

Preparing to Increase the Return from Your Conference Investment

Peter Sorenson
Ginkgo Enterprises

We are spending a lot of time and money attending conferences and seminars. Our having attended the conference needs to add value to our organizations and to ourselves. It requires thought and action to add value.

Five Things to Think About

1. Why you need to attend a conference or seminar.
2. Which conference/session do you attend?
3. How will you get what you need from the conference?
4. Be an extrovert and get what you need from the conference.
5. Figure out how to apply what you learn.

Why Do I Need to Attend an Event?

There are a lot of reasons to attend a conference or seminar. Conferences often help us to see things from a different perspective. This perspective is critical to helping us think through the cause and effect links and influence links that are at the roots of what is going on in our organizations. A cause and effect link is an “A leads to B” connection. An influence link is an “if I nudge this here, it will go there” connection. These links usually involve relationships between people, are complex, and can only be understood after careful observation and much thought. Insights about the links help you know what to do and how to do it.

Outcomes are important. Most organizations are seeking to achieve visions, missions, purposes, goals, objectives, and results. These outcomes can be either explicitly stated and shared or implicit to the structure and activity of the organization. Either way it is important to

know how the work you are doing contributes to the achievement of those outcomes.

Which Conference(s) Should I Attend?

Conferences are not created equally. Some have more to offer than others. Each offers something that is a little bit different. Some are designed to make it easy to get what you came to get. People that create and organize conferences want us to get what we need from the event. But they are aiming their conference at a general need, not at a specific need. We are responsible for defining which conference will provide us with the opportunity to meet our specific needs.

Plan to Get What You Need from the Conference

A conference is an inert tool. It is an opportunity waiting to be taken. There are people and events at a conference. Creating a plan to constructively interact with the events and people is important. Why are you there? What do you want to learn? Who do you want to get to know?

A conference is not just presentations. The presentations are important, but the interaction is even more important.

Most people are willing to take time to discuss their perspective and experience. The speakers, presenters, and people who attend a particular presentation have an interest in common with you. These people can be a marvelous resource for you in your quest to find understanding and create value.

Other people are there too. Those who attend other presentations can tell you what they learned in the sessions they attended. The conference planners can point you in the direction of presenters and attendees that have information and experience in the area that you are pursuing.

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Division News

Paul Fornell, ACCA Treasurer

As a member of ACCA you are probably familiar with expressions such as, “*The cost of doing business.*” And, “*You get what you pay for.*” Well, your membership with ACA and ACCA speaks directly to both of these expressions because as you are all aware there is a cost to enter our profession and continued costs to maintaining your professional expertise. In addition to maintaining your own high level of professionalism you also demonstrate to your constituent groups your determination to serve them at the highest level possible. And, certainly during these tough economic times with budgets being seriously impacted on most college campuses you must show over and over again the crucial need for your services.

You’ve already invested in your undergraduate and graduate degrees, your certification and licensure, as well as yearly continuing education. Your membership dues also reflect this lifelong commitment to excellence in your chosen field. When you renew your membership in ACA and ACCA every year where does this money go? And, what do you see in return?

There are the journals, the *Journal of Counseling and Development*, as well as our *Journal of College Counseling*. There are the newsletters, both *Counseling Today* as well as our *Visions*. In addition you are a member of at least one listserv (i.e. ACCA-L), if not several, and have access to numerous web sites such as; *counseling.org* and *collegecounseling.org*. ACCA sponsors our own professional development conference and as a member you receive reduced registration fees, and ACA does the same. These are just a few of the most obvious benefits for your membership dollar. Behind the scenes a lot of other activity is going on to support you and your work. ACA’s presence on the “Hill” is vitally important, as well as the government relations expertise shared with us in the field. Your ACCA executive board puts in literally hundreds of hours planning, developing and supporting programs, publications, research, and other services for you our members.

