



KENTUCKY COUNSELORS

Hi all!

As I continue to find ways to deliver value through conversations, resources and emails like these, feel free to send feedback and ideas on what you'd like to see. I'm constantly trying to represent you and keep you informed so if there are better ways for me to communicate, I'm open to suggestions!

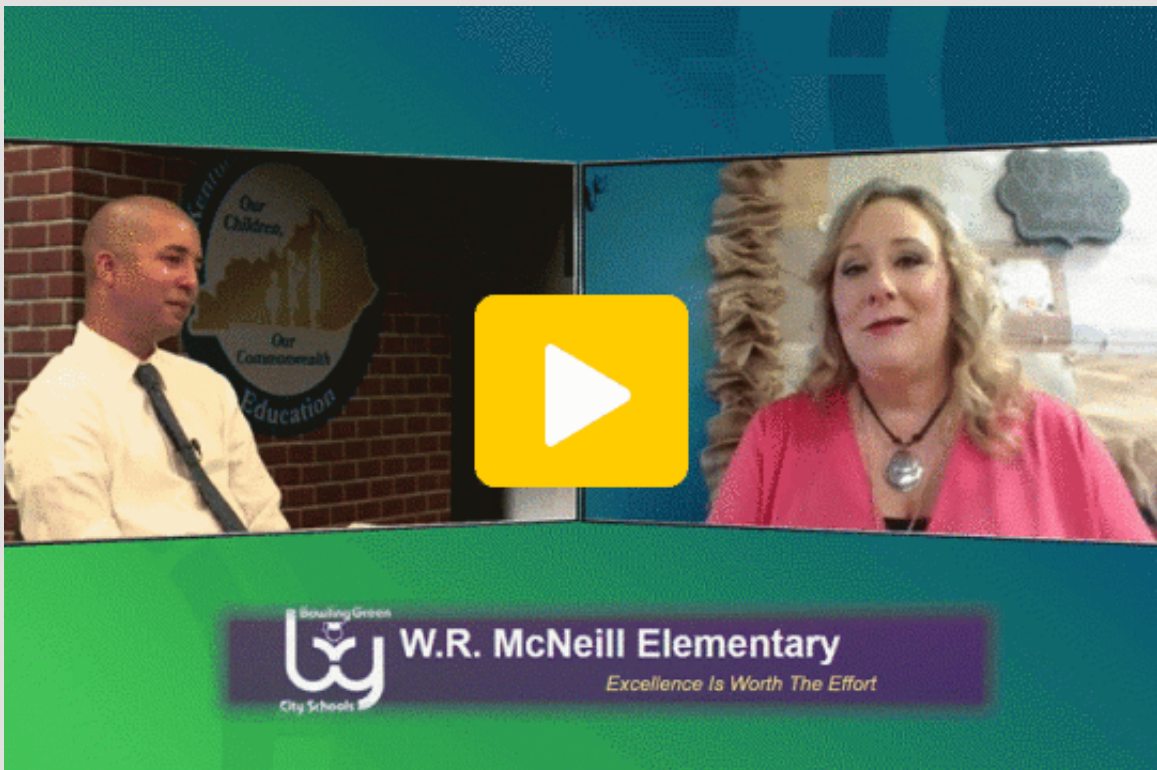
Innovative Counseling

I am so excited to share our first Counselor Connection Video/Podcast Series! Closed Captioning is available for both videos. You can choose to watch the videos or listen to the podcast/audio versions.

Learn about the Royal Diploma from the team at Mason County High School. You'll need to carve out about twenty minutes to listen so bookmark it if you can't listen or watch now.



Gina Crabtree is an Elementary School Counselor at W.R. McNeil Elementary (Bowling Green Independent). She has over 500,000 blog views.



If you are interested in being highlighted for the superhero work you do, let me know! I'd love to interview you!

