Birkebeiner Brings in Money to Support Counseling Program

Dr. Mark Gillen, photographed above alongside his nephew, Craig, participated in the Birkebeiner by completing the 24-kilometer Kortelopet.

The race, which took place between Cable, WI and Hayward, WI on February 21st, attracts thousands of participants and spectators yearly.

Nine alumni and friends of the program donated a total of $550. Dr. Gillen plans on participating in the event again next year. Please see page 16 on how to donate to the program!

Upcoming Dates

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<td>ASCA Conference</td>
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CACREP Update

We have submitted our national CACREP accreditation application, after four years of program self-study and modifications, plus a solid year of writing our application, which comprised of 52 pages and 692 links to supporting documents! Many thanks to the Graduate Assistants who have helped over the years, and especially to Justin Larson and Katerina Youngberg, who did all of the linking and assisted in editing the final draft.

Likely next steps include filing a clarifying addendum per CACREP request, and then we’re hoping for a site visit by a review team next fall. Keep your eyes open for updates! If you have any questions, please contact Dr. Caroline Baker at caroline.baker@uwrf.edu.
Jason Ferkinhoff was named the UWRf Counseling Program outstanding student for the 2014-2015 school year.

Jason was not only an outstanding student in the program, but also involved with the student group as a treasurer and other leadership roles, mentor to new students at orientation and open house events, as well as being involved with the Wisconsin School Counselor Association and Minnesota School Counselor Association. Jason graduated in December 2014.

Rick Wheeler, Charlie Black and Ellen Rademacher from Hastings Middle School were named the Outstanding Cooperating Professionals for 2014-2015.

Rick, Ellen, and Charlie have collaborated over the last 9 years to provide outstanding practicum and internship experiences to UWRF students. They will be formally recognized at an awards/scholarship ceremony in May.
WSCA Annual Conference 2015 Overview

In February, six students traveled to the WSCA Annual Conference, held in Madison, Wisconsin. Over the course of the conference, students and faculty attended informal sessions that provided valuable information and resources focused around school counseling. Three students took advantage of the half-day pre-conference session held on Tuesday, which explored specific topics related to issues LGBTQ student face, and activity based counseling. One beneficial aspect about these longer sessions what that there was time to collaborate and discuss topics in depth, with counselors from across the state.

The conference provides the opportunity to connect with graduate students in programs from other schools in Wisconsin. Aili Brom-Palkowski, a current student in the program, said one of the most beneficial aspects of the conference was being able to connect with her peers and professors, while networking with current and future school counselors. Kelly Anderson, who will be graduating this May from the program, said the conference was extremely beneficial to her as a soon-to-be school counseling professional. The breakout sessions provided her with great resources and valuable knowledge that has assisted her throughout her internship. She noted she would highly recommend attending the conference!

The UW River Falls Counseling Program hosted an alumni event at a local pub in downtown Madison, which was attended by 28 people, including faculty, current students, alumni, and friends of the program. This provided an opportunity for current students to learn about life as a school counselor after graduation, connect with fellow students in the program, and learn about how the program has changed over the years.

Scholarships Awarded to Two School Counseling Students

Current students Jennifer Stout-Poole and Justin Larson were each awarded a scholarship for the 2014 - 2015 school year!

Justin Larson, who is the School Counseling Student Group Treasurer, as well as a Graduate Assistant, received the Vera and Clifford Brainerd Memorial Scholarship. This scholarship supports graduate students seeking a M.S.E. School Counseling degree. Students must have completed at least 9 credits in the Counseling Program at UW-River Falls, and provide a personal essay describing opportunities they have engaged in to broaden their educational experience.

The Mary J. Crownhart Scholarship was awarded to Jennifer Stout-Poole, the incoming president of the School Counseling Student Group. This Scholarship supports a graduate student in the Counseling and School Psychology program, who has a minimum GPA of 3.0, and who exhibits leadership qualities throughout involvement in professional and other organizations.

Are you a current student interested in scholarship information? Check out the Funding Graduate School tab on the School Counseling Web Page for information!
Alumni Spotlight: Ben Herman

Ben graduated from the Counseling Program in the spring of 2013. While in the program, he played an active role. He served both as the treasurer and co-president of the School Counseling Student Group, and presented at both the Wisconsin and Minnesota School Counselor Association Conferences. When asked about his time in the program, Ben noted that, “Being involved is really important, even if it is not your cup of tea, test it out”. Ben completed the program in three years, and noted that he got to know the group he entered the program with, as well as a lot of the students who started after he did. He shared that a supportive faculty and staff was critical in his success in the program. Ben felt the faculty and staff was always available, continually processed with students what they were learning about, and that knowledge was never hidden. He emphasized the importance of the scaffolding that takes place within the program, all starting with COUN 610: Introduction to School Counseling. Finally, he appreciated the diverse makeup of the program, whether it was race, age or background, it all contributed to his learning, and his individual needs were met.