What would you do, how would you survive without the investment you make in your profession and the benefits that come back to you with your membership? Certainly, you could afford a few more lattes down at the coffee shop. Maybe even go out to dinner and a movie a little more often, but after the taste of that coffee is gone, or the memory of that dinner has faded what is left? Your membership goes on and on. And, it is also integral to who you are as a professional. We want to continue to provide you with the highest quality professional association. And, we hope that you want to maintain your membership as long as you are a professional counselor in a college or university setting. Let us know how we’re doing. After all, “*It’s the cost of doing business.*” And, “*You get what you pay for.*”

Wanted: ACCA List Serve Manager

If you are looking for a way to become more actively involved in our professional organization, this is a great place to start. The list serve is an important link between counseling professionals and has been a vital medium to get important questions answered quickly (or at least people’s opinions) and to seek out professional resources. Our list is automated which means it requires only about an hour per week to manage. Primary responsibilities include answering questions about the list serve, problem solving as necessary, and keeping the membership informed about the list serve options. There are certainly more things that can be done with the list serve if you have some time and creativity. For more information contact Rick Hanson, ACCA Media Chair, at rick.hanson@rockhurst.edu or at (816) 501-4275.



American Counseling Association
Annual Convention & Exposition
March 31 - April 4, 2004
Kansas City Crown Center
Kansas City, MO
<http://www.counseling.org>

Theme:

The Professional Counselor: Integrating Practice & Science with Client Advocacy

ACCA's Membership Growth Has Been Phenomenal!!

Joyce Thomas,
ACCA Membership Chair

We have just completed a direct-mail marketing campaign (conducted by the American Counseling Association) that proved to be a success for our Association. This marketing campaign involved sending correspondence to approximately 3,200 individuals in 2-year and 4-year institutions. The correspondence included: 1) offering a "premium" of a free booklet to those who joined ("The Transition Guide"); 2) highlighting the benefits of membership in the ACCA; and, 3) information on how the ACCA addresses the key issues and concerns of college-based counselors. This marketing campaign, combined with strong ACCA leadership and second-to-none member benefits have helped the ACCA achieve the best performance in growth of all the divisions during the month of December and the 3rd best performance of all divisions for calendar year 2003 versus calendar year 2002. As of February 1, 2004, the ACCA is 1,697 members strong!

Membership growth is critical in order to maintain the strength of our organization. Keeping our members once they have joined is critical as well! Need a reminder of some of our member benefits? Take a look:

- ⊕ A comprehensive website
- ⊕ Leadership opportunities in any of twelve, ACCA committees
- ⊕ *The Journal of College Counseling* (the fastest growing journal in the ACA's library)
- ⊕ The ACCA listserv
- ⊕ The *Visions* Newsletter
- ⊕ *The Advocating for College Counseling* booklet
- ⊕ ACCA's National Conventions

The American College Counseling Association is continually striving to strengthen its support, advocacy and benefits to members. In so doing, we are helping to strengthen college counseling services around the globe. How can we continue to improve? I, along with our ACCA leadership, encourage you to let us know your ideas!

In the News

Carolyn Kern
ACCA Past President

I wanted to pass this along to the ACCA membership to let them know what is happening through ACA's efforts.

Carolyn Kern

Almost four months into the fiscal year that began October 1st, the Senate passed H.R. 2673—the massive fiscal year (FY) 2004 omnibus spending bill—on January 22. The bill was signed into law the next day. The omnibus appropriations bill includes an across-the-board cut of 0.59% to all programs, except Defense and Military Construction funds.

After the across-the-board cut, education will receive a total of \$55.6 billion for FY 2004, which is a \$2.5 billion increase over FY 2003 levels. The Elementary and Secondary School Counseling Program (ESSCP) will be funded at \$33.8 million after the across-the-board cut, a modest \$1.5 million increase over last year. Funding for special education (IDEA) will be \$11.2 billion, an increase of \$1.2 billion over FY 2003. The omnibus bill will fund the Pell Grant maximum at \$4,050, the same as last year, and freezes all other higher education programs at last year's levels.

The whole budget process begins anew in next week when President Bush releases his FY 2005 budget proposal on February 2nd. Early indicators are that FY 2005 will be a "tight" budget year, with the President promising in his January 20th State of the Union address to hold discretionary non-defense spending increases to under 2%. To view a funding chart of selected education programs, go www.counseling.org/site/DocServer/funding.pdf?docID=765

Christopher C. Campbell, MA. Ed.
Government Relations Representative
American Counseling Association (ACA)
ccampbell@counseling.org

Register Now!!

