



# NCCDA MAY 2023 NEWSLETTER

NORTH CAROLINA CAREER DEVELOPMENT  
ASSOCIATION

## TABLE OF CONTENTS

**PAGE 1:** Table of Contents

**PAGE 2:** Greetings from NCCDA President, Stacey Huffman

**PAGE 3:** NCCDA Conference 2023 (March 17, 2023) Recap Begins

*This edition of the NCCDA Newsletter will focus on recapping our 2023 conference.*

**PAGE 4:** Message from NCCDA President-Elect & Conference Chair, Belinda Wilkerson

**PAGE 5:** Conference Planning Committee Recognition

**PAGES 6:** Conference Keynote Speakers

**PAGE 7:** Professional Award Winners

**PAGES 8-11:** Graduate Student Conference Scholarship Recipients Articles

**PAGE 8:** *Values & Wellness in Career Counseling* by Brittany Grant

**PAGE 9:** *NCCDA Conference Reflections* by Courtney Jordan-Steele

**PAGE 10:** *NCCDA Conference Reflections* by Jessica Peaden

**PAGE 11:** *Reflection of NCCDA 2023: We All Belong to Break Walls* by Zhiqi (Angel) Liu

**PAGE 12:** NCCDA 2022-2023 Poetry & Art Contest Winners

**PAGE 13:** Who Said the "N" Word? by Ericka Daniels, 2023 NCCDA Newsletter Intern

**PAGE 14:** Professional Development Session (Member Benefit), Events, Newsletter Archive

**PAGE 15:** Contact Information



## GREETINGS FROM NCCDA PRESIDENT, STACEY HUFFMAN

[HTTPS://WWW.LINKEDIN.COM/IN/STACEYHUFFMAN/](https://www.linkedin.com/in/staceyhuffman/)

Dear Colleagues and Friends,

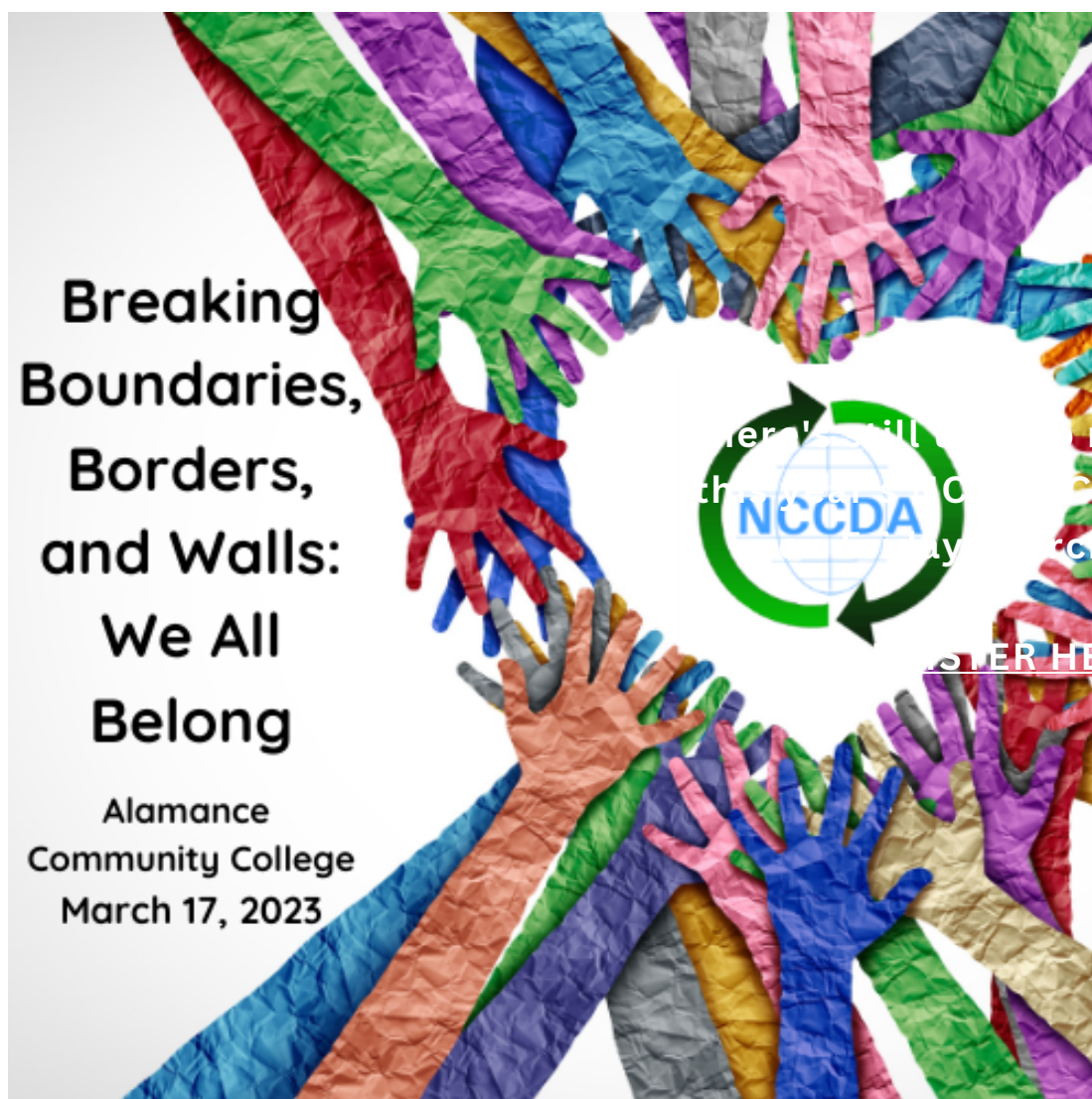
What a year it has been! Together, we supported the career development of approximately 1500 middle school and high school students in our community outreach project. We hosted our first in-person Morning Musings meetups and annual conference since fall 2019! We were able to facilitate two additional professional development opportunities for members to earn continuing education credits. And after a long and tedious pursuit, we are now officially an NBCC (National Board of Certified Counselors) Accredited Continuing Education Provider and will be able to provide even more opportunities to earn continuing education credits in the future! And last but not least, we have just recently been awarded \$1,000 in NCCDA grant money to support our branding and marketing efforts as we continue to establish ourselves as an independent 501(c)(6) non-profit organization.