Ben is currently working as an elementary school counselor at Dayton’s Bluff Elementary School, in the St. Paul Public School District. He started his career at Saint Paul Preparatory, an international high school in the Twin Cities, before taking his current position.

Ben noted that he was interested in a job at an elementary school because he saw it as the most difficult for him. “Everyday is different and I’m stumped daily but therein lies the joy,” he said. He enjoys the challenge that the elementary level brings. Ben enjoys connecting with kids at all sorts of levels, helping them get one step closer to where they want to be.

Although Ben has graduated, he remains connected to the program. Ben served as the Alumni Representative for the Hiring Committee in the fall of 2013, and is currently a member of the Stakeholders Committee. He feels the checks and balances of the Stakeholder Committee serves as a tool for committee members to have their voice heard, as well as give feedback about different aspects within the program.

Ben thinks of himself as a sustaining member, contributing financially to the program monthly. Ben knows it is a tough time for educators, so anything extra to help support the student group or recruitment is helpful. “Everybody loves to help, not everyone knows how to help.” Financially contributing to the program was not a hard decision for Ben. It is a way for him to stay involved and support the services and opportunities he took advantage of while a student in the program. Donating financially is not for everyone, but it makes sense for him. It is also a way to pay it forward and give back to the program that he thinks so highly of. When asked about Ben, Dr. Gillen said that Ben was a leader right from the start, and getting people involved is just something he is good at. He also noted that Ben’s financial contributions are just one of the ways he gives back.

Ben enjoys knowing where the program is headed and being a part of the future of the program. In terms of where the program is headed, Ben hopes to establish a scholarship for students. Although Ben is not actively involved with social media, he encourages students and alumni to take advantage of it, stay connected to the program, and network with others regarding school counseling. Ben noted that he personally enjoys being on the Program Listserv, as it brings back memories of the program, is kept up to date with program happenings, and is able to reach out to students and fellow alums when the opportunity presents itself.

If you are interested in supporting the program financially, please visit the following website: https://www.uwrf.edu/Give/GiveNow.cfm. Under the “I would like to support” section, please check the “Other” option and type in “Counseling Program” into the box below. Looking to get involved in other ways? Contact Dr. Mark Gillen – mark.gillen@uwrf.edu
The MSCA Conference is being held at Maddens on Gull Lake, in Brainerd, Minnesota, May 3rd - May 5th. We have six students attending the conference, along with Dr. Gillen, Dr. Baker, and Professor Rindone. Be sure to check out Kelsey Olin and Justin Larson, current students in the program, present on Technology in School Counseling!

The UWRF School Counseling Program is hosting a Social on Sunday, May 3rd, for students, alumni, and friends of the program in the North Star Room, right across from O’Maddens Pub. The Social will follow the keynote speaker, and end around 10:15 pm. UWRF will be providing food and door prizes. Cocktail service will be available. Music provided by Rick Wheeler! We hope to see you there!
National School Counseling Week was February 2-6, 2015. On Monday, February 2\textsuperscript{nd}, the UWRF School Counseling Student Group got together for the spring social to reconnect with classmates and to get to know the newest members of the student group. Following the social, students filed into the Kinnickinnic Theater to listen to keynote speaker, Michael Walker. Mr. Walker is an alum of the school counseling program and is currently serving as the Director of the Office of Black Male Student Achievement for Minneapolis Public Schools. He spoke to the audience about social justice, equity, closing the achievement gap, what his program objectives are and what he has been doing to get started in his newly formed role. The event was live tweeted by the university and was also covered by a university photographer.

In addition to the social and keynote speaker, daily emails were sent out with motivational messages surrounding school counseling and supporting the profession.

A special thank you to the NSCW Committee (pictured on the right):
- **Jen Poole-Stout**: Organized facilities
- **Kelsey Olin**: Sent daily emails
- **Michael Walker**: Keynote speaker
- **Larissa Ruud**: Connected with Mr. Walker
- **Justin Larson**: Secured event funding
Jen Poole-Stout and Lesley Simons posing for a social media post promoting National School Counseling Week. ASCA created signs to hang up throughout the week with a corresponding photo challenge to promote NSCW.

