

COUNSELOR CONNECT



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Louisiana's Professional
SCHOOL COUNSELORS

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Counselor Spotlight: Dymphna Davis



Stress is an inevitable part of life, and we all know that it has a detrimental effect on both our emotional and physical well-being. Now more than ever, it is imperative for us to find ways to manage our own stress if we expect to help others with theirs. I have found the practice of self-affirmation to be extremely effective in my work with students and school colleagues.

Repetition

One of the most effective ways to harness the power of self-affirmation is to repeat the same positive statement aloud several times a day. This helps us hear the sentiment more clearly, which is more effective than if we were to only repeat them mentally.

Do-It-Yourself

One way to increase the number of times you hear the affirmations throughout the day is to have a recording of them. This allows you to hear your own positive thoughts while you are driving, when you're relaxing at home, or as you are exercising. Be sure to talk in a calm voice, and consider playing your favorite soothing music in the background. DIY recordings are a great way to create a tailor-made experience for your specific needs.

Note to Self

A fun way to see your affirmations on a daily basis is to place notes around your house. Put them on the refrigerator, your bathroom mirror, and any other places you see frequently. This technique can be incredibly useful on its own, or you can use it with some of the other affirmation techniques as reinforcement for other techniques.

Self-Hypnosis

If you want to increase the effectiveness of your positive affirmations dramatically, try self-hypnosis! Self-hypnosis is a way to cement your affirmations into your subconscious thinking much faster than merely repeating them when you are in your normal conscious state.

While affirmations may not be helpful in relieving all stress, they can support us as we strive to build our resilience and maintain a positive frame of mind throughout the holiday season and into the new year.

Dymphna Davis PhD, LPC-S, NCC
9th-grade Counselor, New Orleans Military and Maritime Academy
Louisiana School Counselor Association President-Elect- Elect

Louisiana School Counseling Week 2021

School Counseling Week Is February 1-5, 2021!

Sponsored by American School Counselor Association (ASCA), [National School Counseling Week](#) (NSCW) is an annual event that focuses public attention on the unique contributions of school counselors across the United States. ASCA has developed a number of free materials to help school counselors promote the week, and the [Department](#) will be sharing its own Louisiana-specific activities and resources. More details coming soon!

Student Opportunities

Trauma Recovery Demonstration Grant

The Louisiana Department of Education has been awarded the Trauma Recovery Demonstration Grant (TRDG) to expand mental health services to economically disadvantaged students who struggle academically and have experienced trauma. These funds are for the benefit of eligible preschool, elementary and secondary students enrolled in Louisiana public, charter and private schools. and all school systems are invited to take advantage of the TRDG. Students who are eligible under the grant program will be able to see a licensed mental health professional with training in trauma-specific treatment, at no cost to their family. For more information, watch the [Counselor Information Session](#) and read the [School-Based Referral Guide](#). All TRDG Resources are located in the [Family Support Library](#).

2021-22 Kids' Chance Scholarship

The Louisiana Bar Foundation (LBF) Kids' Chance Scholarship program provides scholarships to the children of Louisiana workers who have been killed or permanently and totally disabled in an accident compensable under a state or federal Workers' Compensation Act or law. To be [eligible](#), a student must be pursuing a primary college or university degree or vocational education and training certificate or license. Applications accepted through **February 26, 2021**. Please visit [LBF Kids' Chance](#) for more information.

Professional Opportunities

2021 Jump Start Virtual Convention

[Registration](#) is open for the 2021 Jump Start Virtual Convention. The convention will be held the afternoons of **January 26 and 27, 2021**, from 1:00 p.m. until 3:30 p.m. each day. Prior to the event, convention registrants will receive communication to select the sessions they will attend each day. Please contact jumpstart@la.gov with questions.

Spring 2021 Virtual Counselor Institutes

Thanks to everyone who joined the first-ever [LDOE Virtual Fall Counselor Institute](#) on October 28 and 29, 2020. The Department is in the process of developing another set of virtual institutes, which are slated to take place during [National School Counseling Week](#), **February 1 through 5, 2021**. Registration details and a tentative agenda are coming soon.

Teacher Leader Summit 2021

Save the date for the [Teacher Leader Summit](#), May 25 through 27, 2021, at the New Orleans Ernest N. Morial Convention Center. To reduce the number of attendants, the Department will notify each school system of their total number of allocated seats.

Description	1-Day Ticket	3-Day Ticket
Early Bird Registration January 8-March 1	\$55	\$108
Regular Registration March 2-May 11	\$71	\$140

Ticket price covers admission, sessions and lunch on May 25 and 26. *Onsite registration will be available for \$87 per day **only** if open seats remain after regular registration closes on May 11.* Please email LDOEevents@la.gov with questions.

2021 Quest for Success Training

Two new Quest for Success training sessions have been scheduled for 2021.

- [January 11-14, 2021](#)
- [February 8 -11, 2021](#)

Both sessions will take place from 5:00 until 9:00 p.m. Registration through Eventbrite. Please visit the individual registration pages (hyperlinked above) or email jumpstart@la.gov for more information.

Middle and High School News

2020-2021 Graduate Diploma and Seal Orders

Please use the [Diploma and Seal Order Form](#) to submit an order for 2020-2021 graduates. All diploma requests must be submitted through the electronic form by February 5. The Department will cover the costs for the initial order and distribution. **Only one form should be completed for each school system.**

MyACT

With a [MyACT](#) account, students can prepare for the ACT, view and send test scores, explore colleges and careers, and plan for college--all at no cost. Students can also send additional reports to colleges and scholarship agencies and see real-time availability of test center locations. Please see the [quick start guide](#) for more information; contact [ACT Customer Care](#) with questions: act-cares@act.org or 319-337-1270.

SCA/Course Choice Spring Registration

Schools should document all enrollments with SCA private providers in the [Course Choice Reporting System](#) by **January 15, 2021**. All dual enrollment with postsecondary providers should be reported to sca@la.gov by March 3, 2021. This ensures the school system will utilize their SCA allocation to fund tuition. Please refer to the [Course Choice Registration Instructions](#) for details; email sca@la.gov with questions.

FAFSA Completion Support

The Louisiana Office of Student Financial Assistance (LOSFA) produces [free resources](#) and virtual events to help students reach their college goals. Please visit [LOSFA Virtual Office Hours](#) to schedule an appointment; email geauxFAFSA@la.gov for assistance.

ICYMI

[STATE SUPERINTENDENT DR. CADE BRUMLEY RELEASES STATEMENT ON UPDATED LOUISIANA DEPARTMENT OF HEALTH GUIDANCE ON QUARANTINE PERIODS FOR CLOSE CONTACTS](#) (Louisiana Department of Education)

[CORONAVIRUS LEADS FEWER LOUISIANA STUDENTS TO TAKE ADVANCED PLACEMENT EXAMS, BUT MORE PASS](#) (The Advocate)

[FEWER HIGH SCHOOL SENIORS SEEK COLLEGE FINANCIAL AID, RAISING CONCERNS ABOUT THEIR PLANS](#) (Wall Street Journal)