There is certainly a lot to celebrate, and it would not have been possible without our amazing members who are so willing to jump in and help without hesitation. Thank you to everyone who assisted with the conference at Alamance Community College: the registration team, room hosts, conference mentors, ACC hosts and tech assistant, the middle schoolers who baked cookies, and our fantastic conference planning committee. And thank you to the incredible executive board members who consistently volunteer their time and energy throughout the year to drive us forward as an association. I'm so grateful for each of you and the wonderful NCCDA community that has carried many of us through times of uncertainty and challenge. You all are the reason so many of us call NCCDA our professional "home." It has been a privilege and an honor to serve as your president this year.

With Gratitude,  
Stacey Huffman, NCCDA President

# NCCDA 2023 CONFERENCE RECAP: **BREAKING BOUNDARIES, BORDERS, AND WALLS: WE ALL BELONG**

FRIDAY, MARCH 17, 2023 | ALAMANCE COMMUNITY COLLEGE



Our 2023 Annual Conference was a success!

This was our first in-person conference since 2019, and boy, we were happy to gather together for a day filled with professional development, making connections, and seeing old friends and new.

This edition of the NCCDA newsletter will focus on recapping our 2023 Conference. Check out recaps from attendees, professional award winners, and more!



Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time.

~ Marian Wright Edelman

## **MESSAGE FROM BELINDA WILKERSON**

### **NCCDA CONFERENCE CHAIR & PRESIDENT-ELECT**

The NCCDA 2023 Conference took many hours of planning, preparation, and implementation. Chairing the conference committee was a way of giving back to an organization that gives so much to its members. Hosting a conference is not for the faint of heart and it does not happen without a cadre of dedicated volunteers to put it all together.

Even though National Volunteer Month was in April, I want to recognize each volunteer on the conference committee and introduce you to the folks who made the conference possible.

