



2020
MSCA Awards &
Recognition

November 17th, 2020





Professional Awards
(from Spring 2020)



Elementary School Counselor of the Year

Keela Kuhlers

St. Paul Music
Academy



Middle School Counselor of the Year

Kayla Sandersfeld New Ulm Middle School



It's easy to be good at something you love doing, but it's easier with the right people by your side.

I would like to thank my parents, Michael and Marilyn, for raising me with kindness in my heart, and my brothers for teaching me that sarcasm and spice are what keep things interesting.

To my son Logan, it is you that makes me want to be better. You are the reason I treat every child like my own.

To my love, Dustin, you are the first person I tell when something good, bad, or sad happens. You are my rock and you believe in me and support me like no other. You love me on my best days and you love me on my worst.

To Jade Anderson, my co-counselor, You are the best brand new counselor I have ever seen. Your energy and passion inspires me everyday. You have become my best friend, and have put up with me for way too long! I am excited to see where your journey will lead.

I would also like to thank my many friends and colleagues within the New Ulm School District. It is through your love, support, and comradery that I have grown and developed. Jenna Helget, Chelsea Buchholz, Ryan Ziemer, Jenna Roelofs, Amanda Frank, Caitlin Gloege, Timothy Smith, Nikki Thompson, Ben Hagar, Kristen Brustad, and Lydia Fry.

A special acknowledgement to my administrators, Michelle Miller and Rachel Sandquist, thank you for always leading with your hearts.

To all the students that make my life worth living, I love you.

Secondary School Counselor of the Year

Amanda
Bomstad
Mankato West
High School



I am honored to represent the school counselors in Minnesota as the secondary school counselor of the year. This is my 16th year as a school counselor and I come to work each day with a renewed sense of commitment and gratitude to be able to collaborate, problem solve, and advocate for the needs of the students and families I serve. School counselors are in the unique position to serve all students and families. I enjoy assisting students in all aspects of their lives: academics, college, career, and life choices, along with the hard stuff that makes learning and being a student challenging from time to time. I am honored to be a part of my students' life journeys and appreciate each and everyone of them for sharing their story with me.

Multi-Level School Counselor of the Year

Theresa
Fett
Frazee
High
School



I am humbled and honored to be chosen the MSCA Multi-Level School Counselor of the Year. Thank you, Megan Galligan, my co-counselor at Frazee High School for nominating me, for encouraging me, and for being an inspiration to me every day. Thank you to the MSCA board and MSCA members for recognizing all of us who received awards, and thank you all for supporting each other and representing the profession of school counseling with dignity and advocacy.

Because my dad was in the Navy and we traveled a lot, I had attended five different schools by the time I was in high school. We landed in Frazee, Minnesota where I started 9th grade and graduated; the longest I had ever been in one school. I was an average student, involved in a few activities, and always on the fringes of getting into a bit of trouble. My high school years were marked by my parent's divorce, a lack of direction, and too much unsupervised time. During those tumultuous years I was incredibly blessed to have these wonderful educators and counselors who saw something in me; who accepted me with unconditional positive regard, loved, encouraged and challenged me to become a better version of myself.

I went on to college, became a special education teacher and landed back at Frazee High School, with some of those same educators now as my colleagues; people who had no idea how much they had inspired me. Those same people continued to encourage me, including my once English teacher, then school principal, Marlys Jacobson who told me I would be a great counselor. I went back to get my masters degree in counseling and was mentored by two of the best in Brad Laabs and Sara Pender. Those experiences and relationships I will always treasure.

Moral of the story. We are making a difference for kids, families, colleagues, and our communities, which in turn is changing the world for the better. We are shaping lives and impacting kids, even when we don't realize it. You never know when your influence begins or ends, so keep fighting for these kids, these families and each other. We are essential.

My biggest thank you goes to my amazing family; my husband Kenny Fett, my daughters Kendal and Kiala and my mother Ellie. They all sacrificed and supported me on this journey and for that I am forever grateful.

Administrator of the Year

Joel Foss
Milaca High
School



I would like to thank your entire organization for selecting me as administrator of the year. What a year to be selected, though. This year, maybe more than in any of my previous 25 years, I have grown to appreciate the work that school counselors do. This summer, as an admin team, we decided that switching from a traditional seven-period day to a block schedule would better limit contacts and be easier in the event that we returned to distance learning. The wonderful counselors at my school, Mary Hastings, Taylor Welle, and Trina Olson, put our idea into practice. Without the countless hours they put in, this shift would not have been possible. So I may have been selected as the admin of the year, but it's due to the great counselors I get to work with, and all of you, who have made this possible.



