

Indeed, it was cold, but you were awake and very attentive. It isn't often that we, as middle class Americans, experience physical discomfort. In fact, we are often so comfortable, well-fed, entertained, etcetera, that we end up creating some sort of existential angst for ourselves. So it was, at our holiday gathering, that the bio part of our pneumobiopsychosocial organism experienced a challenge. In some ways, it grounded us. In more ways than one it was refreshing.

Now, on to spring, or at least the spring meetings; On March 4th, we will gather at Penn State Greater Allegheny. In partnership with Donna Cartier at Career Horizons and the United Way, we have coordinated a meeting with Mike Thompson, Educational Consultant for the Pennsylvania ASCA Toolkit. This is an important opportunity for School Counselors and their Pupil Personnel Directors to become familiar with the ASCA National standards. As School Counseling professionals, in order to advocate for ourselves, we must develop standards aligned, comprehensive programs. We have all been hearing about the ASCA standards, now is our opportunity to act. With looming funding cuts, we must be able to clearly demonstrate the necessity and value of the services we provide to all students. Motivate the life-long learner within and join us for the March 4th and May 13th ASCA model trainings.

Warmest Regards,

Sarah M. Switala