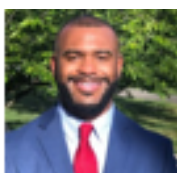
To our conference planning committee & the many others who helped with the conference on the day of and to those folks, we salute you!

At the North Carolina Career Development Association, every month is a celebration of our volunteers. Interested in joining this illustrious group?

Send an email to [nccdamembers@gmail.com](mailto:nccdamembers@gmail.com). We'd love to have you!

## **THANK YOU TO THE NCCDA**

### **CONFERENCE PLANNING COMMITTEE!**

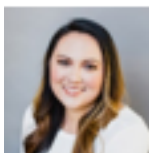


**Carl Thompson.** Ad hoc conference planning committee member, previously the Career Services Coordinator at Alamance CC. Carl's assistance on site was invaluable. He made sure the technology was in place, the rooms were ready, and Alamance was prepared for us.





**Ram Athavale.** Currently employed at Wake Technical Community College as a Career Coach, Ram was the person behind the wonderful group of volunteers manning the registration table, introducing speakers, and giving room directions.



**Emily Gomez.** Serving our members of the military at Hire Heroes USA, Emily used her talents to review conference proposals, communicate with presenters, and schedule sessions on the program.



**Cindy Haeck.** As a Career Coach with Wilmington Career Counseling, Cindy researched and arranged for lodging for conference attendees. She is also a crucial member of the Continuing Education Committee.



**Stacey Huffman.** As the 2022-2023 President of NCCDA, Stacey leads our organization and worked with another member to provide our continental breakfast and lunch from Hursey's Catering, a local business. Her contributions to the conference are too long to list and I appreciated her assistance every step of the way.



**Beth Hwang.** In her work life, Beth is the Director of StrongPoints at Meredith College. As Treasurer of NCCDA, she oversees our conference budget, ensuring that the conference committee is fiscally responsible.



**Jamie Johnson.** As the owner of Paths2take Consulting, Jamie is the brains behind the Continuing Education Committee. Her leadership and her wonderful team (Cindy Haeck and Crystal Waters) dedicated hours to ensure that conference attendees would receive CE's. Additionally, she served as a moderator during the conference.



**Duke Wallin.** Currently serving the students in Dare County Schools, Duke was an invaluable member of the committee. He worked with Hursey's Catering for the conference lunch, arranged for those delicious cookies at the end of the day, and helped in multiple ways.



**Crystal Waters.** UNC Health is where Crystal puts her skills to use as a Placement Coordinator. For NCCDA, she was the third member of our hardworking (and long suffering) Continuing Education Committee



**Carmen White.** At Hire Heroes USA, Carmen manages the Mid-Atlantic area. As part of the conference committee, she reviewed proposals during the selection process. Additionally, Carmen's teenage son had a jumpstart on his professional development as a conference attendee.



**Amy Willard.** At Wake Forest, Amy coaches students to maximize their career potential. As the 2022 -2023 Past President of NCCDA, Amy wore multiple hats planning the conference and during the conference: site visits, communication with Alamance CC, program creation and printing, moderator, set-up assistance, and keeping me sane.

# 2023 CONFERENCE KEYNOTE SPEAKERS

## DAVID JULIUS FORD, JR., PH.D.

**Associate Professor (Tenured) and Interim Department Chair,  
Department of Professional Counseling at Monmouth University**



Dr. Ford hails from North Carolina originally. He is a Licensed Counselor in North Carolina, Virginia, and New Jersey. He is Board-Certified Counselor and an Approved Clinical Supervisor. He began his career in Student Affairs and has ten years of counseling experience. He has eight years collegiate teaching experience and has taught undergraduate Human Services courses, graduate counseling courses, and doctoral counselor education courses. He has taught face-to-face and online. He has experience working in addictions facilities, community agencies, and in college counseling centers. His scholarly and advocacy interests are Black men in higher education (especially those at PWIs), Black Greek-letter Organizations, Queer and Trans people of color, HIV/AIDS, and the intersection of religion/spirituality and sexual orientation. He is the Past President of the New Jersey Counseling Association, is on the planning committee for the National Cross-Cultural Counseling and Education Conference for Action, Research, and Change, and is on the Board of Directors for the LGBTQ Scholars of Color Network. He is a classically-trained pianist and is a proud, active, and financial member of Kappa Alpha Psi Fraternity, Inc.

