. Jennifer is that person to me. I can not begin to thank her for always being there for me and always lending a hand, even when the reward was a simple "thank you." Also to Barbara Herlihy, Lori Brown, Gary Miller, James Benshoff, Judith Harrington, Pam Paisley, Victoria Foster, Don Locke and Deryl Bailey, just to name a few. I thank you for the wonderful support these leaders have provided to me and many other SACES members. When one looks at the amazing leaders in the counseling profession that are also members of SACES, we have to acknowledge how fortunate we are.

I have many plans for this year that I hope to accomplish. We are planning a wonderful conference in Walt Disney World, which is sure to be lots of fun as well as offer many opportunities for learning. Since becoming a member of SACES, I have learned just how important the conference is to SACES members. It gives us the opportunity to network with

others throughout our region. This is particularly important for SACES members because we are the largest regional group of ACES. I hope the conference will offer plenty of chances for you to get to know other counselor educators and supervisors. I encourage each of you to meet others and get involved with SACES. This can only provide strength for us in the future.

Conference Update

I would like to express my sincere appreciation to Dr. Shannon Ray, who is serving as our conference coordinator. Shannon has already worked very hard to make sure every detail regarding the conference is addressed. Shannon has recently joined

"When one looks at the amazing leaders in the counseling profession that are also members of SACES, we have to acknowledge how fortunate we are."

Incoming President's Message Cont'd

“Increasing SACES membership is always a priority.... I believe we have been successful at maintaining student interest in SACES. We've probably been less successful at attracting supervisors. I hope we can work on that this year.”

Conference:
Orlando, FL
Walt Disney
World
September
7-9, 2006



the faculty at Nova Southeastern University. Even with taking on a new faculty position, she has maintained her commitment to SACES and continues to do an outstanding job. Thanks Shannon!

Dr. Kathy Evans has been working hard with the proposals that were submitted. We had a record number of submissions, which required a tremendous amount of more work to develop the conference program. This is a big job. Thanks so much Kathy! We hope to offer both quality and quantity, giving lots of opportunities for SACES members to present as well as providing informative sessions.

You will find a conference schedule in this newsletter. There will be a couple of changes to the structure of the conference this year. SACES (along with several universities) will be hosting an opening session on Thursday night, September 7, 2006. Please plan to join us. The President's Reception will be on Friday night, September 8, 2006. One exciting event is the Dessert reception after the President's Reception. This will be held at the Epcot Center, where SACES members will view *Illuminations: Reflections of Earth*. I'm sure this will be very entertaining and exciting.

There's limited room so register soon.

We are also offering online registration system for the first time. We hope this change will be beneficial by providing convenience, easy access, and the option to use debit or credit cards. We will be soliciting feedback regarding the registration process so that the Executive Committee can evaluate the function and effectiveness of the online services and process.

Another change will be the ending time for the conference. The business luncheon will be held Saturday, September 9, 2006. It will begin around noon and usually takes 1 1/2 to 2 hours. After the business luncheon, SACES members will be free to go have some fun!

I truly believe this conference will be a magical experience for everyone. Let's all work toward that goal. I encourage you to visit the website for more information. (www.saces.org) If you can't find it there, please feel free to contact me or Shannon to have your questions answered.

Goals for the year

Increasing SACES membership is always a priority, and this year will be no different. Over the years, we have focused particularly on increasing the membership of students and supervisors.

I believe we have been successful at maintaining student interest in SACES. We've probably been less successful at attracting supervisors. I hope we can work on that this year. I will be working with the Executive Committee as well as our membership chair, Dr. Kristi Gibbs to develop some creative ways to increase supervisor membership. And, we are always open to ideas! If you have a great idea, please let me or Kristi know.

I will also be working with the Executive Committee to develop a leadership handbook. Other goals include archiving SACES documents as well as examining the function of the committees and interest networks.

With all of these goals, we need lots of help. If you want to be involved with SACES, please ask. There are plenty of opportunities for anyone who is interested. And if we don't respond the first time, ask again. And again! And again! Eventually someone will listen. It worked for me.

Robin Lee, PhD, LPC, NCC
Associate Professor
University of Tennessee at
Chattanooga

SACES School Counseling Network

The SACES School Counseling Network would like to hear from YOU! Carol Parker from Sam Houston State University is working to document and publish your creative and successful counselor education collaborative or research related to school counseling. Feel free to forward such information as: innovative partnerships with school districts; special programs that serve underserved populations; school counseling initiatives documenting outstanding results in academic

achievement and/or social/emotional growth; outstanding school counselor initiatives; etc. We want to have many examples of "best practices" and research to share and discuss at the upcoming SACES 2006: A Magical Experience Annual Conference in Orlando, September 7-9, 2006. Send your information prior to the conference to my email or address below.