Bridging the Gulf Between Mental Health and Student Success

American College Counseling Association Conference

March 10-12, 2004 * Biloxi, Mississippi

It's hard to believe that our second national conference is just a few short weeks away. We are encouraged by the early response and look forward to an exciting conference.

I would like to encourage you to reserve your rooms for the conference as soon as possible. We have a limited number of rooms in our block. We certainly want to make sure that everyone is accommodated. You may wish to reserve your room now to ensure your space. I have provided the contact information below:

Room rates: \$115 a night (3/9, 3/10, 3/11)

You must mention ACCA to get the conference rate!!

Cut-off date for the reserved room rate is 2/15/04!!

Website: www.parkplace.com/grandcasino/biloxi/

Phone: 1-800-WIN-2WIN (since this is a nationwide number, make sure to ask for Biloxi Grand)

In addition to reserving your rooms, just a reminder in case you haven't registered yet. The advance deadline for registrations is Feb. 15 (\$155 for professionals and \$130 for students.) Visit our website for the **registration** form as well as general information about the conference, the hotel, and Biloxi.

There is a company called Casino Airport **Shuttle** that greets the flights and brings them to the Grand at a price of \$12.00 one way and \$17.00 round trip. It is a lot less expensive than getting a cab. They also have a website that you can book reservations and they offer a discount if you book in advance -- www.casinoairportshuttle.com

Please share this information with any of your colleagues. We want to have a great turn-out. The conference sessions start first thing Wednesday morning, March 10 and end at noon on Friday, March 12. Registration will be open on Tuesday evening, March 9. The **presentation schedule** is noted on our website.

Looking forward to seeing all of you in March in Biloxi!

Sylvia Shortt
ACCA Conference Committee Chair
www.collegecounseling.org

Grand Casino, Biloxi, Mississippi

The Grand Casino Biloxi is a complete resort with two luxury hotel towers, the Bellissimo Spa & Salon, live entertainment in Biloxi Grand Theatre, 10 fabulous restaurants, Grand Arcade, Backstage Nightclub, 3 gift shops, a Jack Nicklaus-designed golf course, a Gulf-View Pool, and Mississippi Long Bar Casino with more tables and slots, restaurants, and live entertainment 5 days a week.

The resort is located on the beautiful Gulf of Mexico in the heart of Biloxi's Casino Row on Beach Boulevard. For reservations call 1-800-WIN-2WIN. Be sure to mention ACCA to get the conference rate of \$115. To learn more about The Grand Casino visit:

<http://www.parkplace.com/grandcasino/biloxi/>

Conference Meals

It has come to our attention that some of you may be due a refund for your meals at the ACCA conference. If you are registered for the conference, the two lunches were part of your registration fee. At the bottom part of the form, it asked if you wanted additional lunch tickets for guests (spouse, friend, children, etc.). Some of you thought this meant that you needed to pay for your meals.

If you think you are due a refund, please email Carol Landry at carollandry@louisiana.edu. We are trying to get an accurate head count for meals for the hotel as soon as possible. Your refund will be sent to you after the conference. If you are bringing a guest and paid extra for it, then we do not need to hear from you.

Our Keynote Speaker: Robert P. Gallagher

Dr. Robert Gallagher recently retired from the position of Vice Chancellor for Student Affairs at the University of Pittsburgh. Prior to this position he served as the Director of the University of Pittsburgh Counseling Center for 25 years

Dr. Gallagher received his doctorate from Rutgers University in Counseling Psychology and since then has had over 35 years of experience as a practicing psychologist, administrator, educator and consultant. He has held many leadership roles in national professional associations, including the Presidency of the International Association of Counseling Services and has received numerous leadership awards for his contributions including the 1997 ACCA award for Outstanding Professional Contribution to Knowledge.

During his long career he has authored many articles and monographs on psychology, student affairs administration, and career development and he continues to publish an annual national survey of college counseling center directors that serves as an important database for the profession. He has also been a frequent speaker at professional conferences and has served as an external consultant or program reviewer at over 50 colleges and universities.