## KATHY M. EVANS, PH.D.

**Associate Professor of Counselor Education, Department of  
Educational Studies at the University of South Carolina**



Kathy M. Evans is an Associate Professor of Counselor Education at the University of South Carolina. She received her Ph.D. from the Pennsylvania State University. Before receiving her doctorate, Dr. Evans held career counseling positions in high schools, community and four-year colleges and universities as well as in a non-profit organization. She has been a counselor educator for over 25 years and has taught the career counseling course for 20 of those years. In addition, she teaches doctoral courses in multicultural counseling/advocacy, supervision and pedagogy. She also developed a graduate certificate program for Career Development Facilitators.

Dr. Evans has published extensively and decided to write “Gaining Cultural Competence in Career Counseling” because there were no available texts that helped students understand the synthesis of culture and career. For some of the same reasons, she also co-authored “Experiential Approach for developing Multicultural Counseling Competence” with Dr. Mary Fawcett of Winona State University.

In addition to her scholarship, Dr. Evans has been a leader in the profession of counselor education to include President of the National Career Development Association. She was Secretary for the International Counseling Honor Society Chi Sigma Iota from 2004-2006 and was President of the Southern Association for Counselor Education and Supervision and as such, served on the ACES Executive board. She has also co-chaired the ACES/NCDA Joint Commission for the Preparation of Career Counselors from 2008-2014.

# 2023 PROFESSIONAL AWARD WINNERS ANNOUNCED!

Our 2023 Professional Award Winners were announced during the 2023 NCCDA Conference! Check out our recipients below!



## 2023 NEW PROFESSIONAL AWARD RECIPIENT

**ANDREA WOGOMAN,  
MEREDITH COLLEGE**

The New Professional Award recognizes an individual in North Carolina who has made a significant contribution to career development and has been in the profession for five years or less.



## 2023 ROY N ANDERSON AWARD RECIPIENT

**AMY POLICASTRO SCHROEDER  
NC DEPT OF PUBLIC INSTRUCTION**

This award recognizes an individual in North Carolina who has made an outstanding contribution to career development, both in the state and at the regional or national levels for at least 10 years. This award, affectionately known as “The Roy,” is named for the founding professor of the North Carolina State University Counselor Education Program.



## 2022 OUTSTANDING PROFESSIONAL AWARD RECIPIENT

**BRIAN CALHOUN  
WAKE FOREST UNIVERSITY**

The Outstanding Professional Award recognizes an individual with 5+ years in the profession who consistently and significantly contributes to the career development profession through dedicated service to their clients or students, mentorship and support for fellow career professionals, and a personal commitment to staying current with new research and best practices in the field.



## 2023 GRADUATE STUDENT SCHOLARSHIP RECIPIENTS ARTICLES

This year, we welcomed four graduate student scholarship recipients to our 2023 NCCDA Annual Conference. Enjoy their conference recap articles and get to know them a little more through their bios included below!



### BRITTANY GRANT

I am in my final semester of the Counselor Education program at East Carolina University where I am doing a specialization in Student Affairs and College Counseling. I am passionate about supporting students as they navigate college and develop personally, professionally, and academically. After I graduate, I hope to continue to provide career counseling and professional development to students.

### VALUES AND WELLNESS IN CAREER COUNSELING BY BRITTANY GRANT

The expectation for my first NCCDA conference was to come away with tools and resources I could utilize in my work to ensure I was providing my students with the most effective counseling. It is safe to say the NCCDA conference exceeded that expectation.

While all the sessions were phenomenal, the “Centering Career Exploration & Choice in Values and Wellness” session presented by Katie Peterssen and Angie Smith resonated with the work I am doing as a Career Counseling Intern for the College of Agriculture and Life Sciences Career Services office at NC State.

The first half of this session focused on identifying values and how to utilize those values to make informed decisions that align with who we are and the work we do. The first step in the career development process is to understand ourselves. But where do we go from there? Katie Peterssen provided an excellent framework for integrating values into the job search. After identifying and prioritizing values, this tool takes us through how to research, observe, and ask questions to employers and organizations to gather the information we need to decide whether a certain role aligns with us. This was exactly the type of tool I have been looking for! I am so excited to use this framework to teach my students how to craft those important values-centered questions.