Potential School
Counselor Scholarship
(from Spring 2020)



Maya
Benford
University of
Minnesota,
Twin Cities



"Thank you so much to MSCA for this award it really means a lot to be acknowledged in this way! I have to thank my absolutely amazing supervisors Britt Pennington, Jackie Rogalski, Anji Johnson, Juli Montgomery-Riess, and Jim Bierma for helping me through last year and passing along their expertise! I feel so fortunate to have worked with you all and learned so much! Also, a huge shout out to MMSCA and the Minnesota School Counselors of Color affinity group for demonstrating what being an advocate is all about! I wouldn't have made it through grad school without my cohort and professors so thank you all for inspiring/challenging me become a better counselor. I am currently working as a high school counselor at Creative Arts Secondary School in Saint Paul Public schools! "



2019 MSCA Minnesota
School Counselor of the
Year and 2019 ASCA
School Counselor of the
Year Finalist



Sandra
Mortensen
Oak Grove Middle
School





RAMP (Recognized
ASCA Model Program)
Recipient



Callie Sopiwnik

Adams Spanish
Immersion School,
St. Paul Public Schools

Sopiwnik's focus has been on increasing positive classroom behavior and decreasing Office Discipline Referrals for all Adams students.







SPARC-MN Recipients

Mankato West High School – Mankato, MN

Mankato East High School – Mankato, MN



ASCA (American
School Counselor
Association) Board of
Directors



Sue Arvidson

Lead School Counselor
St. Paul Public Schools

Newest member of the American School Counselor Association (ASCA) Board of Directors. Sue will take office Oct. 1, 2020. She is “Proud to represent MN and MSCA on the national board.”





MSCA Scholarships (from Spring 2020)

- **Cayla Paumen**, Becker High School, Central Division
Counselor: Margaret Smude
- **Jack Burns**, Saint Thomas Academy, East Suburban Division
Counselor: Justin Larson
- **Lauren Walrath**, Rosemount High School, Lake Area Division
Counselor: Chad Terry
- **Kashia Yang**, Patrick Henry High School, Minneapolis Division
Counselor: Jennifer Zupan Maiser
- **Bethany Cotten**, North Woods High School, Northeast Division
Counselor: Jill Stark

- **Laura Farder**, East Grand Forks High School, Northwest Division Counselor: Stephanie Larson
- **Carolyn Mikel**, Tri-City United High School, Southeast Division Counselor: Emily Erwin
- **Caroline Weber**, Sibley East High School, Southwest Division Counselor: Laura Zender
- **Mackenzie Nelson**, Sebeka High School, West Central Division Counselor: Rachel Kern



MSCA Member
Retirees
(from Spring 2020
and for Spring 2021)



- **Katherine Connelly**, Hayfield High School, SE, 30 years, retired 2020
- **Jeff Limke**, Burnsville High School, retired 2020
- **Gretchen Smith**, Non-Public Counseling, St. Paul, retired 2020
- **Teresa Szymanski**, Westwood Elementary, St. Cloud
- **Margo Rothenbacher**, Fridley Public Schools
- **Bill Stock**, Thief River Falls High School, NW, retired 2020
- **Tami Duke**, William Kelley Schools in Silver Bay, NE, 20 years, retiring 2021



Potential School
Counselor Scholarship
Fall 2020

Isabel Duran-Graybow Capella University

Thank you very much, this is clearly one of the most significant events of my professional career. I want to thank this recognition and name, my husband, my three daughters, relatives, and close friends who supported my decision to become a School Counselor.

School Counselors play a crucial role in the lives of students and their families. Today, more than ever, we need to get closer and create bonds of trust, commitment, and collaboration with our children and youth.

Thank you to all the educators and parents for doing their best during the pandemic with distance learning or face to face. Let's team up and work shoulder to shoulder to raising stronger human beings, and become role models for generations to come.





MSCA Scholarships Fall 2020

- **Sarah Sypnieski**, Monticello High School, Central Division
Counselor: Dan Miller
- **Danielle Dee**, Centennial High School, East Suburban Division
Counselor: Heather Trettel
- **Carlos Gaye**, Coon Rapids High School, Lake Area Division
Counselor: Julia Corneil-Smith
- **Saheli Patel**, Southwest High School, Minneapolis Division
Counselor: Shelly Landry
- **Kirsten Rud**, Duluth East High School, Northeast Division
Counselor: Lisa Wentworth

- **Victoria Proulx**, Crookston High School, Northwest Division Counselor: Leah Zimmerman
- **Jack Erickson**, Tri-City United High School, Southeast Division Counselor: Emily Erwin
- **Elizabeth Bianchi**, New Ulm High School, Southwest Division Counselor: Amanda Frank
- **Marianna Xiong**, Harding Senior High School, St. Paul Division Counselor: Marianna Sullivan
- **Danielle Piche**, Frazee-Vergas High School, West Central Division Counselor: Megan Galligan