Although formally retired, Dr. Gallagher has continued to work part-time at the University of Pittsburgh. He is an Associate Clinical Professor in the Department of Administrative and Policies Studies where he continues his research on college counseling centers and teaches courses on Post-Secondary Counseling and Professional Ethics. Other than that he is enjoying his retirement and spending lots of quality time with his grandchildren.

Sample Session List

Sample of 3-Hour Presentations

- ACA Legislative Training Session
- Ethical and Risk Management Issues in College and University Counseling Centers
- Ethical Policies and Procedures for Working with Suicidal Students
- Five Dimensional Counseling.
- Dream Interpretation: A Successful College Counseling Technique
- Recognizing and Treating Borderline Personality Disorders



Why should I attend the conference?

- ✓ 16 Hours of Practical Continuing Education
- ✓ 6 HOURS OF ETHICS CONTINUING EDUCATION
- ✓ Great Food & Accommodations
- ✓ Increase Your Personal Wealth at the Gaming Tables
- ✓ Keynote Address from Robert P. Gallagher

Sample of 90-Minute Presentations

- The Changing Face of College Counseling Center Work
- Global Nomads: Mental Health Concerns and Student Success of an Invisible Population.
- Counseling and Neuroscience: Revisiting the Nature vs. Nurture Debate.
- A Creative and Collaborative Approach to Test Anxiety
- Counseling Leadership Development on Campus: Creating a Place at the Table for Counseling Professionals.
- Healing Messages and Proverbial Counseling.
- Counselor Accountability: A Model for Demonstrating Effectiveness in a Counseling Service.
- Motivational Interviewing: Bridging the Gulf Between Student Ambivalence and Behavior Change.
- The CAS Standards: A Tool for Assessing College Counseling Services.
- Adlerian Psychology TIPs (Theory into Practice): Tools for the College Counselor.
- Mental Health and Student Success: Strategies from a Small, Liberal Arts University.
- Lessons Learned: Redefining the Counseling Center's Approach to Student Drinking Behavior.

... for additional sessions, conference information,
and to register

go to <http://www.collegecounseling.org>



ACCA Graduate Students

Launching of the Graduate Student Column

Derrick Paladino
Graduate Student Committee Chair
University of Arkansas

In this issue of *Visions* we are proud to be introducing the Graduate Student Column. Graduate students are the future of the counseling profession and as students we all encounter very different and sometimes similar experiences in our education as well as personal and professional lives. The intention of this column is to give graduate students a voice as well as develop a focus to assist them professionally progress.

The graduate student committee encourages submissions on topics that may be beneficial to students. For example, this issue's column addresses the importance and benefits of graduate student involvement in organizations. Other ideas for future articles may include, how to develop a well written presentation proposal, the role of networking, balancing education and internship, as well as many others. The graduate student committee is excited to offer this new opportunity to students, new professionals, and professionals. In addition, this is a great opportunity for graduate students to begin or sustain professional learning and development through publication. We look forward to receiving your submissions and developing a positive and valuable column. If you have any questions or submissions please contact me through e-mail at dpaladi@uark.edu.

As the present and future of this profession I encourage all of you to become active participants in ACCA, its conferences, and its publications.

ACCA Listserv

Rick Hanson
Rockhurst University

The ACCA listserv has for many years been a vital source of connection, collaboration, and consultation for professionals interested in college counseling. There are approximately 300 professionals participating on the list.

To subscribe send an email message to:
Majordomo@listserver.tamu-commerce.edu
In the body type: subscribe acca-l
(leave subject line blank)

To subscribe to the digest version send an email message to:
Majordomo@listserver.tamu-commerce.edu
In the body type: subscribe acca-l-digest
(leave subject line blank)

You will probably want to be subscribed to **one or the other, not both**, as you would receive redundant messages. You only need to be subscribed to one to participate in the list.

If you want **to unsubscribe** at any point:
Majordomo@listserver.tamu-commerce.edu
In the body type: unsubscribe acca-l
(leave subject line blank)

Please note that the old address acca-l@wiu.edu is no longer active. If you were a member of that list and have not been receiving messages, please register for the list at the new address utilizing the instructions above.