Aili Brom-Palkowski, Raqia Mohamed and Professor Rindone had a chance to reconnect at the spring social before the keynote address.

Salado Hasan, Ashley Christiansen, Danyelle Fisher, Kate Hanten and Amy Oestreich. The student group provided coffee, hot chocolate, fruit, cheese and crackers for the event.

Akudo Omeoga and Kate Hill joined in on the social media fun!

Larissa Ruud and Kelsey Olin shared some laughs during the spring social!

Teresa Dropik, Cassandra Larson, Jamie Kirchner, Sam Meyers, Diana Dreesen, Danyelle Fisher, Ashley Christiansen, Amy Knutson, Kate Hanten
Student Accomplishments

Minnesota School Counselor Association Conference:

- Conference attendees - Stephanie Orfei, Sarah Colling, Angela Wendler, Ayoub Nigatu, Kelsey Olin and Justin Larson
- Kelsey Olin and Justin Larson Breakout Session Presentation: 3 Technology Elements For The Connected Counselor

Wisconsin School Counselor Association Conference:

- Conference attendees: Kelly Anderson, Stephanie Orfei, Aili Brom-Pulkowski and Katerina Youngberg

Scholarship Recipients:

- Jennifer Poole-Stout - Mary J. Crownhart Scholarship
- Justin Larson - Vera and Clifford Brainerd Memorial Scholarship

Student of the Year:

- Jason Firkenhoff

Faculty Accomplishments

Dr. Gillen

- Presented at the Wisconsin School Counselor Conference with Olin Morrison, on 10 Things to Know About Taking a School Counseling Intern
- Presented at the UW-River Falls Spring Faculty Training: Managing Academic Departments Through Change
- Invited presenter for the Anoka Hennepin School District for school counselors, school psychologists, and social workers

Dr. Baker

- Two articles in press with the Journal for Multicultural Education, one in collaboration with alumni Kayla Gaulke and Kenny Smith
- A book chapter in press, focusing on the foundation, management, and accountability systems of comprehensive school counseling programs
- CACREP self-study completed and submitted for review, in collaboration with program faculty and graduate assistants

Professor Rindone

- Presented at the Minnesota School Counselor Association Conference 2015
- Presented at the ACC National Conference 2015
- Newsletter Editor for the Wisconsin Counseling Association
- Chair of the Graduate Student Committee for the American Counseling Association
- Published the chapter Methamphetamine, in Treatment Strategies for Substance and Process Addictions
- Featured in Counseling Today Career Corner
- Completing Dissertation
Fall 2014 Graduates

Eric Fisher, Kara Martin, Greg Larsen, Jason Ferkinhoff, Ranae Ohman, Sara Przeslawksi and Craig Gleason (licensure only) graduated in December 2014.

Congratulations graduates!

The Spring Graduation Ceremony will be held Saturday, May 16th.

UWRF Regents Diversity Award

The UW-River Falls Counseling Program was nominated for the University of Wisconsin Board of Regents Diversity Unit Award.

The chancellor of UWRF wrote, "The counseling program is a model for academic programs wishing to attract, retain and graduate diverse populations.... including ethnicity, gender, age, religion and urban/rural mix."

The counseling program has, in five years, increased the number of students from historically underrepresented populations from 2% to 33%. The last two semesters the number of students from historically underrepresented populations has been over 40%.

Other letters of support were submitted by Dean Larry Solberg and alumnus Ali Kofiro. Ali, a practicing school counselor, wrote, "I am immigrant, black, Muslim. When I applied to the UWRF Counseling Program.... I was received with a warm welcome.... [and an] unwavering commitment and understanding of issues unique to underrepresented students."
Three current students and one graduate of the UWRF School Counseling program participated in a U.S. Army Educators Tour at Fort Lee, Virginia in mid April. Nathan Anderson, Sarah Colling, Justin Larson and Jeremy Kerg along with 15 other educators from across the states of Wisconsin and Illinois took part in the 4-day tour, offered by the U.S. Army Recruiting Office.

While at Fort Lee, educators gained an in-depth look into what the Army had to offer for the enlisted soldiers. Justin Larson commented: “The tour provided such an enormous value, I now have a greater depth of understanding as to what students could pursue if they choose to serve our country.”