The second half of the presentation emphasized the importance of incorporating wellness into our work. This wellness piece is particularly impactful for me. Initially, when I began career counseling I was under the impression that most of my work would involve resume reviews, interview prep, and providing tips for the job search. While these things are true, I have also learned that we cannot ignore other aspects of our lives when having those career conversations. In several instances, a session dedicated to resume review turned into a discussion on low self-esteem, anxiety, or stress. After this session, I now have a tangible tool I can take back to my students to evaluate their wellness and to ensure their needs are met in several aspects of their lives. I feel this is especially important in the context of all we have been through in recent years. From now on, I plan to start each session not with the question, “what brings you in?” but “how are you?”

Lastly, this session served as a reminder that as important as it is to attend to client wellness, attending to our own wellness is just as necessary. To show up for clients in a meaningful and impactful way also means showing up for ourselves.





**COURTNEY JORDAN-STEELE**

Courtney Jordan-Steele is a higher education and career counseling professional currently on track to earn a Masters of Education in College Counseling and Student Development at North Carolina State University. She serves as a graduate intern for the Meredith College Office of Career Planning. She resides in Durham, NC (Go Bulls!) with her spouse and two pups.

## **NCCDA CONFERENCE REFLECTIONS BY COURTNEY JORDAN-STEELE**

During my time as a graduate student at North Carolina State University, as well as in my full-time role as a practicum coordinator at UNC-Chapel Hill and my internship as a career counselor at Meredith College, I've noticed that more than a few of my colleagues and clients view career counseling as transactional. There is a misguided perspective that we career counselors spend all our time editing resumes and cover letters, spout out a couple of interviewing tips, and call it a day. I don't agree with this viewpoint, and I hope to see it change as the profession of career counseling continues to evolve in a way that is centered on values and wellness as described by Katie Peterssen and Dr. Angie Smith during their session, Centering Career Exploration & Choice in Values and Wellness.

It is easy for us to forget and for people outside of the profession to not realize that the origins of counseling itself can be traced back to Frank Parson's establishing of vocational guidance in response to social unrest in the early 1900s. Today, we are in the midst of a different type of social upheaval. During the session, Katie Peterssen described career-related current events such as: the increase in available hybrid and remote work, some companies' introduction of a four-day work week, and the Great Resignation of 2021. Angie Smith described the kaleidoscope career model, an approach to career that is based on an individual's values related to authenticity, balance, and challenge. These changing perspectives on career exploration and choice are an indication of how our society is evolving, and so it is time for career counseling to be viewed and treated differently as well.

I recently conducted mock interviews with undergraduate students at Meredith College, and I asked students what traits they value most in a leader. Rather than focusing on power and outcomes, the students responded with traits like patience, flexibility, empathy, and kindness. These are interpersonal skills that can impact an employee's wellbeing and job satisfaction. This is why centering career exploration in values and wellness is so important. More than ever, job seekers are looking for employers and organizations that align with their values and support their holistic wellbeing.

For many of our clients, values are not an easy standard to define, and it's up to us to provide guidance, whether that means using the Knowdell Card Sorts Katie and Angie passed around during their session, or another type of values intervention. Once the client can name their values, they will be better equipped to apply those values to their career exploration and evaluate the fit of any potential roles and organizations.

In addition to the discussion about career and values, career wellness has become top of mind for many. Inflexible workplaces, unmanageable workloads, toxic environments, insufficient pay, workplace discrimination, and so much more led many to take part in the Great Resignation. Holistic wellbeing encapsulates occupational, intellectual, environmental, financial, social, physical, spiritual, and emotional wellness—which are all included on the wellness wheel introduced by Angie Smith during the session. The wellness wheel activity can be implemented on a personal level (career counselors need self-care too) and during sessions with our clients. None of us can pour from an empty cup. We all can do our best work when we set boundaries, hone our strengths, let go of perfectionism, and take care of ourselves.