Professional Organizations: Good for Your Health and Your Career

**Ashley Hampton,
University of Montevallo**

Sitting on a bench outside the 4-H Center in Alabama, I asked myself how and why I got involved in my most recent endeavor: the Alabama Counseling Association Executive Board Retreat. I realized this participation went much deeper than just a two-day meeting. Joining professional organizations has truly facilitated my career development in becoming professional counselor. In addition, it helped me relax and prevent early burnout during my last semester in graduate school.

In my first semester as a Masters' counseling student, I encountered professional organizations. This experience arose by way of an assigned project for my Introduction to Counseling course. Because I am in the Marriage and Family Therapy (MFT) track, my group researched MFT professional organizations. Some of these included the American Association of Marriage and Family Therapists (AAMFT), International Association of Marriage and Family Counselors (IAMFC), and the Alabama Association of Marriage and Family Therapists (ALAMFT). The same semester, I joined many of these researched organizations at the state and national level including the American Counseling Association (ACA) and Alabama Counseling Association (ALCA). I thought to myself, what could I possibly hope to gain from my decision of joining all these organizations, other than the good graces of my professors? After all, they were the ones urging us to become involved in the counseling profession.

Having been involved in a number of organizations in both high school and college, professional organizations were both scary and enticing. My apprehensive feelings involved meeting people and professionals. This included the possibility of not feeling accepted. However, down the road, I was extremely excited, not only by my ability to talk with these noteworthy professionals and learn from other counseling students and professionals, but these individuals were very approachable. As I looked around, I recognized that I didn't even scratch the surface of what could be available to me in the wild world of professional

organizations and their benefits. In looking at all of the organizations available to me, I wanted to know about counseling – who was out there, why did they choose their population, how did they make their choice, and what have they done to learn from and educate others in the profession?

In November 2002, I volunteered and attended my first counseling conference – the statewide ALCA conference. Dr. Sam Gladding and Dr. Gerald Corey were the keynote speakers, and I had been asked to be a leader in the Graduate Student Lounge. This included both planning and rallying students to attend the session. This was an exciting role for me, as I thought, who wouldn't want to meet these distinguished professionals? Through my involvement in the ALCA conference, I became more confident in my student status as compared to other professionals and students. Not surprisingly, everyone I met was excited to be a part, as well as very welcoming and helpful. Through my active involvement in the ALCA conference as a "meager" student volunteer, I was asked to be a member of the Graduate Student Committee as Co-chair for the 2003-2004 ALCA Executive Board. In addition, I also took the opportunity to find further methods to be involved. When the call for nominations came for Student Associate of ALAMFT, I ran for that position and was elected to the Board of Directors! My roles include attending meetings and assisting in getting graduate students involved in both the organization and the annual conference. Through these experiences, I have met and networked with many local and statewide MFTs, including Harry Aponte, the keynote speaker at the 2003 annual ALAMFT conference. I still believe that there is something so awesome about meeting someone you study while striving to learn his or her counseling techniques.

In my internship, I worked at a university career center and university counseling center. Again, I joined relevant associations at state and national level including the American College Counseling Association (ACCA). This decision allowed me to become more informed and better adjusted to my chosen population of interest. The benefits have been tremendous! Some of the benefits includes receiving publications from each professional organization. You never realize until you begin looking through these journals the abundance of incredible up-to-date

Conference ROI continued from page 1

Create questions to ask and insights to offer. Stimulate your thinking by writing out questions and insights before, during, and after a session. Take notes, annotate your handouts, then create the opportunity to ask the questions and offer the insights. During questions and answer sessions, on breaks, before and after a presentation or workshop, talk to the people around you. Find out why they are there, what they think, and what they are learning. Be reciprocal! It is important to both listen and share to create maximum learning and to build good relationships.

This is called networking. Networking is at the heart of good conference skills. As you meet people and have meaningful discussions, exchange addresses, phone numbers, and email addresses. You are creating your network! This network gives you access to knowledge that is the most valuable commodity in our professional community.

Think about what you are trying accomplish. Plan how to get it done.

Be an Extrovert and Get What You Need

Now you just need to do it! You know why you are there and what you want. Just start introducing yourself to people. Ask questions and share your insights. Take notes and think about what you hear. If you are there with colleagues get together to discuss the ideas and events of the day and to plan out the activities for the next day.