A few of the highlights of the tour included:

- A guided windshield tour of Fort Lee
- Ordnance Barracks Tour
- Explosive Ordnance Robotics Lab
- Lunch at a Dining Facility
- A visit to the Quartermaster’s Museum
- Housing, quality of life and services briefing
- Tour of the Transportation school, a look inside 2 air planes
- Simulator training – Humvee convoy missions
- A tour of the Joint Culinary Center of Excellence
- Presentation and activities at the U.S. Army Women’s Museum

The tour was presented free of cost and room is extremely limited. Please contact Nathan, Sarah or Justin if you have any questions about the experience or for links to more information. Please visit the U.S. Army Recruiting Battalion- Milwaukee Facebook page for more great photographs from the tour.
The UWRF School Counseling Student Association had another fun-filled year. The main events included a Fall Welcome Back Social, a Spring Welcome Back Social and National School Counseling Week activities. In addition, informational meetings were held throughout each semester and an e-newsletter was created to reach students who could not attend the meetings.

**Welcome Back Social Committee**

Larissa Ruud, Kelsey Olin and Justin Larson served as the Welcome Back Social Committee members and were joined by Jen Poole-Stout in the spring. They planned activities prior to the first meetings in the fall and spring semesters.

**National School Counseling Week Committee**

Larissa Ruud, Kelsey Olin, Justin Larson and Jen Poole-Stout served as members of the National School Counseling Week committee. The group was charged with selecting a speaker to give a keynote address, plan a social, order food and drinks for participants and select a facility to use on campus. The event went smoothly and had a great turnout. Funding for the event was secured through single event funding from the Allocated Fee Appropriation Board (AFAB) run by student senate.

**New Leadership Roles**

Jennifer Poole-Stout will be taking over the President role from Laura Horton with Abdi Abdulle serving as co-president. Sam Hines will manage the treasurer role starting in the fall, taking over for Justin Larson. New Welcome Back Social Committee and National School Counseling Week Committee members include: Diana Dreessen, Kate Hanten and Ashley Christiansen

Katerina Youngberg and Stephanie Orfei did a fantastic job as our Professional Organization liaisons. Stepping into that role will be: Aili Brom-Palkowski, Leslie Simons, Amy Knutson, Leah Stoelze, Lisa Berfeldt and Choua Vang. They will help organize car-pooling, room share and other logistics surrounding attendance at the WSCA and MSCA annual conferences.

Thank you to everyone that has been involved and who is taking on a new role. If you would like to be more involved, please contact the School Counseling Student Association advisor, Dr. Caroline Baker.
New Student Orientation was held on Saturday, April 18th. Students newly admitted to the program had the opportunity to visit campus and learn more detailed information about the program. Current students Justin Larson, Sarah Colling, John Bronson, Said Garaad and Kelly Anderson were on hand to answer questions and talk with new students about what to expect and what graduate school is like.

New students also met their advisor, received their ID cards, registered for classes, toured campus, and had lunch with current students and faculty. All 14 students who were admitted into the program accepted a spot and attended the orientation.
Summer in Scotland - 2016

Students will have the opportunity to complete coursework in Scotland in the summer of 2016. Set in the historic Dalkeith House, or "Palace" as the locals refer to it, Experience Scotland provides a rich, cultural immersion with the comfort and safety of an organized and well-staffed international learning community. Available courses include: Counseling and the Chemical Dependency Process (May 21-June 10), Social & Cultural Foundations of Counseling (June 16-July 8) and Group Procedures in Counseling (July 14-August 5) taught by Dr. Mark Gillen.

For more information and a video from a past Scotland experience visit: www.edu/coeps/departments/counseling/study-abroad

School Counseling Open House Held April 7th

The School Counseling Open House was held April 7th in the Wyman Education Building. Interested attendees had the opportunity to meet with Department Chair, Dr. Mark Gillen and current students (Justin Larson, Katerina Youngberg & Lesley Simons) to discuss credit loads, their interests in school counseling, the application process and what life is like as a graduate student. Eight Students expressed interest in the school counseling program in addition to many others reaching out through phone calls and emails throughout the year.

Fall Stakeholder Meeting Recap

The Fall Stakeholders meeting was held Saturday, December 6th. Twenty-one stakeholders attended the meeting where they reviewed recent news from the school counseling program, enjoyed lunch and conversation and then broke into two groups to brainstorm ideas for increasing scholarship funding for students and developing an outstanding alumni award.