I took away a lot of valuable insight and instruction from Katie and Angie's session, as well as my first ever in-person hug from Dr. Smith (who is my faculty advisor at NC State)! As I progress in my own education and career, I hope to see the career counseling profession continue to evolve beyond transactional relationships. I plan to be a part of this advancement by continuing to integrate values and mental health discussions and interventions into my everyday interactions with clients, even when I'm met with skepticism from those around me.



## JESSICA PEADEN

Jessica Peaden is a graduate student at UNCG majoring in Peace and Conflict Studies. She loves career coaching and helping others learn their values, interests, and strengths to find purpose in meaningful work opportunities.

### NCCDA CONFERENCE REFLECTIONS BY JESSICA PEADEN

Considering this year's theme of Breaking Boundaries, Borders, and Walls: We All Belong, my most significant takeaway is that we must acknowledge and attend to our inner boundaries, borders, and walls before we can begin to aid others. Identifying and analyzing our biases and prejudices are crucial for those of us in the serving professions, as our ability to be present and helpful requires steadfast attentiveness. To be ready to turn our attention to others, we must fill our cups before we can pour into others. First, however, we must examine the quality of the information which fills our cups to avoid further distressing those we pour into. The service industry's ideal to do no harm is at stake. Furthermore, we can serve others equitably only when we confront our predispositions.

In the breakout session, I'm Worthy: A Guide for Practitioners When Addressing Underlying Trauma in College Students' Career Development, Clinical Therapist Alysia W. McGlone asked us to consider how we are affected by trauma. Trauma Stress Reactions (TSR) can occur at various times throughout our day and for many reasons. These reactions can appear noticeable or unobservable within our emotional, physical, behavioral, cognitive, or existential dimensions of wellness. Sometimes, we may be unaware of these reactions and must be careful not to label ourselves or others by judging or implying limitations.

In the breakout session, Empowering Women to Overcome Their Imposter Syndrome, Hong (Esther) Wang examines the effect of a patriarchal society on women by analyzing how girls learn to navigate a culture that promotes visual and imperceptible discrimination early in life. As girls become women, they may be unable to escape childhood wounds, although they have gained the skills and knowledge necessary to succeed. Pressure to pursue perfection through the encouragement of soft skills may cause women to develop unhealthy traits such as perfectionism while denying themselves the ability to accept their true selves. Women may continue carrying the heavy burden of doubt and fear, prohibiting their success.

As I move into the career development field, I will hold dear the importance of leading with trauma-informed care. Through self-reflection, I will notice and analyze the thoughts and feelings that restrict my success and growth, allowing me to see these restrictions in those I serve. By learning to recognize the doubts, fears, and anxieties that sometimes hold me back, I can help others identify and reframe their own. Furthermore, as I move forward with educated empathy, as Dr. Kathy M. Evans noted in the Closing Keynote Address, Deconstructing Boundaries, Barriers and Walls for BIPOC Career Clients, I will be aware of and critically analyze my personal biases and prejudices. These processes will serve me well as I strive to serve others humbly and equitably. I truly appreciate having this opportunity to learn and grow with NCCDA and its many dedicated members.



**ANGEL LIU**

## **REFLECTION OF NCCDA 2023: WE ALL BELONG TO BREAK WALLS**

**BY ZHIQI LIU (ANGEL), MS, LCMHCA, NCC FROM NORTH CAROLINA STATE UNIVERSITY**

This was my first time attending the NCCDA conference, and I was impressed by how comprehensive this conference was. First, I was impacted by the conference theme, “Breaking boundaries, borders, and walls.” As a Chinese international student living in the United States for 12 years, I sometimes felt embarrassed while counseling locals at the beginning of my clinical experience since I was afraid that I was not born and raised in the US and that locals might feel I was not competent to conduct counseling sessions with them. However, I feel much more confident as an international practitioner since I can provide a different lens to my clients. Being empathic and confident is essential to break walls to strengthen therapeutic relationships with my clients. As Dr. Ford and Dr. Evans provided theoretical approaches to practicing with minorities in the keynotes, I feel powerful and appreciated as a minority practitioner.