Do Not hang around with people you know unless you are having an interesting and valuable discussion. Meet new people and wrestle with new ideas! Being an introvert can limit your conference experience.

Apply What You Learn and Share It with Others

Do Not go home and put the materials away to gather dust! Review your notes, the proceedings, and handouts. Ponder what you have learned and how to apply it. Create a "Diffusion, Transfer, and Application" plan.

Write a trip report, organize a brown bag lunch discussions, and prepare a formal presentation for your colleagues. Give people handouts and weave thoughts and

material into your day-to-day work. Do not make the conference something separate from your work... put it into your work.

Review project plans and ongoing process, procedures and practices to see where your new insights and perspective will help you make improvements.

In Conclusion

Begin with the end in mind. The time and money spent on conferences and seminars can be a valuable investment in your future and the future of your organization, but you have to be the one to make a difference. If you think about and do the five things discussed you will be better prepared to know what to do to achieve the outcomes you desire.

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***Visions Call!***

Conference highlights will be included in our next issue. We invite you to submit your questions and insights as Mr. Sorenson encouraged in his article. Share your stories and pictures too!

As always, please submit articles, mini-case studies, literature reviews, and announcements or reports on what is happening in the "world of college counseling." In addition, please let us know what you would like to see in future issues!

***Submissions for the next issue can be sent to
melanieb@panam.edu by May 1, 2004
Please include Visions in email subject line.***

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American College Counseling Association
Editor: Melanie Bullock

The goal of *Visions* is to gather and disseminate information of interest to college and university counselors, as well as the latest news from the American College Counseling Association and the American Counseling Association.

The Truth Behind a Touch

Bethany McNulty & Yvonne Garza
University of North Texas

I have always been one to become tearful when feeling or witnessing a heartfelt touch. The touch may be a physical touch, talk touch or a touch through thought and hospitality. In particular, I can recall an advertisement on TV some time ago that got my attention. It was a child on a school bus observing a mother warmly use sign language to communicate with her son just before she escorted him onto the bus. The first child went home and learned to sign a simple introduction. The next day, he approached the child on the school bus and in all his pure heartedness, made a friend. The power of touch is underestimated.

Recently in teaching a chapter on couples counseling in an undergraduate level counseling class; I chose the topic of physiological soothing or touch therapy as an experiential technique that demonstrated a skill and allowed the students to experience for themselves what touch therapy might feel like for counseling clients. The role of touch in therapy: An adjunct to communication. *Journal of Counseling and Development*. vol. 64 p. 497.

The actual class experience was uneventful; however, soon after I received an e-mail from one of my student's who made a connection between the experiential exercise and a loving moment with her grandmother. The accompanying story is an excerpt of her experience and a reminder to all of us that wisdom, understanding and truth may lie in something as simple as a touch.

Yvonne Garza

The Truth Behind a Touch

I went into my grandmother's room the other night only to hear her moaning for the lights to be turned off. I immediately turned off the lights and approached her bed. In a very labored voice she tells me that she cannot breathe and that her head is in a lot of pain. I retrieve some ice to lie on her head and ask her if she would like some pain-killers. My grandmother shakes her head no and asks me to come lie next to her. I crawl into the hospital bed and she curls her little arm under mine and takes my hand. It is dark and the crescent moon supplied the only light in the

room to us. As I laid there next to my grandmother I felt her lungs working overtime to bring in the little air that they could manage to get. An overwhelming sadness engulfed me leaving silent tears trickling down my face. A word was not spoken; yet, I don't believe that I had ever felt the concept of "being with" as much as I did at that very moment.

All of a sudden I felt her frail, crooked finger stroking my hand in a back and forth motion. In my astonishment my grandmother, although in severe pain, was trying to comfort me. As I closed my eyes all my mind was focused on her hand. I felt her steadfast strength, her endless love for her granddaughter, the wisdom she had accumulated through the past years and last but not least, and the beauty behind life. These secrets transcended to my soul not through words, but from one hand to another. It was at this time of silence that I understood the experiential exercise we had done in class. It was an experience you revealed to me and at that moment I had an understanding that life gently lay in my hands.

