

NORTH CAROLINA CAREER DEVELOPMENT ASSOCIATION

Fall 2018 Edition



BREAKING CAREER BARRIERS THROUGH EMPOWERMENT, INCLUSION, AND EQUITY

NCCDA held its annual conference on October 26 on the campus of
Elon University. Enjoy our conference highlights:



Thank you so much to all of the conference attendees, presenters, panelists, speakers, and volunteers. Special thanks to the fantastic inaugural conference committee and NCCDA exec board as well. I hope you all learned a lot, made good connections with colleagues, and left encouraged and energized to continue the wonderful work of career development through empowerment, inclusion, and equity. See you all next year!
- Deanna Knighton, Conference Chair and President-Elect

What I enjoyed about the conference was meeting new people. It's great to meet colleagues at other institutions and connect with up and coming professionals who are in graduate programs.
- Catherine Allen

As a first time NCCDA attendee, I immediately felt right at home! Whether individuals worked at institutions of higher education, K-12 school systems, private practices, or agencies, everyone was eager to ignite conversation and share their experiences. I really enjoyed the panel - truly a great way to start the conference! I appreciated the opportunity to choose and learn from a range of breakout sessions. - Caitlin McCormick



NCCDA Conference Scholarship Winners Tommy Petersen and Chanel Quick



Opening and closing keynotes were the best part of the conference. The variety of experiences and candid conversations on others' lived experiences were really impactful to me. - Mary Rosage



NCCDA New Professional
Award Winner Mary Rosage (r)



Opening Keynote Panelists

I enjoyed connecting with so many professionals committed to equity and student success! I really enjoyed the speakers who provided wonderful insight from their various backgrounds. Lastly, Jamila was A-MAZ-ING and I thoroughly enjoyed her keynote. - Sheena Jacobs, NCCDA President



NCCDA Board Members

NCCDA CONFERENCE THOUGHTS

By Tommy Peterson

If you are in the same space as me, the 2018 NCCDA Conference came at a great time of year. It is so easy to get bogged down from the day to day activities in our offices and the hubbub within our own lives, but having this together at Elon to revitalize our energizes and reignite our passions was so important. In thinking about what I wanted to share with you all, there were pieces revolving around diversity and inclusion that were ruminating in my mind when we met, that I thought would be helpful for all:

Addressing Student Presenting VS Perceived Needs

The overarching theme of the conference was so impactful; the panelists' and keynote speaker's vulnerability and openness were incredible to witness. One piece that I wanted to discuss within this article is the idea of multicultural competence within the work we do on a day to day basis. Some of us work with specific identity groups, so you will see common themes and trends. But need to also recognize the power of the individual story; just because someone has a similar background or lived experience, does not mean they react or conceptualize it in the same way as another person. Asking those great open-ended questions can assist in getting to know more about the person in front of you and how they interact in navigate through the various spaces they are in on a day-to-day basis.



Additionally, for those of us who are seeing individual clients from all backgrounds, it could be easy to make assumptions that they are experiencing difficulties based upon their identities. As a career development professional, it is important that we meet our clients where they are developmentally. That means not to impose our assumptions and automatic thoughts onto them. For example, if my client comes wanting to discuss reviewing their resume and personal statement, but I discuss only the impact of her criminal background, am I helping her meet the goals she has established for our session? (If you're also wondering how I chose that specific example, that's because I had this exact situation earlier in the semester).

While there are so many intersectional aspects of our lives that converge to make us a uniquely individual person, it is important to recognize client's own self-perception in regards to their identity playing a role in the issues, challenges they may be facing. Had I spent our time focusing on the criminal background, I would not have been able to assist her best in polishing her resume as that certainly is not listed under her experience section. It was important for me as her counselor to understand her meaning making of the experience and support her in moving forward in her career path, but that does not mean that became the new goal of the session when she wanted to review her materials to apply to a graduate program.

Commitment to Further Learning

Conversations and presentations like what were had at the conference are necessary to provide the best service we can to our clients. However, that learning never stops. It is up to us to consistently familiarize ourselves with the goings on within our diverse clientele. There are many different online forums and webinars to learn from. Additionally, there are many publications from the Chronicle of Higher Education or other similar journals to see what is impactful. While professional development is often seen and experienced through conference attendance and presentation, continuing our education and going through the current research and literature can be just as valuable. With this, I want to make a charge to all of you this week; carve our time in your schedule, an hour, 30 minutes, whatever you can afford. Take that time and connect to a new journal article, reach out to presenters you could not meet at NCCDA and ask for their materials, or scroll through your newsfeed and see what support can be given to

NCCA CHANGES TO POETRY & ART CONTEST DEADLINES

Due to the delayed launch date of the Poetry & Art contest, deadlines have been changed and extended!

Local Deadline: December 20, 2018 -- Local submissions should be submitted to county, district, or parish by this date.

State Deadline: January 20, 2019 -- Local winners should be submitted to the state coordinators by this date.

Please send to:

Amy Willard, 1227 Old Mill Road, Pinnacle, NC 27043



If you do not have a county wide or district wide contest then school or local winners need to be sent by the **January 20, 2019** date as well.

February 2019 - State winners will be notified
(1st prize - \$50, 2nd prize - \$25, 3rd prize - \$10; all winners receive a certificate)

April 2019 – National winners will be posted

Thank you for your help in making this a successful contest for the state of NC. If you have any questions please feel free to contact awillard@wfu.edu.

Contest guidelines and other creative ways to celebrate are on the NCCA website: <https://www.ncca.org/aws/NCCA/pt/sp/nccmonth>

MAKE YOUR LIST, CHECK IT TWICE!