Second, I was impressed by the “Empowering Women to Overcome their Imposter Syndrome” session by Hong (Esther) Wang. Ms. Wang integrated her international background with the US culture to provide a tremendous conceptual framework to help women enhance their confidence to overcome imposter syndrome. I significantly resonated with this topic since I recently wondered whether I had imposter syndrome due to my thought battles between my passive traditional mindset and operational unorthodox career goals. I used to work in one of the biggest tech companies in the United States after graduating from college, and it was my first full-time job. My family members were very proud of my career until I decided to continue my Master’s study in clinical mental health counseling in 2019 and even enroll in a Ph.D. program now. As a Chinese international student born and raised in a traditional family, many family members were confused about my current career decision to become a clinical mental health counselor and a Ph.D. student in counseling simultaneously rather than continuing work in the STEM/Tech field. I want to change my career path from tech to counseling first because I benefited from counseling and was passionate about exploring different layers among people. I also realized that international students experienced a lot of mental health breakdowns but found nowhere to get help due to their language barriers. Research also stated that international students would use mental health services until they reached the moderate to high crisis level. I also realized that we had an enormous stigma about counseling in East Asia and did not have enough practitioners with East Asian backgrounds. I want to fill this gap with my professional counseling knowledge and passion for reducing the stigma and enhancing people’s acceptance of counseling. However, I received much stress when some of my family members doubted my career decisions. I felt vulnerable and sometimes questioned myself, “Am I good enough to become a practitioner with these hopeless feelings and lack of support from my family? Am I qualified to become a practitioner helping clients with similar situations?” From Ms. Wang’s session, I had a comprehensive framework on Women’s imposter syndrome and how to investigate these clients’ needs. This framework helped me enhance my self-acceptance in continuing my career goal and conceptualizing my female clients’ needs when they feel hopeless. The priority of reliving women’s imposter syndrome is to enhance their self-confidence so they can be mindful of positively accepting themselves.

Third, I appreciate my professor, Dr. Angie Smith, and her colleague, Ms. Peterssen, for introducing a great tool to help college students identify their career values and interests. Given my career path as an example, I did not explore my career values and interests as an undergraduate and just chose the major that many East Asians studied. As a current counselor working at my university’s counseling center, most chief counseling concerns of my caseloads are that “I do not know what to do after graduating from college” or “I do not like my majors, but my parents want me to study because of the great financial future.” My biggest takeaway from this session was exploring students’ values and interests – Not just asking them to write down what they have, but need to listen, go deeper, and stimulate their willingness to describe their true selves connecting with their “expected” futures.

At last, I would like to thank Dr. Angie Smith again for introducing this excellent conference to me so that I can connect with more and more local career professionals. I want to continue working on my counseling and research interest in helping East Asian international students’ career development. I wish I could break the stigmatized wall of counseling in East Asian culture, as I believe more and more East Asians realize the importance of mental health in the post-pandemic.

# ANNOUNCING THE 2022-2023 POETRY & ART CONTEST WINNERS

## POETRY

### Primary Division (K-2)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Intermediate Division (3-5)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Middle Division (6-8)

1<sup>st</sup> place: Rocco Bottelli, Currituck Middle School  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Senior Division (9-12)

1<sup>st</sup> place: Noah Simcox, Northeast Guilford High School  
2<sup>nd</sup> place: Neveah Hill, Cleveland Early College High School  
3<sup>rd</sup> place: Haley Byrum, First Flight High School

### Adult Student (18+ enrolled in school)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Open Adult (18+ not enrolled in school)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

## ART (CATEGORY 1)

### Primary Division (K-2)

1<sup>st</sup> place: Cecily Horton, Exploris Elementary  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Intermediate Division (3-5)

1<sup>st</sup> place: Victoria Yang, Seawell Elementary School  
2<sup>nd</sup> place: Katie Wright, Fallston Elementary  
3<sup>rd</sup> place: N/A

### Middle Division (6-8)

1<sup>st</sup> place: Savannah Gately, First Flight Middle School  
2<sup>nd</sup> place: Daisy Brewster, Manteo Middle School  
3<sup>rd</sup> place: Fatima Santillan, Manteo Middle School