The next School Counseling Stakeholder Group meeting will be held Saturday, May 2nd in the Falls Room of the University Center. Topics include: CACREP, alumni awards and scholarship enhancement.
Youngberg Nominated for 2015 Chancellors Award

Katerina Youngberg was a nominee for the 2015 UWRF Chancellor’s Award for Students. While Katerina was not the finalist for the award, she should be recognized for her contributions to the school counseling program. In addition to her superb academic skills Katerina has taken advantage of every opportunity in the counseling program while tirelessly giving back, including:

- Student representative on the Counseling Program’s Hiring Committee
- School Counseling Student Association Professional Organization Representative
- Studied abroad in Scotland, Summer 2014
- Spoke to students at multiple Department Open House events
- Attended New Student Orientations
- Student Representative on the UWRF School Counseling Stakeholder Committee
- Graduate Assistant – assisting with national CACREP accreditation self-study

One staff member wrote, “Katerina has a tendency to expand the envelope of responsibility. Whatever I ask of her she does and more, and she comes back to me with ideas on how to improve. She thinks about systems and is a forward thinker.”

Educating Somali and Muslim Students Workshop

Ali Kofiro, alum of the UWRF School Counseling program and school counselor at Wellstone International High School in Minneapolis presented a workshop on campus March 31st. The workshop’s objective was to inform and prepare all types of educators for their work with Somali and Muslim students in schools and communities. The College of Education and Professional Studies Diversity and Inclusivity Committee sponsored the workshop. Ali also earned the 2014-2015 COEPS Outstanding Alumni Award.
## Summer Course Options 2015

**Class:** Leadership and School Counseling  
**Instructors:** Juli Montgomery-Riess & Kay Herting-Wahl  
**Description:** This course will sharpen your leadership on the following topics: communicating the “why” of student data, developing student-centered programming, collaborating with and developing school staff, creating relationship-based positive school climate and creating (maintaining) a meaningful, comprehensive school counseling program at your school.

**Class:** Mental Health Issues in Schools  
**Instructor:** Angela Goebel  
**Description:** This course will introduce students to an array of mental health issues that educators are challenged with in and out of the classroom. Students will gain knowledge for the signs and symptoms of mental health issues ranging from ADHD, anxiety, autism, depression, eating disorders and more. Students will gain awareness for the educational implications relating to the mental health issues as well as research instructional strategies and accommodations to help attain success in the classroom.

**Class:** Technology and School Counseling  
**Instructor:** Amy Kraemer  
**Description:** This is a beginner’s class to learn about technology tools which can be integrated into a school counseling program in order to communicate with students, parents and the community; engage students; show program data.

**Class:** Elementary Counselor Survival Skills  
**Instructor:** Lori Sundelius  
**Description:** Real “nuts and bolts” strategies, skills and resources to compliment your learning and be prepared for the start of your elementary counseling career. Topics may include Tiers 1,2,3, consultation with teachers, facilitating groups, promoting positive school discipline, behavior intervention strategies, classroom management techniques, crisis intervention and more.

**Class:** Counseling ELL and Immigrant Students  
**Instructor:** Ali Kofiro  
**Description:** The purpose of this course is to provide an understanding of ELL and immigrant students, the challenges they face, and how counselors can best

## Addiction Prevention Certification

The Substance Abuse Prevention Skills Training (SAPST) provides an introduction to the fundamentals of substance abuse prevention based on the current knowledge and practice in the field. This training is designed to prepare practitioners to reduce the likelihood of substance abuse and promote well-being among individuals, and within families, workplaces, schools, and communities.

The SAPST was developed for individuals new to substance abuse prevention or early in their prevention career (1–5 years of experience). It is also appropriate for professionals in related fields who may have limited experience in prevention. While the focus is primarily on preventing alcohol, tobacco, and drug abuse, the approach to prevention presented in this training is applicable to other behavioral health issues as well.

This training is endorsed by the IC&RC—International Certification & Reciprocity Consortium—and may count towards some of the hours required for credentialing or re-certification.

The class will take place from 10:00 AM – 4:00 PM every Saturday in June. To complete the certification you must also take the J-Term follow up course. UWRF Alum Rick Moldenhauer will teach the class.
Donate to the program

If you are interested in supporting the program financially, please visit the following website:

https://www.uwrf.edu/Give/GiveNow.cfm.

Under the “I would like to support” section, please check the “Other” option and type in “Counseling Program” into the box below.

Looking to get involved in other ways? Contact Dr. Mark Gillen.

Wisconsin Elementary School Counselor of the Year: Carol Lebo

Carol Lebo was honored at the Wisconsin School Counseling Association Annual Conference in February as the Althea Brach Elementary Counselor of the Year 2015-2016. Over the years she has taken many internship students during her time at Greenfield Elementary in Baldwin, Wisconsin.

Carol Lebo (R) named Elementary School Counselor of the year at WSCA in February. Congratulations Carol!

Interested in learning more about the program?

Contact Dr. Gillen or visit our website at http://www.uwrf.edu/CSP

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