Carol H. Parker
New Chair of SACES School Counseling Network
Sam Houston State University
Dept of Educational Leadership and Counseling
Box 2119
Huntsville, TX 77432
Office: 936.294.4414
Fax: 936.294.4277
elc_cah@shsu.edu

Lessons Learned During My First Year

As I sit down to write this piece, it is not quite midsummer, yet I am already into my fifth week teaching my two first summer session classes. I will teach a third class before the summer is over, and this is my choice. Such is the life of a new assistant professor living in a large (and expensive) metropolitan area with one of the costliest housing markets in the nation! It has been a year (nine months really) of tremendous growth and change. For the most part it has been positive, but as all adjustments can be painful at times, there have been some dark moments as well. I hope my experiences will benefit the "newbies" while at the same time remind my more experienced colleagues what it is like to be a "baby doc."

For those of you reading this who recently completed your

doctoral degrees, my hearty congratulations! You have worked very hard to walk across that stage, and you should be proud of your accomplishments. Be sure to savor that "victory lap" as long as you can. Only you will ever know how much time and effort you put into that degree: like most things in life, the satisfaction you derive is an "inside job" so be sure to take care of yourself, and be proud of what you've done. By the time you read this, you may be settling in to your new position, wondering how you "fit" into the system in which you find yourself. If you are like I was last fall, you may be missing your cohort, feeling a bit overwhelmed by all the new demands, and stretching to find time to fit it all in. Just remember what it felt like to be called "Doctor" for the first time, and remember the

looks on the faces of your loved ones as you showed off your new degree in your fancy robes.

Assuming you have to relocate to your new position, you will want to have at least two to three weeks in your new home before the fall semester starts. This time is necessary for such mundane tasks as finding your new grocery store, Starbucks, post office and dry cleaners. You will also want to spend some time exploring different routes to your new campus, in case traffic is an issue (and where isn't it an issue?). I also recommend getting to your new office as soon as possible, so you can unpack your books and papers, and then begin to learn about your new campus. It can be very time consuming to get your parking pass, employee ID, etc. and I recom-

If you would like to contribute anything to future editions of the SACES Newsletter, please contact Kelly L. Wester, 2005-2006 SACES Newsletter editor at klwester@uncg.edu





Women's Mentoring Interest Network

The SACES Women's Interest Network is looking to create a little energy! The new co-chairs of the interest network are looking for feedback on what the SACES membership is looking for, what your needs are, and what your hopes and goals would be for this interest network. This includes female educators, supervisors and students, as well as those interested in women and mentoring women (yes, that includes men as well!)

As with many interest networks, the energy for this network seems to ebb and flow, thus the new co-chairs are hoping to create movement and liveliness this upcoming year.

opinions and thoughts to either of the co-chairs.

Heather Trepal
heather.trepal@utsa.edu
Univ of Texas at San Antonio

Kelly Wester
klwester@uncg.edu
Univ of North Carolina at Greensboro

Please join us at the SACES Women's Interest Network meeting in Orlando, Florida. If you have ideas or thoughts ahead of time, or are not going to be able to come to the meeting, please pass your ideas,

"With a little time, you will find your rhythm, make some friends, and you will begin to enjoy the experiences.... You will once again find some sense of balance in your life."

Lessons Learned During My First Year, Cont'd

I would recommend that you take care of these things at least two weeks prior to the start of classes, since you really won't have time once the students arrive. You should already know what classes you'll be teaching, so depending on whether they are new preps for you or not, you'll need to create your syllabi and make sure your books have been ordered. Just going to the office on a daily basis in the weeks before the semester begins will help orient you and will restore a much needed sense of rhythm.

I was fortunate to have a very supportive department chair who assisted me in my transition, but I have friends who were not so fortunate. I also had a mentor from a different department within our school who allowed me to ask him questions about school culture, procedures, norms, etc. Prepare yourself to feel like you did when you began your doctoral studies: somewhat overwhelmed and clueless. It's okay not to know everything, even though you will probably want to keep these feelings to yourself for a while! Remember that you are entering a larger system that has been in place for a long time, so try not to rock the boat during your first year. Focus on your students and your research agenda. People

will be watching you, so use a healthy amount of discretion and save the venting for a trusted friend or loved one away from the office.

With a little time, you will find your rhythm, make some friends, and you will begin to enjoy the experiences of teaching and advising. You will once again find some sense of balance in your life. Being a tenure track faculty member is truly a privilege. With a solid support system, some perspective and a sense of humor, you'll be on your way!