It's the most wonderful time of the year—the season for professional counselor conferences! I know, some of us are already getting excited about the upcoming holiday season; however, I am more excited about my recent experience attending the annual NCCDA conference at Elon University. That is somewhat surprising in that, if you had asked me a year ago about attending this particular conference I would have said, “Oh, no—I’m not going to be a career counselor”.

Or am I?

As a graduate student in the school counseling program at Campbell University, my attendance at this year’s conference is largely happenstance. Having enjoyed my career development class last semester, I was eager to learn more. I wanted to better understand how to help students with career concerns; so, it made sense for me to jump at the opportunity to join the organization and help with the newsletter. But, in all honesty I was a bit nervous about attending the conference. Would I relate to the counselors and topics, given my counseling focus is not in the career arena?

The answer is a resounding “Yes”! As I listened to the inspiring panel discussion, the keynote speaker, Dr. Jamila Simpson, participated in breakout sessions, or simply chatted with other counselors during lunch, I never once felt that I did not belong. So much of what was shared could be applied in school or clinical settings. My mindset shifted—I *am* going to be a career counselor, in almost any client setting. After all, the tasks associated with work and career are critical parts of everyone’s life that need to be effectively managed if one is to have a satisfying life. There is an undeniable connection between career, personal, and well-being concerns. Every counselor, whatever their area of specialty, will work with clients or students with career-related concerns—and associated mental health concerns. A “basic awareness of career development process and interventions is essential” for every counselor in every setting” (Shallcross, 2013). And what better way to increase awareness than by joining NCCDA or attending the next conference?

Counselors, counselor educators, and counseling graduate students have a number of opportunities from which to choose during counseling conference season(s). One counseling educator, who has a passion for career, recently told me that she has never attended the NCCDA annual conference simply because other conferences take place around the same time. Which made me wonder what career counselors can do to encourage more participation from counselors in other fields. I thought about how I seemed to stumble upon the opportunity to be at the conference and attributed it to “The Lord works in mysterious ways”. Which then made me think about how my pastor encourages us to personally invite people to church, as they might not otherwise choose to go on their own.

So, I want to challenge NCCDA members. Make your list, check it twice—regardless of who is naughty or nice—who can you invite to the next career development conference or event? Consider gifting a counselor with a membership to NCCDA!



References

Shallcross, L. (2013). Making life work. *Counseling Today*. Retrieved from <https://ct.counseling.org/2013/01/making-life-work/>

Submitted by Karen Driggers
M.Ed. in School Counseling Candidate, Campbell University

FREE SYMPOSIUM FOR NCCDA GRADUATE STUDENTS



Exploring Data Science: A Symposium for Minority Students –
Master of Science in Analytics |
Institute for Advanced Analytics | NC State University
Saturday, January 19, 2019

Open to NCCDA Member Students—Meals and refreshments included

Go to https://analytics.ncsu.edu/?page_id=14041 for details

GOVERNOR ROY COOPER DECLARES NOVEMBER NORTH CAROLINA CAREER DEVELOPMENT MONTH



State of North Carolina

ROY COOPER
GOVERNOR

NORTH CAROLINA CAREER DEVELOPMENT MONTH

AND

NORTH CAROLINA CAREER DEVELOPMENT COORDINATOR DAY

2018

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, Career Development Coordinators in Career and Technical Education (CTE) programs in North Carolina's public schools are committed to helping students explore their potential in personal social development, educational achievement and lifelong learning, and career management within the National Career Development Guidelines Framework; and

WHEREAS, Career Development Coordinators provide the supporting materials to ensure our schools meet the national standards and competencies established by the National Career Development Association; and

WHEREAS, Career Development Coordinators support the mission of North Carolina's CTE programs by providing community resources and services that help students succeed in life, college and/or careers, citizen readiness, and as productive members of society; and

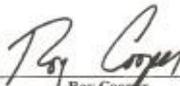
WHEREAS, Career Development Coordinators empower students to make informed decisions regarding their post-high school plans, which may include immediate employment in a civilian or military occupation, or further education at a vocational program, community college, or university; and

WHEREAS, Career Development Coordinators support the work of Career and Technical Student Organizations, extending student learning based on instructional competencies; career development education can contribute to increased attendance, raise achievement, and improve graduation rates; and

WHEREAS, Career Development Coordinators assist students in understanding the 16 Career Clusters in the National Career Clusters Framework, which is made up of 79 Career Pathways to success in college, career, and citizen readiness; through career development education, CTE students gain the critical thinking, creativity, problem solving, leadership, and interpersonal skills necessary to thrive in the modern business world and contribute to the vitality of our state and nation;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim November, 2018, as "NORTH CAROLINA CAREER DEVELOPMENT MONTH" and November 14, 2018, as "NORTH CAROLINA CAREER DEVELOPMENT COORDINATOR DAY" in North Carolina, and commend observance to all citizens.




Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this twenty-sixth day of October in the year of our Lord two thousand and eighteen and of the Independence of the United States of America the two hundred and forty-second.

North Carolina Counseling Association 2019 Annual Conference

Counselors Committed to Advocacy

February 20 - 22, 2019

Durham Convention Center

Durham, NC

Featured Speakers Include:



Dr. David Kaplan
Chief Professional Officer
of American Counseling
Association



Dr. Lyndon
Abrams
Associate Professor at
University of North
Carolina Charlotte



Dr. Heather Trepal
President-Elect of American
Counseling Association



Dr. Carl Sheperis
Interim President and
CEO of National Board
for Certified Counselors

- Over 85 breakout sessions
- 25 Graduate Research Posters
- Excellent Professional Networking Opportunity

Register Now

For more information please visit nccounselingassociation.org

Find us on Facebook at [North Carolina Counseling Association](https://www.facebook.com/nccounselingassociation)

NCCDA Board Members | 2018-2019

nccounseling.org/NCCDA

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