### Senior Division (9-12)

1<sup>st</sup> place: Whitney Salazar-Gutierrez, First In Flight  
2<sup>nd</sup> place: Cooper Bridges, Shelby High School  
3<sup>rd</sup> place: Carol Ou, Shelby High School

### Adult Student (18+ enrolled in school)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Open Adult (18+ not enrolled in school)

1<sup>st</sup> place: Kenny Walker  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

## ART (CATEGORY 2)

### Primary Division (K-2)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Intermediate Division (3-5)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Middle Division (6-8)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Senior Division (9-12)

1<sup>st</sup> place: Lucas Michael, First in Flight  
2<sup>nd</sup> place: Joyner Drake, First in Flight  
3<sup>rd</sup> place: N/A

### Adult Student (18+ enrolled in school)

1<sup>st</sup> place: N/A  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A

### Open Adult (18+ not enrolled in school)

1<sup>st</sup> place: Rhonda Branch  
2<sup>nd</sup> place: N/A  
3<sup>rd</sup> place: N/A



CONGRATULATIONS

*Congratulations to the  
2022-2023 contest winners!  
For information about the 2023-  
2024 Poetry & Art Contest,  
please visit:  
[https://nccdaonline.org/Poetry-  
and-Art-Contest](https://nccdaonline.org/Poetry-and-Art-Contest)*



# WHO SAID THE “N” WORD?

**BY: ERICKA DANIELS**  
**NCCDA 2023 NEWSLETTER INTERN**

I think most introverts and millennials agree. The “N” word, also known as networking is taboo. But we’ve all heard this line all the way back to our childhood; It’s not about what you know but who you know. You have to get out there and talk to people. You never know who you know. Just open your mouth and let it out already. Ask the hard questions.

This is exactly what I did at the April Morning Musings held in Kannapolis, NC. I was able to meet two wonderful ladies who have been affiliated with NCCDA for years. I listened to stories about how they were introduced to career coaching, the degrees obtained to work in the industry, events they have attended, people they know and how NCCDA has helped. The meeting only lasted an hour but I was able to connect with someone who works all the way in Wilmington, NC which is four hours away from where I live. A few short emails later, I received information about who to contact to learn more about how to become a CDC Coordinator within NC school systems.

NCCDA newcomers, I challenge you to attend as many meetings and events as possible. Send an email to the members email box just to introduce yourself. Request a meeting with a board member to talk about your career aspirations. Ask if you can co-lead the next Morning Musings event in your local area. Find out how you can help. Network and get to know people. The “N” word does not have to be taboo like the name Bruno. It can actually lead you on your path to success.

Happy Networking!



**Ericka Daniels**  
**NCCDA Newsletter Intern (2023)**

# NCCDA MEMBER BENEFIT!

## PROFESSIONAL DEVELOPMENT SESSION RECORDING

"Adding New Tools: Balanced Card Sorts"  
presented by Anush Hansen, MA, MPH

In case you missed it...you can STILL preview it online!

GO TO: [North Carolina Career Development Association - Professional Development \(nccdaonline.org\)](https://nccdaonline.org)

Ms. Hansen has created both online and hands-on assessment tools for Student Wellness, Student Career Values and Work-Life Balance. These tools provide helpful prompts and a structured process for talking about mental wellness, career values, and work-life balance, helping to build a culture of well-being with clients of all ages. (Sorry...too late to earn the CE's, but we'll catch you next time!)



## STAY TUNED!

Check out our Events page on our website to stay up-to-date on all of our upcoming events.

[nccdaonline.org/events](https://nccdaonline.org/events)

## NEWSLETTER ARCHIVE

Check our previous editions of our newsletter on our newsletter archive page on our website!

[nccdaonline.org/newsletter](https://nccdaonline.org/newsletter)





# HAVE A GREAT SUMMER!

OUR NEWSLETTER WILL PICK  
BACK UP IN THE FALL.  
IN THE MEANTIME, STAY IN  
TOUCH THROUGH SOCIAL  
MEDIA + OUR WEBSITE.

## CONNECT WITH US:

[nccdaonline.org](http://nccdaonline.org)

Facebook Group - [@NCCDA](#)

LinkedIn Group - [North Carolina Career Development Association](#)

Tag us in your social media posts with #NCCDA