- - -
Edward Cannon, PhD, LPC, LMFT
Department of Counseling
Marymount University

Finding your path during your first year...



Maintaining a Professional Presence

The Counselor Education field continues to grow and flourish as it distinguishes itself from other human service disciplines. As the profession continues to develop and define itself, the individuals within the profession undergo a metamorphosis as well, as they seek to find a University and department that best fits their individual goals, wants, and needs. Sometimes, Counselor Educators may need to explore different environments to find the right “fit”, and this exploration may include transitioning from one job to the next until a strong “fit” can be established.

One of the major challenges related to this transition is the duality of maintaining a strong working alliance and professional presence with your current employer and colleagues while preparing to enter a new cultural environment with your future employer and colleagues. The old adage that says “don’t burn any bridges” seems to be especially true for the Counselor Education profession. Though the profession is growing, it is still in its infancy in comparison to other human services professions. Counselor Educators across the country tend to be connected on both a professional and personal level. Also, one of the cornerstones of effective work in this profession is the ability to work with others to meet university and departmental goals. Given the importance of the relationship

that exists within the profession, professionalism is a critical aspect of the transition.

So how does an individual maintain a professional presence during the transition times? There are four things that I believe are necessary for effective transition from one professional opportunity to the next. First, be nice and accepting. Understand the fact that some people will be happy you are leaving and that others will be extremely disappointed. This is not a reflection on you but a reflection of the way they choose to handle the situation. Everyone approaches change in a different fashion; respect and accept the path individuals choose to take. This does not mean to become a doormat or the object of someone else’s ridicule; let the positive aspects of your character and attitude guide your interactions with others.

Second, be prepared for change. Know that while others are trying to adapt and adjust to your future absence from the department, you are in the process of change as well. Examine yourself and give yourself permission to have a different mindset. Remember, you still have students who need your support and guidance, and some of these students will be very disappointed and saddened by your departure. Review different scenarios and consider options to deal with them. For example,

what if you start having problems with students you have never dealt with before (e.g., late to class, late with assignments, extreme criticism)? It is easy to ignore or discount these occurrences but they affect each of us in different ways.

Third, stay true to yourself. The reason for leaving pales in comparison to the impression you leave with others. Remember, your character is all that really matters, regardless of the number of publications, grants, or awards you have achieved during your time there. Staying true to yourself means being comfortable with your decision to leave and accepting the conditions under which you are departing. Whether you have achieved some level of success or in the minds of others have created an adverse environment during your time, maintain your character and let it guide your decision-making. If you have built strong relationships in the department, do not shy away from those relationships. Remember, the profession is a small one and the odds are good that you may work with one of your former colleagues in the future.

Finally, do not leave your work unfinished. This is a reflection on the type of colleague and person you are and people notice it. Regardless of the way you were treated during your time there, make sure that you have completed the tasks

you need to complete, that you have passed on all pertinent information to appropriate parties, and that you have finalized the necessary things to finish out the semester (e.g., final grades, grade changes, etc.). This is a critical aspect of departure that needs strong consideration and attention to detail. The department will continue to function once you depart; your role in this process is to decrease the amount of stress created by your departure.

Transitions are inherently stressful – packing and unpacking, re-establishing an identity, developing a routine, networking, building new relationships, etc. There will be situations that need attention; the goal here is to avoid creating more stress and to focus on the task at hand. The idea is to decrease the amount of negative energy and stress you have to confront during your transition. Remember, you are not leaving the profession; you are moving towards a different aspect in your career.

- - -

Shawn Spurgeon
Assistant Professor
Western Kentucky University





Conference at a Glance

Thursday, September 7

- 1:00 - 5:00 p.m. Emerging Leaders
Conference Registration
- 6:00 - 8:00 p.m. Opening Reception

Friday, September 8

- 8:00 - 8:50 a.m. Sessions (content, poster and roundtable sessions, interest networks)
- 8:00 a.m. - 5:00 p.m. Conference Registration
- 12:00 - 1:30 p.m. Lunch on your own
- 1:30 - 5:20 p.m. Sessions (content, poster and roundtable sessions, interest networks)
- 6:00 - 8:00 p.m. President's Reception
- 8:30 - 10:00 p.m. Epcot Dessert Reception (Optional)

Saturday, September 9

- 8:00-12:00 Sessions (content, poster and roundtable sessions, interest networks)
- 12:00-2:00 Business Luncheon
- 2:00 pm Conference ends. Time to have some fun!

For more information, please contact Dr. Shannon Ray, Conference Coordinator, at shanray@nova.edu, or visit the website at www.saces.org.