My grandmother has been on hospice for five months. Originally the doctor told her that she had two weeks to live before her kidney failed and the toxins would take over her body. Her kidney had held up for five months and she has had no strength to get out of bed. These last couple of days her condition has made a turn for the worse and I feel that it is just a matter of weeks before her frail body gives in. However, I know that when that day comes the secrets her hand revealed to me of love, strength and courage will be filtering through my heart, leaving my journey through life always "with" and never "without".

Bethany McNulty

To learn more about this therapeutic approach see:

Brody, V. (1997). *The Dialogue of Touch*. Jason Aronson. Northvale, N.J.

Willison, B. & Masson, R. (April, 1986). The role of touch in therapy: An adjunct to communication. *Journal of Counseling and Development*. vol. 64 p. 497.

Be a light, not a judge
Be a model, not a critic

Stephen Covey

Organizations continued from page 7

information you have at your fingertips. In addition, professional organizations have “career centers” or job postings. All professional organizations have conferences in which I encourage you to be involved! Not only are you a consumer of information and meeting interesting people and counselors, you also have the opportunity to present in a variety of formats including poster sessions, educational workshops, and panel discussions. Also available in most professional organizations is the opportunity to get involved with their Graduate Student Committee. Through my interest and membership in ACCA, I have become a member of the Graduate Student Committee (GSC). Though discussions with the GSC Chair and *Visions* editor, we have decided to embark on and initiate a graduate student column. Had I not joined ACCA, I would not have had the opportunity to meet and work with other college-counseling professionals or assist in this significant addition to the organization’s newsletter. This opportunity as well as the others has opened up professional doors for me as they can do for you. You never know what you can do until you ask! More times than not, you can do exactly what you suggest. Make a contribution as a student member – there’s no time better to start!

I encourage you to become involved in professional organizations. I have met counseling professionals that I learned about in classes and other local professionals that I had only heard about. In addition, I have also been

recognized as a true professional while still being a student, which is something I will never forget.

If counseling is truly what you desire to do with your life, advocate for the profession by joining professional organizations and allow your voice to be heard. Choose one or two groups that you can put your heart into and work with in the hopes of becoming an officer or committee chairperson in the future! As you can see below, the benefits are incredible!

Benefits:

- √ Involvement allows you to introduce yourself to the professional counseling community.
- √ Assistance with your job search.
- √ Chances to meet new people and **network** – at the local, state, and national level.
- √ Receive professional publications that keep you up-to-date with current research.
- √ Potential grant money or scholarship money! (For conferences and other opportunities).
- √ Opportunities to publish in the organization’s newsletter or journal.
- √ Professional involvement helps to reduce burnout.
- √ Professional counselors and educators are VERY open and willing to help students – especially students with LOTS of questions!
- √ Being a member of professional organizations gives you more credibility as a counselor.
- √ Finally, joining professional organizations assists you to develop as a competent counseling professional.

**Expand Library Resources:
Request the
*Journal of College Counseling***

The *Journal of College Counseling* (JCC) provides timely articles on professional issues, research, and innovative practices.

As a member of ACCA, you receive a subscription to JCC. However, other professionals, students, and future professionals could also benefit from this excellent resource if you request your institution library to begin a subscription to the journal.

You may cut or copy this form to make a request, or you may wish to contact your acquisitions librarian directly.

Library Recommendation Form

Please forward this form to your subject librarian.

Requested by: _____

Department: _____

Signature: _____ Date _____

I recommend that the library subscribes to The *Journal of College Counseling*

Notes to Librarian:

Published biannually in April and October
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 Order from your subscription agent or from ACA Publications.
 ACA Publications: 1-800-633-4931, or
 ACA Subscriptions, POB 2513, Birmingham, AL 35201-2513

American College Counseling Association

NOMINATIONS BALLOT

2004

A Chance to Serve, A Chance to Lead

The ACCA is accepting nomination for the 2005-2006 Executive Board. Please feel free to nominate yourself. Fill out and return to *Carolyn Kern* at the address below.

Positions:

President-elect

3-year term

Name: _____

Contact Information: _____

Treasurer

2-year term

Name: _____

Contact Information: _____

Board Member at large

3-year Term

Graduate Student

Name: _____

Contact Information: _____

Carolyn W. Kern, Ph.D., LPC, NCC
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