Podcast Review

I came across [this podcast](#) profiling Dr. Ian Levy who was a counselor in New York and is now a professor at Manhattan College. I'm inspired by music and used it in counseling all of the time. If you are interested in learning more about how to use hip-hop in your practice, listen to the podcast. It doesn't matter what you look like!

Social Emotional Learning

Social-Emotional Learning (SEL)/Health is a huge topic we are constantly trying to grow and better understand in order to educate the whole child. One area of SEL is mindfulness. Mindfulschools.org defines mindfulness as the moment-by-moment awareness of our thoughts, emotions, sensations and surrounding environment. Mindfulness has been proven to be effective in schools and help students in many ways. For evidence of the benefits of mindfulness in schools, click this [link](#). If you are struggling with the concept of ways to bring mindfulness to schools, the illustration below is a great place to start:



For great ideas on how to incorporate mindful moments in your school, click on [this page](#) from mindfulmoments.org. No time? Watch this awesome [Ted Talk!](#)

Mixtape Track 2!

The first track for our School Counseling was High Hopes! By Panic! at the Disco. This week, let's continue to be positive staff members at our schools. There is so much [research on the positive effects of a smile](#).

So...smile! Check out [Zedd and Aloe Blacc's Candyman](#). You may remember this record from a pretty recognizable brand of candy;))



School Counselors – NEW!

- Meet KDE's new [counseling program coordinaton](#)
 - [Early graduation](#) students must meet end-of-course benchmarks
 - This school year a [transition year for ILPs](#)
 - [Social and emotional](#) learning gaining traction in Kentucky
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Dual Credit Course Code Information

The determination of which course code to use should be made by the local district and school in terms of dual credit courses. This determination should be made based on the content of the course that is being offered by your partnering college. There is not a master list of aligned courses between all colleges and secondary course codes.

CTE dual credit courses do not typically use special 800000 course codes. CTE dual credit should, in almost every case, be coded to the regular CTE course code that most closely aligns to the content of the college course that is being offered. For example, Murray State's AGR 182 Introduction to Pre-Vet Science should use the Veterinary Science 020511 state course code. This also means that based on the course code chosen for the CTE dual credit course, there would typically be no need to request a modification to the student's career pathway, because 020511 Veterinary Science already counts in the appropriate pathway. You should check the career pathways offered at your school to determine if the secondary code you are using for the dual credit course is already valid for your pathway, prior to submitting a modification request.

[KDE Approved Dual Credit Guidance Document](#)-This is a document that explains Dual Credit for Academic Readiness and helps you determine which type of Academic Dual Credit Course Code to use.

[Dual Credit Academic Course Codes](#) – Use to determine which course code

to use along with the Guidance document above to determine appropriate content.

Proposed Revisions for High School Graduation Requirements

The Kentucky Department of Education (KDE) has proposed revised graduation requirements. The proposed changes offer schools and districts the opportunity to help provide courses and experiences to pursue their career interests. The proposed requirements also increases expectations for all high school graduates to be academic or career transition ready when they leave the high school. For more information on the proposed graduation requirements, check out Associate Commissioner, Amanda Ellis' [webcast here](#).

Shout-out!

I love working with School Counselors all over the state! Thanks for allowing me to visit, chat, learn, grow or present to the following folks over the last couple weeks:

- College Counseling Information Exchange
 - Jefferson County Public Schools Elementary School Counselors
 - South East/South Central Cooperative (SESC)
 - Gifted and Talented Advisory Council
 - Kentucky Educational Development Corporation (KEDC)
 - Kentucky Continuous Improvement Summit
 - Governor's School for the Arts
 - KY Stats
 - Hope Street Group
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Counselor Self-Care

Are you exercising? It is so easy to put exercise off and cite reasons not to do it. Don't ignore your own needs so you can take care of others. By exercising, you will gain more energy and it can even improve your work-

life balance. Don't believe me? [Read this!](#)



Kentucky Department of Education

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