



WCTCCA Fall 2012 Newsletter

Letter from the President

Autumn has always been my favorite season. I love watching the changing color of the leaves, the crisp sunny days, and of course the beginning of another school year. As our students come to college for training and education we are sometimes challenged to find new ways to engage students in their learning process. In our work as college counselors we often wear many different hats and it sometimes can be a little bit overwhelming. One of the goals of the WCTCCA is to provide resources and support to our members. I hope you will find some resources in this newsletter to support you in your work with students, and to support your professional development. The WCTCCA Steering committee is already in the process of making plans for our Spring Conference and we hope this year's conference will be the best one yet. I would like to extend a personal invitation to each of you to consider getting involved in the organization.

If you have question, idea, or suggestion for our organization please feel free to contact me directly. I would love to hear from you.



Annemarie Solbrack M.A.Ed.
WCTCCA Chairperson
Annemarie.solbrack@cptc.edu

2012-2013 WCTCCA Steering Committee

- Chairperson:** Annemarie Solbrack, Clover Park Technical College
- Vice Chairperson:** Heidi Matlack, Yakima Valley College Grandview Campus
- Treasurer:** Dale Zeretzke, Seattle Central Community College
- Secretary:** Margaret Vlahos, Whatcom Community College,
- Past Chairperson:** Theophilus Mungen, Tacoma Community College
- Western Region Rep:** Brian Shook, Grays Harbor College

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Now Accepting Submission for the Winter WCTCCA Newsletter.

If you would like to write an article or submit information for the newsletter please send them to:

annemarie.solbrack@cptc.edu

Now Accepting WCTCCA Membership Applications for 2012-2013

Membership Dues are due each *Fall Quarter* and are good for one academic year: *September through August.*

WCTCCA Application Form is on **page 4**

FREE Training Opportunities

Veterans Training Support Center (VTSC) provides continuing educational opportunities and professional development to those who provide direct service to veterans and their family members. Many of the trainings are offered free. To find out more about upcoming VTSC workshops go to:

www.veteranstrainingsupportcenter.org

FREE Online PTSD 101 Course Modules sponsored by the US Department of Veteran Affairs

Develop or enhance your knowledge of trauma and effective PTSD treatments. Continuing education (CE) credits are available for most courses. The PTSD 101 Course Modules are in Flash or PowerPoint with audio format. Each course varies in length, but all take around an hour to complete. CE credits are currently available for most of the PTSD 101 courses. Go to: <http://www.ptsd.va.gov/professional/>



“Education is not filling a bucket, but lighting a fire” ~ William Yeats



Teaching Resources

On Course

The On Course Website is a great resource for teaching faculty. Each strategy has the purpose of empowering students to become active, responsible learners. Skip Downing is the founder of the On Course Workshops for educators and you can access free examples of classroom activities to engage your students at www.ouroworkshop.com then click on “Student Success Strategies”.

Do you know TED?

Technology, Entertainment, Design (TED) is a non-profit organization that sponsors conferences focused around the three topics in their name. You can view many of the presentations online for free. I have listed a few that I like below but encourage you to check out their website to see more at: www.ted.com

Richard St. John: 8 Secrets of Success

Here is a great TED video clip to show first year students on the elements that make for success in school and life that is just 6 minutes long http://www.ted.com/talks/richard_st_john_s_8_secrets_of_success.html

Matt Cutts: Try Something New For 30 days

Is there something you've always meant to do, wanted to do, but just ... haven't? Matt Cutts suggests: Try it for 30 days. This short, lighthearted talk offers a neat way to think about setting and achieving goals. http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html

Join Our List Serve



Members are encouraged to register with Yahoo groups and join our WCTCCA listserve. This is a great way to connect with your colleagues across the state. To sign up go to: <http://groups.yahoo.com/group/WCTCCA/>





Save the Date!!!
WCTCCA Spring Conference will
be April 29th & 30th, 2013

The WCTCCA Steering Committee is already in the process of planning our 2013 Spring Conference so save the date and we look forward to seeing you again at the Rainbow Lodge in Northbend WA.



Volunteers Needed for the 2013 Spring Conference Planning Committee:

Do you have ideas on how to make our next spring conference the best one yet? The dates are set for the conference but we are looking for people who would like to get involved to plan the topic, speakers and activities. If you are interested please contact

Annemarie Solbrack email: Annemarie.solbrack@cptc.edu phone: (253) 589-5881



Now Accepting Applications for Conference Presenters

Would you like to be a presenter/speaker for our next conference? Have a great topic or strategy your campus has implemented that you would like to share with your colleagues. The WCTCCA Steering Committee is now accepting applications for presenters. Submit your proposal to: Annemarie.solbrack@cptc.edu



Are you looking for a Great Professional Development Opportunity?

The WCTCCA Steering Committee is still in need of representatives from the different regions in the state.

Still Needed:

- 1 Representative from Western Region
- 2 Representatives from North Puget Sound Region
- 2 Representatives from Eastern Region
- 2 Representatives from South Puget Sound Region

Eastern Region : (East of cascades) two representatives from the seven community and technical colleges east of the Cascade Mountains (Big Bend, Columbia Basin, Spokane, Spokane Falls, Walla Walla, Wenatchee Valley and Yakima Valley);

North Puget Sound Region : (Bellevue, Edmonds, Everett, Lake Washington, Seattle Central, Shoreline, North Seattle, South Seattle);

South Puget Sound Region : (Renton, Green River, Highline, Tacoma, Pierce, Bates, Clover Park);

Western Region : (Bellingham, Centralia, Clark, Grays Harbor, Lower Columbia, Olympic, Peninsula, Skagit Valley, South Puget Sound, and Whatcom).

Representatives shall be voting members of WCTCCA and only one may be selected from a given campus.

**Now Accepting WCTCCA
Membership Applications for 2012-2013**

*Membership Dues are due each **Fall Quarter** and are good for one academic year: **September through August.***

WCTCCA is the only professional association of community college counselors in Washington State. Full membership in WCTCCA is a very reasonable \$30 per academic year and is tax-deductible. Student membership is \$20 per year. Members receive a reduced rate for the annual WCTCCA Spring Conference. *This year's conference will be held April 29th & 30th 2013 at Rainbow Lodge in Northbend WA.* Please watch the list serve or website: www.wctcca.com for full details.

Washington Community and Technical Colleges Counseling Association (WCTCCA)

Membership Application 2012-2013

Name (First, Last) _____ [] Counselor \$30 [] Student \$20

Institution _____

Email: _____

Phone: _____

Payment Type () Personal Check (check # _____) () Institutional Check

2012-2013 Membership Fees Due **December 14th, 2012**

Mail Payment and Completed Membership Form To:

**Margaret Vlahos, Counselor
Whatcom Community College
237 Kellogg Rd.
Bellingham, WA 98226**



WCTCCA has a new website: www.wctcca.com

Last spring we unveiled our new website and we hope this will be a great resource for community and technical college counselors. We have posted links to useful websites, forms and articles and hope to continuing update the information.